

Dr. Apte
VedaFoods

Ahas from **VEDA FOODS**

Eating and Living
the Ayurvedic Lifestyle

Dr. Jay Apte
@VedaFoods

Carly Alyssa Thorne
@CarlyAThorne

An Actionable Lifestyle Journal

A THiNKaha® Book

Ahas from Veda Foods

140 Ways to Eating and Living the Ayurvedic Way

**By Dr. Jay Apte
and Carly Alyssa Thorne**



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Dedication

Dr. Jay Apte would like to dedicate this book to the millions of people who are diabetic and pre-diabetic or who are sugar conscious.

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Section I

The Science of Ayurveda & Ayurvedic Medicine

This section focuses on introducing the science behind Ayurveda and the interconnection of Mind-Body-Spirit within Ayurvedic medicine.

1

VedaFoods is focused on solving problems faced by millions of diabetics, pre-diabetics & other sugar-conscious people. <http://vedafoods.com> @VedaFoods

2

Ayurveda is a science from India that focuses on health prevention.
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3

VedaFoods was created to help millions
of people with pre-diabetes & diabetes.
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4

VedaFoods integrates modern science, ancient #Ayurvedic wisdom, and excellent culinary skills developed by Dr. Jay Apte. <http://vedafoods.com>
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5

Ayurveda is about the physical body & the energy behind that body.
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6

It's important for our society to learn to bridge both Eastern & Western modalities. <http://vedafoods.com>
@CarlyAThorne @VedaFoods

7

Ayurvedic is preventative, while conventional medicine is for crisis intervention. <http://vedafoods.com>
@CarlyAThorne @VedaFoods

8

We need to start using Eastern medicine
more to prevent us from getting too
much of the Western side of medicine.
<http://vedafoods.com> @CarlyAThorne

9

Today, healthcare is starting to become integrative, which is wonderful.

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10

The integration of conventional & healing philosophies is starting to happen all around the world.

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11

Ayurveda is an integrative philosophy that recognizes itself as a complete medical science. <http://vedafoods.com> @VedaFoods

12

In over 3000 years, Ayurveda has developed into branches: internal med, surgery, pediatrics, OB/GYN, toxicology & psychiatry. @VedaFoods

13

More people are embracing bridging the East with the West in their healing.
<http://vedafoods.com> @VedaFoods

14

Many doctors turn to *Ayurveda* to find answers to problems conventional medicine cannot solve. <http://vedafoods.com>
@VedaFoods

15

Conventional doctors are starting to find their answers in *Ayurveda*.
<http://vedafoods.com> @VedaFoods

16

Today, people give more respect to Ayurvedic medicine because they know it helps make them feel healthier.

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17

Research shows that 25 million people have diabetes & many teenage kids have type 2 diabetes. <http://vedafoods.com>

@VedaFoods

18

The science of Ayurveda includes three aspects: head, heart & feet. That's body, mind & spirit. <http://vedafoods.com>
@VedaFoods

19

Taking pills doesn't solve all health problems. <http://vedafoods.com>
@VedaFoods

20

When treating a patient, you need to know what's happening in the person's mind, body & spirit. <http://vedafoods.com>

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21

Diseases usually have a root cause in the emotional or mental state of a person.

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22

Emotions reflect on the physical body as pain, asthma, eczema, or even cancer.

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23

To treat people, you need to actually know what they do/eat and what their stress & energy levels are.

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24

The beauty of Ayurvedic medicine is that it treats the whole person, mind, body & spirit.

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25

Symptoms will never leave unless you get to the root cause. That's what Ayurvedic medicine is about. <http://vedafoods.com>

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26

Ayurveda categorizes all people into different mind/body types. <http://vedafoods.com> @VedaFoods

27

Mind, body & spirit are all interconnected & whatever happens to one affects the other. <http://vedafoods.com> @CarlyAThorne @VedaFoods

28

Ayurveda sees what part in the body, mind & spirit is out of sync & works on balancing the three. <http://vedafoods.com>

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29

Ayurveda treats each person as an individual, focusing on that person's needs, not subscribing to one-size-fits-all.

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30

Knowing your mind/body lifestyle type can help you choose the right food, exercise & even career. <http://vedafoods.com>

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31

The benefits are many when choosing to follow an Ayurvedic lifestyle.

