



## FOCUS



### DIAL IN YOUR SCHEDULE

You are sensitive and exquisite. Tune into your body's needs for sleep and rest. Get the sleep you need by going to bed earlier. Start your day early. If this doesn't seem natural - train yourself. You'll build energy and a stronger system.



### ROUTINE IS THE NAME OF THE GAME

Wake, eat and sleep on the same schedule every day. If you don't overextend your body, you won't feel overextended. Your body will gain confidence in the nourishment... which will spread to the other parts of you. Use the word "yes" selectively.



### RUB YO'SELF

Daily oil massage will revitalize you, your skin and even your mind. Rub warm sesame oil all over prior to bathing. This will calm and strengthen your body integrity and get you into your skin.



### MOVE YOUR PRANA

Exercise your body to ease your mind. Exercise is important but be sure to stay within your ideal level of exertion, favoring yoga and light cardio over high intensity activities.



### SIT UBU SIT

Commit to spending 5 minutes in the morning and in the evening to sit in silence. Allow this to be a time of coming home to yourself. Over time you will relish stillness.



### INSULATE

Layer your bedding with heavy wool blankets. Layer your body with ... layers. You have less insulation - make up for it with natural warm layers of silk, wool, and hemp. Favor warming colors in your clothing: orange, red, magenta... Keep your ears and throat covered in winter.



### COZY UP

Build cozy times into your day. You need this more than most. Avoid loud sounds and cold environments. Favor soothing and calming sights and sounds. Nurture your creative side by allowing time for creativity and imagination daily.



## FOOD



### SCHEDULE YOUR BELLY FIRE

Eat on a schedule - like a child. End fatigue and bloating. 7:30 am, 12 pm and 5 pm are swell. Sip hot water between meals.



### USE STARTER FLUID

If you bloat or skip meals, mix equal parts of cumin, coriander, + fennel powder in a plastic baggie. Take 1 tsp. in 1/2 c. hot water before you eat. Add a pinch of hing (asafoetida) for the brave and bloated.



### MANTRA: WARM. SPICY. OILY.

Balance your cold, dry, rough qualities with marinated salads, fermented foods, one-pot meals with a little kick to ease your belly.



### ONE POT MEALS

Foods that combine before they hit your belly are less work for you to digest. Give yourself a break.



### SLOW DOWN + SIT DOWN, SISTER

Seriously. Take 5 breathes to set you into rest and digest mode. Savor the experience. Adjust the tastes if needed.



### SPICE IT UP

Cinnamon, cardamom, nutmeg, ginger, black pepper, cumin, basil and mustard seed all pacify vata. Favor warming spices in all your meals to aid digestion and keep you warm all day long.



### START WITH STEWED APPLES

Ease your gut into the day: heat warming spices in ghee or butter, add the fruit and enough water to cover. Cook until soft.

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