

Ayurveda Cheat Sheet for Winter

Focus on this...

Drink Extra Water

Dehydration can be a big contributor to colds and flu. We tend to drink less in the winter. Add a pinch of cumin (anti-mucus) to warm lemon water and drink throughout the day. This is in addition to your regular consumption of 8+ glasses of water daily.

Use Oils On Your Body

Nourish your body by using oil on your whole body before bathing. You can use medicated Ayurvedic oils or straight sesame oil (the kind used for massage, not the kind you cook with).

Use Oil In Your Nose (Nasya) -

Sesame oil in your nose will keep the sinuses protected and moist in this dry time of the year. Crank up the Netti Pot at the first sign of congestion!

Add to your diet...

One Pot Meals Rock

Since there is less moisture in the air around you, you need to add moisture in as many ways as you can. This includes adding moist foods to your diet. Soups, stews, crockpot meals, curries & oatmeal are all on the menu. Skip the salads and crunchy foods whenever possible. These are drying and make more work for your digestive system.

Spice Up Everything

Baby it's COLD outside! Adding warming spices like cayenne, ginger, pepper, cardamom, tumeric, cloves & cinnamon to your dishes helps with digestion, inflammation and warms you up from the inside out.

Fat Isn't a Bad Word

You need a little extra fat in your diet during winter. Make sure they are healthy fats! Nuts, seeds, cheeses, legumes and protein-rich grains such as quinoa and amaranth are all great options. If you eat meat, keep it to 10% of what you consume.