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32

While pharmaceutical companies talk about personalized medicines, Ayurveda talks about personalized health.

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33

Every person has three doshas
in their body, mind & spirit.

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34

The doshas are the three energies of nature:
moon, sun & wind. <http://vedafoods.com>

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Section II: Three Doshas



Section II

Three Doshas

This section will go into the three
Dosha-Body Constitutions in Ayurveda,
including what they are and details about each:
Pitta, Vata, and Kapha.

35

Three energies: sun, moon & wind
controlling all bodily functions. These
are exactly similar to what controls nature.
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36

The seasons are created by the
energies of the sun, moon & wind.
<http://vedafoods.com> @VedaFoods

37

The proportion of three doshas are different in each individual. This is why we all have different personalities. @VedaFoods

38

Every human being is different. With Ayurveda, we find out what makes a person unique. <http://vedafoods.com> @VedaFoods

39

We all know our blood type; it is equally important to know what dosha our mind/body type is. <http://vedafoods.com>
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40

Every person has a unique personality.

You can be a Pitta, Kapha, or Vata.

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41

Once we know what our mind/body type is,

we can work towards health prevention in

those areas. <http://vedafoods.com>

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42

Each of the doshas, or energies,
tends to create pros/cons in the body.
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43

Knowing our mind/body type tells us all about ourselves. <http://vedafoods.com>
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44

Vata dosha is related to the wind, Pitta dosha is related to the sun & Kapha dosha is related to the moon & water element.

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45

The Kapha dosha is related to the moon, which is in turn related to the water element. <http://vedafoods.com>

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46

The main function of Kapha dosha is to build new cells as our body ages.
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47

Kapha dosha doesn't only build new cells, it nourishes new cells and new tissues & lubricates all the joints. @VedaFoods

48

Kapha people tend to be very loving, nurturing, caring & like to make sure everybody is happy. <http://vedafoods.com>
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49

Kapha people want to feel grounded and be popular & happy. <http://vedafoods.com>
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50

Kapha people tend to have round faces, big eyes & long, thick curly hair.

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51

Kapha people tend to be a little chubby & plump. <http://vedafoods.com> @VedaFoods

52

Kapha people have very high endurance.
They love to keep doing the same
task for long periods of time.

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53

The qualities of Kapha dosha are plump,
heavy & moist, similar to spring,
when there's a lot of moisture.

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54

Kapha people like to eat sweets, so they really need to work on balancing what they eat. <http://vedafoods.com> @VedaFoods

55

Junk foods aggravate the Kapha body
& can make them overweight & obese.
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56

Major health issues for Kapha body type are obesity & metabolic diseases, such as diabetes & insulin resistance.

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57

Salty foods like salsa & chips aggravate the Kapha body constitution.

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58

Yogurt, although known to be a healthy food, is actually very heavy and sticky & can aggravate the Kapha dosha. @VedaFoods

59

Ayurveda can create a balance for Kaphas to have just the right amount of healthy & sweet food they need & love. @VedaFoods

60

Kapha dosha people do better with lighter food. One example is popcorn with just a sprinkle of salt & chili flakes. @VedaFoods

61

We generally recommend for Kaphas to spice up their lives by adding a bit of ginger to food. <http://vedafoods.com> @VedaFoods

62

Foods that can lighten the body are good for Kapha people. <http://vedafoods.com>
@VedaFoods

63

Pitta Dosha is related to fire energy, or sun energy. <http://vedafoods.com> @VedaFoods

64

Pitta people are generally medium-built & have medium weight.

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65

Pitta people have a strong personality.

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66

Pitta people can differentiate between right & wrong very easily. <http://vedafoods.com>
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67

Pitta people direct their
energy towards transformation.
<http://vedafoods.com> @VedaFoods

68

Pitta people have much heat and therefore have receding hairlines & tend to lose their hair quickly. <http://vedafoods.com>
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69

Pitta people, because of their naturally high body temperature, tend to get early baldness. <http://vedafoods.com>
@VedaFoods

70

Pitta people have angular eyebrows, lips & face. <http://vedafoods.com> @VedaFoods

71

Pitta people tend to have a very sharp tongue. <http://vedafoods.com> @VedaFoods

72

Pitta people, because their metabolism is so good, tend to always be hungry. <http://vedafoods.com> @VedaFoods

73

Pitta people can be angry a lot.
<http://vedafoods.com> @VedaFoods

74

When things do not go their way,
Pitta people can get very angry.

