



The
**AYURVEDA
LIFESTYLE**

– Book 2

*140 Ayurvedic Lessons
About Food and Life*



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@VedaFoods

Carly Alyssa Thorne
@CarlyAThorne

An Actionable Lifestyle Journal

A THiNKaha® Book

The Ayurveda Lifestyle - Book 2

140 Ayurvedic Lessons About Food and Life

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



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Published by THiNKaha®
20660 Stevens Creek Blvd., Suite 210, Cupertino, CA 95014
<http://thinkaha.com>
E-mail: info@thinkaha.com

Initial Publication: January 2016
eBook ISBN: 978-1-61699-171-5 1-61699-171-2
Place of Publication: Silicon Valley, California, USA

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Acknowledgements

Dr. Jay Apte would like to acknowledge all of her mentors and people and patients that gave her the inspiration to learn and apply solutions to help empower others into a healthier lifestyle. Dr. Jay Apte and Carly Alyssa Thorne, would also like to thank the THiNKaha team who has helped run the program and publish the books and get them out to you, the public.

Dedication

Dr. Jay Apte would like to dedicate this book to her husband Atul Apte for his patience and support and to all of the students who encourage her to be the best mentor and teacher she can be.

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Section I

The Ayurveda Lifestyle

This section goes into what an Ayurvedic lifestyle consists of, including working with Mother Nature's circadian rhythm and the mind-body-spirit interconnection.

1

I always think of lifestyle as
Mind-Body-Spirit. I aim at living a
healthy lifestyle. <http://vedafoods.com>
@CarlyAThorne

2

A lifestyle should be about nourishing
the mind, body, and spirit.

<http://vedafoods.com> @CarlyAThorne

3

As human beings, we are part of nature;
follow the Circadian rhythm as nature does.

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4

When we follow the Ayurvedic routine,
we have a healthier lifestyle.

<http://vedafoods.com> @VedaFoods

5

Ayurvedic lifestyle: eat 3 meals a day, wake up 6am, meditate, exercise for 1 hr in the evening, and sleep 10pm. @VedaFoods

6

Exercise is a big part of a healthy lifestyle.
@CarlyAThorne

7

In Ayurveda, they look at the whole person's
constitution to find out what Dosha they are.
@CarlyAThorne

8

When you are feeding your body,
you are also feeding your mind & spirit.
@VedaFoods

9

The Ayurvedic daily routine begins right when we wake up. @VedaFoods

10

90% of the time, people with diabetes, hypertension & high cholesterol are actually sick with what is called lifestyle diseases.
@VedaFoods

11

Say to yourself, “I want to eat fresh food,
I want to eat only healthy food.”
@VedaFoods

12

Stop putting all the junk food and processed food in your system, because that food is becoming you. @VedaFoods

13

The same way one needs clothes that fit them, eating healthy is different for everyone. @VedaFoods

14

Internally, we know what is good for us; however, we lose our way with all the technology. So, we go back to unhealthy habits. @CarlyAThorne

15

All the organs in the body work at a specific time, e.g., the digestive organ can do its work well if you eat at the right time.

@VedaFoods

16

Don't swim backwards by not following the Ayurveda lifestyle. If you do, all your energy will go to fighting the current. @VedaFoods

17

If you put nature's rhythm back in your lifestyle, you'll start to feel an improvement in your health. @VedaFoods

18

While we always say more is better, for our body, less is better. When we eat less, our body can digest food better. @VedaFoods

19

Real food is divided into 3 main food groups that are essential to the body in the right amount. @VedaFoods

20

The 3 main food groups in Ayurveda are: carbs, protein, and fat. @VedaFoods

21

Coconut water is also very good during hot days, it is a natural electrolyte replacement. @VedaFoods

22

Many people have health issues because they get up late in the morning & end their day very late. Their chi has gone upside-down. @VedaFoods

Section II: Ayurveda Daily Routine

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Section II

Ayurveda Daily Routine

This section gives examples of a typical
Ayurvedic day.

23

Start your day with meditation. If your mind is peaceful, everything will be happy and cheerful the whole day. @VedaFoods

24

Prana breathing helps calm the mind so
you can go deeper into your meditation.

@VedaFoods

25

The best thing to do after you wake in the morning is to do 10-15 minutes of meditation to cleanse your mind.

@VedaFoods

26

Many people begin their day with checking their email. At that moment, the stress level starts building up. @VedaFoods

27

In the morning, before eating your 8am breakfast, drink warm water with lemon to help hydrate & cleanse your organs. @CarlyAThorne

28

Nowadays, many people prefer to take a shower at night. We recommend a quick shower in the morning to feel fresh & clean.

