

# Be Nourished with ayurveda

## Ayurveda Cheat Sheet for Spring

### Focus on this...

#### Kick Up Your Yoga Practice & Move Your Body

Spring is the easiest season to up your exercise. It's Kapha season, which means your body is strong and ready for endurance. Turn up your workout. Play your edge and power things up for a little extra detoxification.

#### Deep Breathing (Get Prana Moving)

Our nadis (subtle and not so subtle energy channels) get clogged. Deep nasal breathing is perfect this time of year. If you can't inhale through your nose - try to exhale a "humming" sound. The Humming Exhale breaks up the junk and helps your blood take up oxygen.

#### Spring Allergy & Sinus Relief

If you find that the green of the grass and the pollen floating through the air make breathing difficult and congestion sets in, make a hot drink to clear out mucus: Combine ginger juice, lemon juice, cayenne, hot water and raw honey. You can replace cayenne & ginger with Turmeric for a jolt of anti-inflammatory goodness.

### Add to your diet...

#### Eat Green!

Chlorophyll is the color of spring and so very good for our bodies. Aim to eat green 3 x a day, especially in Spring. Use green smoothies or juices, salads, cooked greens and living soups.

#### Dandelions & Thistle - Super Food Found Right in Your Own Back Yard

Dandelion and Thistle are superfoods. Both are excellent sources of detoxifying the liver. They are super nourishing to the blood and help get rid of fat. They also replace long lost minerals from that caffeine addiction.

#### Start Growing & Eating Sprouts

Sprouts have more protein per pound than lean meat and bucket loads more absorbable and diverse nutrients. Sprouting takes 2 minutes a day. Buy your seeds and sprouter and get going. Don't waste plastic. Sprout your own. Aim for 1 cup per adult per day.

### Go Outside & Play!

Seriously...go outside. Soak up some sunshine (Vitamin D) enjoy the warm days/cool nights, play, run around in the grass and remember to eat dinner early. Plan your evening mealtime around the 6 or 6:30 pm time frame and stick to it. No eating late - it wreaks havoc on your digestion.