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75

One of the good qualities of a Pitta is
that they are very vigilant & outspoken.

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76

Pitta people always get straight to the point,
not liking to beat around the bush.

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77

Pitta people know exactly what
they are thinking & talking about.

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78

Pitta people are very organized & want to keep everything in order. That is why they want to control & dominate other people.

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79

Pitta people are very punctual. Being on time is very important to them.

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80

Pitta people are visionaries.
<http://vedafoods.com> @VedaFoods

81

Pitta people have very good qualities; however, eating the wrong foods can aggravate their body. <http://vedafoods.com>
@VedaFoods

82

Eating the wrong foods can make a Pitta become irritable & easily angered because of the high heat in their bodies. <http://vedafoods.com> @VedaFoods

83

Pitta people should eat more salads to
neutralize the heat in their body.
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84

Pitta people do better with coriander, cinnamon, mint, cilantro, basil & other cooling herbs versus onions, garlic, tomato & chili. <http://vedafoods.com>
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85

Eating good & living a healthy lifestyle will help lower the Pitta-heat, which helps the heart. <http://vedafoods.com> @VedaFoods

86

Pitta people commonly complain about high blood pressure or hypertension.

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87

Problems like hypertension, acid reflux & GERD are all related to having high Pitta-heat in the body.

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88

If you are a Pitta, stay away from spices that will create extra heat in your body & aggravate you. <http://vedafoods.com>
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89

Pitta people should exercise in the morning
& stay cool inside during the afternoon.
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90

Swimming is a great exercise for Pitta mind/body types, as it is cooling.

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91

Golf can be a good sport for Pitta people because you are not competing with anybody but yourself.

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92

It is not good for Pitta's body
constitution to stay up late.
<http://vedafoods.com> @VedaFoods

93

Pitta people are very competitive; they always want to win & be the best so much so that sometimes, they can miss the fun.

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94

Pitta people need to understand that every person has a different body constitution.

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95

The foods we eat can cause disease
in the different mind/body types.
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96

80% of the time, food & lifestyle are
the causes of problems in our body.
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Section III: Healthy Eating and Lifestyle

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Section III

Healthy Eating and Lifestyle

This section focuses on tips on how and what is healthy eating and a lifestyle within Ayurveda.

97

Our eating habits & sedentary lifestyle have become the cause of many health problems.

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98

The cause of most diseases is related to our diet & lifestyle. <http://vedafoods.com>

@VedaFoods

99

Cold water is very traumatizing to your body; instead, drink room temperature water. <http://vedafoods.com> @VedaFoods

100

Drinking water while you eat dilutes your digestive enzymes; drink before or after instead. <http://vedafoods.com> @VedaFoods.

101

A healthy way to drink milk: bring it to a boil, wait for it to be warm, then add a pinch of turmeric, ginger, or cinnamon. @VedaFoods

102

Turn cold milk to warm, medicated milk by adding turmeric or dried ginger powder.

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103

In Ayurveda, milk is considered a complete food. <http://vedafoods.com> @VedaFoods

104

When you drink a cup of warm milk,
it nurtures your whole body.

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105

Yogurt is not only loaded with sugar, its
consistency is heavy, sticky, cold & looks
exactly like the phlegm in our system.

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106

Instead of yogurt, use buttermilk laced
w/ turmeric & other spices.
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107

Buttermilk helps keep all the good bacteria in our system.

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108

Kefir works very much like buttermilk.

<http://vedafoods.com> @VedaFoods

109

Ayurveda is very high on organic, non-GMO food. <http://vedafoods.com>
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110

GMO food is scary because when you modify the food you eat, it could also modify your personality.
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111

Organic food is the best because it does not have carcinogenic chemicals from fertilizers. <http://vedafoods.com>
@VedaFoods

112

Use the Himalayan pink mineralized salts instead of the bleached white salts that are toxic to your system. @CarlyAThorne

113

Salt is very essential for health because our system depends on salt, but our body only needs a tiny amount.

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114

We only need 1 tsp of salt per day, but we tend to consume much more than that, especially with fast food.

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115

Good salt or bad salt, having too much is still not a good thing. <http://vedafoods.com> @VedaFoods

116

Eating too much salt causes water retention,
hypertension & swelling of the body.
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117

Buy all products from the store unsalted; that way you can add the salt you prefer in the quantity you need.