@VedaFoods

29

Having a bowel movement in the morning will make you feel lighter and more energetic. @VedaFoods

30

Brush your teeth as soon as you wake up to get rid of all the bacteria that stayed in your mouth all night. @VedaFoods

31

Ayurvedically, lunch should be the main meal of the day. @VedaFoods

32

At noon, eat your lunch and make sure you don't eat while you're in front of the computer. @VedaFoods

33

Why take a power nap? After lunch, all energy is used in digestion, not in the brain.

Give your body and brain some rest.

@VedaFoods

34

I recommend at least 1 hour exercise after you work. Your body gets rid of all the stress. @VedaFoods

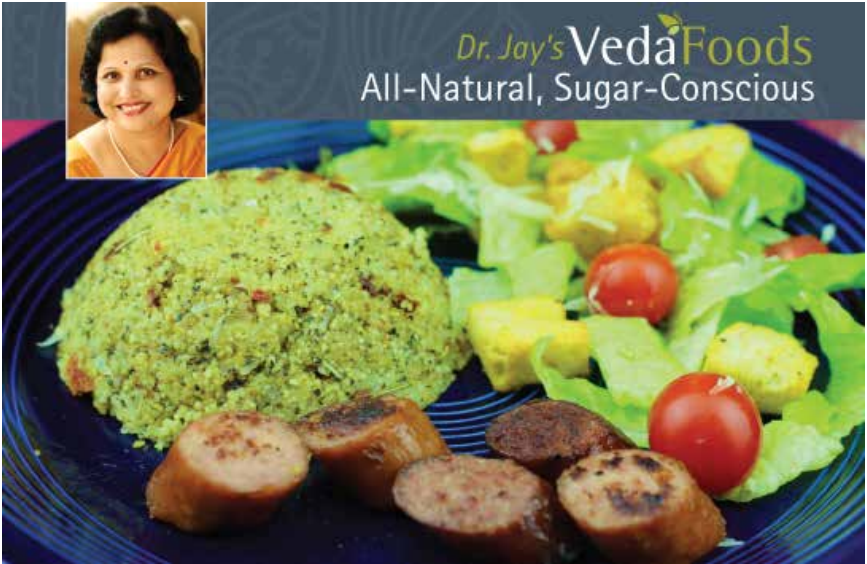
35

After exercise, then you can eat
your dinner around 6:30 pm.
@ VedaFoods

36

At night, while we are asleep,
the body is healing itself.
@VedaFoods

Section III: Different Doshas, Different Lifestyles& Different Diets (Foods)



Section III

Different Doshas, Different Lifestyles & Different Diets (Foods)

This section goes a bit further into the three Doshas - Pitta, Vata, and Kapha - including the different foods that help balance their prana-energy and different lifestyles.

37

Ayurveda daily routine follows nature's cycle, so it applies to everybody, whether you're a Kapha, Pitta, or Vata dosha. @VedaFoods

38

In Ayurveda, there is no one set of food that is good for everybody, because everybody is so different. @VedaFoods

39

In Ayurveda, the exercise that is best for you is based on your dosha. @VedaFoods

40

Ayurvedic eating is based on your own body constitution. @VedaFoods

41

If you are a Pitta, then a glass of warm water with 1 tbsp. of ghee in the morning would be good. @VedaFoods

42

If you are a Kapha, drink warm water with ginger, lemon & honey in the morning. @VedaFoods

43

If you are a Vata, drink warm water
w/ 1 tbsp. of sesame oil in the morning.
@VedaFoods

44

Once you learn your body type & needs & eat accordingly, restricting yourself is no longer necessary. @CarlyAThorne

45

Discovering your dosha opens up your life to a plethora of new things to explore. @CarlyAThorne

46

Once you start to know your body & start feeding it w/ the right food, you will feel amazing. @VedaFoods

47

It always comes down to maintaining the balance of doshas. Change your lifestyle during every season according to your dosha. @VedaFoods

48

The type of exercise you do depends on whether you're a Kapha, Pitta, or Vata.

@VedaFoods

49

If you are a Kapha, do aerobics or zumba.

@VedaFoods

50

If you are more water dominant, then you
can do meditation, tai chi, chi gong,
or something more calming to the mind.

@VedaFoods

51

Vata people are energetic in nature; therefore, fasting is not for them & they will be miserable. @VedaFoods

52

To balance their water energy, Vata people do well eating soups, stews & warm foods. @VedaFoods

53

Instead of eating cold salads & desserts,
Vata people do best drinking warm tea,
room temp. water & root vegetables.

