



## FOCUS

### DESIGNED TO GIVE



You are blessed with abundance. You are rich and strong. Energetically you are designed to give. The people in your life need your luxurious love and easeful presence. Give yourself everyday.



### DRY BRUSH EVERY DAY

Start your day with an invigorating dry brush massage to move your lymph and get your cellulite back into circulation. Use a natural bristled brush. Take your body into your hands and sculpt your self sacred.



### WAKE UP + MOVE

Jump jacks. Jump rope. Trampoline. Sun salute. Run in place. Run up hills. You get the picture. After your trip to the bathroom, shake it baby. 10 minutes is good. 20 is great.



### DECLUTTER

Kaphas have a tendency to collect. De-clutter your space - notice the lightness and clarity. Stuff will gravitate to you. Give it away monthly. When you hold and hoard you pay the price.



### DECONGEST

Your lifeline is a straight access of prana (breath) into your lungs. If debris is in your sinuses, you'll drown. Use a neti pot or some spicy nasya oil daily. If you're sad - take a walk into the rising sun.



### STIMULATE YOUR SENSES DAILY

Enjoy exploring new sights, sounds, colors and smells. Try a new recipe or a new restaurant. Take a new route home from work or school. Mixing it up will keep you young and inspired.



### THE SOLID SIX

You might think you need 10 hours of sleep. You might be better off with 6-8. Go to bed early. Get up before dawn and jump your jacks. You'll have a better day.



## FOOD



### DIGEST BEFORE YOU INGEST

You can't afford meal-stacking. Allow 4-6 hours to digest completely. 2-3 meals a day... tops. You don't need snacks, big fella.



### 1/3 FOOD, 1/3 WATER, 1/3 SPACE

When you eat, save some room. You need space for digestion.



### KEEP IT LIGHT + CRUNCHY

Heavy and dense are out. Light and crunchy are in. Rich, mushy comfort foods aren't in your long term interest. Rice over wheat. Beans over meat. Greens over roots. Spicy over salt. Celery over carrots. You get the picture.



### CHEW ON FENNEL

Kaphas can use spice as food. Instead of snacking, sip hot water and chew on toasted fennel seeds.



### BEANS ARE BETTER

Meat is heavy and dense. That will make you feel heavy and dense. And you don't want that.



### SPICE IT UP

Use spice to invigorate your blood. Cayenne, black peppers, cloves, cinnamon. Go big.



### WEIGHED DOWN?

You store energy longer than most. Feeling heavy, full or stagnant? Take the day off from eating. Enjoy a day of juicing, broths or just hot lemon, honey water. Take a walk and get a massage. (Or at least skip dinner now and then).



### THE LAND OF LEMON AND HONEY

Lemon and raw honey are your pals. Use them instead of pastries and chocolates. Try hot water with lemon, honey, and a pinch of cayenne. Have a spoonful of honey instead of ice cream, or a handful of raisins instead of chocolates.

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