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118

Drinking cold water is a shock to the system & slows down your digestion. Drink room temperature water. <http://vedafoods.com> @VedaFoods

119

Drink warm water or room temperature water, especially when you have a cold.
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120

Drinking cold water weakens the digestive system because it counters the acidity in the stomach. <http://vedafoods.com>
@VedaFoods

121

To make ginger tea, use a glass of warm water, fresh lemon, honey & grated ginger root. <http://vedafoods.com> @VedaFoods

122

The best part about ginger tea is that it helps you release weight.
<http://vedafoods.com> @VedaFoods

123

Garlic helps reduce cholesterol & lowers blood pressure. It is great for Kapha dosha.
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124

Ginger is great for your digestion.
<http://vedafoods.com> @VedaFoods

125

When we drink water, it is
digested so our body can use it.
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126

Air also needs to be digested
so our body can use it.

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127

The air we breathe is only 21% oxygen, the rest is other gases.
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128

Even information we read on the Internet needs to be digested for us to make sense of it. <http://vedafoods.com> @VedaFoods

129

The brain needs to digest information for
it to create some sense in our body.
<http://vedafoods.com> @VedaFoods

130

Everything that enters our cells/body gets digested. <http://vedafoods.com>
@VedaFoods

131

We keep the good part of the food, air, water & even information we digest for it to be used by our body. <http://vedafoods.com>
@VedaFoods

132

We need a very small amount of salt, only as much as 1 tsp. We tend to wind up eating as much as 10 tsps. <http://vedafoods.com>

@VedaFoods

133

Salty foods increase the Pitta-heat in the body. <http://vedafoods.com> @VedaFoods

134

Coconut water is not only very cooling & refreshing, it is also very healthy.

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135

Eat a fruit for a snack instead of crackers or chips. <http://vedafoods.com> @VedaFoods

136

You can truly feel the difference when
you change your eating & lifestyle.
<http://vedafoods.com> @CarlyAThorne

137

Pharmaceutical companies are now taking into consideration bodily constitution when making medicines. <http://vedafoods.com>

@VedaFoods

138

New research has found that coconut oil is essential for the body.

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139

Research shows that people need some amount of good fat in the body.
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140

We all need some amount of fat, as it lubricates the body & keeps the mind calm.

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About the Authors



Dr. Jay Apte is the most experienced, India-trained Ayurveda practitioner in the Bay Area and Silicon Valley. She has an integrated degree in Allopathic and Ayurvedic Medicine from Pune University in India. In addition, she also has a master's degree in biomedical sciences (pharmacology) and has completed coursework for a master's degree in nutritional sciences from the University of California at Berkley. Her sole focus is to provide the very best Ayurvedic (holistic) health care, including Panchakarma treatments, by bringing Eastern wisdom and Western knowledge together. She is currently a board member of the National Ayurvedic Medical Association (NAMA) and a past president of the California Association of Ayurvedic Medicine (CAAM).

Know more about Veda Foods at <http://www.vedafoods.com>.



Carly Alyssa Thorne is a speaker, author, consultant, producer, and director on Conscious Business Collaborations, specializing in multisensory, multimedia, and the mind-body-business-spirit interconnectedness.

Carly also has an extension background in metaphysics and health, having owned and consulted on several healing centers. Carly went on to study and become a Reiki Master Instructor and Integrated Energy Therapy Master Instructor and studied extensively nutrition, aromatherapy, flower essences, herbs, overall health, fitness, and anything she could get her hands on that tied back to the multisensory human beings she believes we are.

Carly has worked with individuals, families, and companies on comprehensive health programs and led numerous retreats.

Carly believes we are all multisensory, multidimensional beings that are all interconnected.

To find out more about Carly Alyssa Thorne, visit <http://www.CarlyAlyssaThorne.com>.



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<http://aha.pub/vedafoods>.



We hope you have learned some valuable tips from our Aha Book, *Ahas from Veda Foods*.

We would love for you to go to our website:

<http://www.VedaFoods.com> and explore all that we have to offer via products and education on health, being sugar conscious, and diabetes.

Bonus: Click on link below and we will then send you some all-natural, sugar-friendly, yummy, healthy recipes created by Dr. Jay Apte herself: <http://eepurl.com/bvqoqT>