@VedaFoods

54

Warm food balances water. Once that happens, Vata people start healing.

@VedaFoods

55

Pitta people do best eating colder foods like salads; therefore, transitioning away from warm foods is best. @VedasFoods

56

Pitta people do great with eating seasonal fruits as opposed to spices. @VedaFoods

57

Pitta people are hot; therefore ,eating hot spices like ginger, garlic & black pepper will only make them hotter. @VedaFoods

58

Pitta people should be eating mildly spicy food, cutting down on salt. @VedaFoods

59

At the start, eating only raw food makes you feel good. Later, it can aggravate Vata dosha. @VedaFoods

60

Kapha people gain weight easily, so it's best to eat dry & light food. @VedaFoods

61

When you start eating mindfully, you start feeling happier and more peaceful & the food satisfies you. @VedaFoods

62

When we take our time & eat
w/ our 5 senses, we are nourishing
our body-mind-spirit. @VedaFoods

63

When we eat slower & mindfully,
we eat less because we feel fuller & satiated!
@CarlyAThorne

64

You can actually buy fresh & healthier food
because you're eating less. You need less
food to satiate you, so it costs less.
@CarlyAThorne

65

Pricewise, you can buy healthier foods because you feel fuller & satisfied & therefore eat less. @CarlyAThorne

66

No matter how busy, take the time to eat mindfully. Your mind-body-spirit will thank you. @VedaFoods

67

If you eat every 2 hrs., your food does not fully digest, as it takes 5-6 hrs. for foods to digest. @VedaFoods

68

In Ayurveda, the practice is to eat 3 meals a day: breakfast, lunch, and dinner.

@VedaFoods

69

Eating constantly causes many health problems and takes away the signal that one is hungry. @VedaFoods

70

When you are drinking just juices, because it takes little time to digest, one does not feel satisfied. @VedaFoods

71

Digestion starts in the mouth, which begins with chewing. Eating a whole apple versus juice is healthier. @VedaFoods

72

Our bodies begin to feel weak without macronutrients. Eat a healthy balance of foods. @VedaFoods

73

Juicing every once in awhile is good, eating the whole fruit or vegetable as a part of the meal is healthier. @VedaFoods

74

Our digestive enzymes of our ancestors were different from ours; thus, they could eat raw food. @VedaFoods

75

If we eat too much, glucose in the body increases, and we have more energy stored in the body. @VedaFoods

76

The Atkins diet said to avoid all carbs and to just eat protein. People realized the body does not function well w/o carbs. @VedaFoods

77

We need to eat carbs and maintain blood sugar at normal levels. @VedaFoods

78

Use a rice cooker, put all the ingredients in, and then you have delicious, fresh food that is not canned or frozen. @VedaFoods

79

Eating Ayurvedic foods will help
heal digestive issues. @VedaFoods

80

Eating the right foods balances your mind & body. @VedaFoods

81

There are plenty of foods you can prepare in under 15 min. that are fresh. Fresh food is better for you. @VedaFoods

82

Foods that have been sitting in the fridge or freezer no longer have the life prana-energy in them. @VedaFoods

83

If you close your eyes & notice the flavor, texture, and smell of food, you will eat less & feel more satisfied. @CarlyAThorne

84

Eating only raw food can make one's bones brittle. @VedaFoods

85

Anything in extreme juicing, raw foods, etc.
is not good for our health or bodies.
@VedaFoods

86

If you want to fast, you can eat more fruit.
Or you can just skip a meal. @VedaFoods

87

When you fast, you give your digestion system time to digest all of that leftover food. @VedaFoods

88

It is very important after fasting to introduce heavier foods very slowly. @VedaFoods

89

Fasting for several days is not recommended. It drains the energy in the body. @VedaFoods

90

#VedaFoods helps lower your cholesterol and your blood sugar. @VedaFoods

91

#VedaFoods is not just a product that tastes better, it is a healthy food that has all the nutrients and fiber you need. @VedaFoods

92

We use turmeric in our food packages. Turmeric is proven to be excellent for every organ in our body, esp. the liver and heart.

@VedaFoods

93

If you take 5 grams of cinnamon daily, it will help bring your sugar levels within normal range in just a few days. @VedaFoods

94

Many people in the US go overboard with salt. Salt causes many problems in the body.
@VedaFoods

95

Instead of adding salt, look for other spices like coriander seeds, basil, ginger powder, garlic powder, onion, and mint.

@VedaFoods

96

There's a great deal of misunderstanding and miscommunication about grains.

@CarlyAThorne

97

Gluten is a protein found in wheat and other grains. It is very beneficial for the body.

@VedaFoods

98

The problem is, when they created GMO, they increased the amount of gluten in wheat and grains that body cannot digest.

@VedaFoods

99

Gluten-free is not always good, because we also need gluten in the body. @VedaFoods

100

Consume whole grains, not just processed flour, because while processing, they remove the bran, fiber, vitamins & minerals.
@VedaFoods

101

The best thing about whole grains is that it is slowly digested, so your blood sugar level doesn't rapidly go up. @VedaFoods

102

Soluble fiber aids in digestion. It helps us feel full and not hungry for a longer period of time. @VedaFoods

103

These days we always talk about small, frequent meals. Ayurvedically, this is not good at all. @VedaFoods

104

If you eat every two hours, your insulin is over-worked. Blood sugar becomes stored in the muscle. @VedaFoods

105

Soluble fiber helps us not overeat,
but lowers blood sugar & prevents
sugar spikes. @VedaFoods

106

Carbs have the glucose our body needs. So it is impossible to have a no-carb diet, because we need energy. @VedaFoods

107

Too much sugar in the blood makes it thicker & therefore cannot flow through the capillaries. This causes heart problems. @VedaFoods

108

Ayurvedically, fruits should not be eaten along with the meal. It can be eaten as a snack. @VedaFoods

109

Barley is very good because it has the lowest glycemic (sugar) index. @VedaFoods

110

Another healthy grain: quinoa. It contains 9 amino acids, so it's rich in protein.

@VedaFoods

111

For people who are allergic to gluten,
they can eat quinoa because it's gluten-free.
@VedaFoods

112

Millet and amaranth are grains that are very good sources of protein and minerals.
@VedaFoods

113

#VedaFoods use ragi or finger millet. It is excellent for diabetes and the best source of natural calcium and minerals. @VedaFoods

114

Teff is an Ethiopian grain that is gluten-free and has many minerals and vitamins.

@VedaFoods

115

Another main ingredient of #VedaFoods is Samo rice, a special rice that is very healthy.

@VedaFoods

116

Samo rice works the same as barley. It absorbs moisture in the body and aids in digestion. @VedaFoods

117

One very misinformed topic in food is all about fats: good fats and not-so-healthy fats.

@CarlyAThorne

118

In many diet fads today, dieting often requires a no-carb or no-fat diet.

@VedaFoods

119

Each gram of fat has 9 calories. Fat can actually give us energy-filled nutrients.
@VedaFoods

120

Like a machine, our body needs energy, and
we can get that energy from carbs or fats.
@VedaFoods

121

Vitamins like A, B, D, and C are only be absorbed well if we have fats in the body.
@VedaFoods

122

The good fats let the body absorb vitamin A, which is very important for our eye health. @VedaFoods

123

Another important function of fat is protecting our brain and heart. It protects us from temperature changes. @VedaFoods

124

Synovial fluid is a type of fat that protects the bones from rubbing against each other.
@VedaFoods

125

Good quality of fat is essential, especially
for preventing multiple sclerosis.

@VedaFoods

126

Sometimes, we end up eating 40/50% more
fat than we need, and that causes all the
problems. @VedaFoods

127

Excess fat blocks our arteries,
which causes hypertension and
heart problems.

@VedaFoods

128

Oils either have mono-unsaturated
fat or poly-unsaturated fat.
These are generally good fats.
@VedaFoods

129

The body needs good-quality saturated fat. In Ayurveda, we call it ghee, which is essential in the body in the right amount.

@VedaFoods

130

New research shows that some amount of saturated fat, especially ghee and coconut oil, is good for the body. @VedaFoods

131

Coconut oil is not just great for cooking and tastes good, it's also great for your skin.
@CarlyAThorne

132

If you want good-looking, well-lubricated skin, then you need to consume a good amount of healthy fat. @VedaFoods

133

Canola oil and peanut oil are good for cooking. Sesame oil is very good for cooking at high heat. @VedaFoods

134

Ghee is already cooked. You just spread it over the food, and it really changes the taste.
@VedaFoods

135

Ghee stays good for 100-200 years. It is like wine. The older it is, the better-tasting it becomes. @VedaFoods

136

When making ghee, all the water should be removed so it becomes 100% fat. That way, it will last for a very long time. @VedaFoods

137

Transfats are artificially hydrogenated fats. They increase cholesterol that clogs arteries and increases blood pressure. @VedaFoods

138

Junk foods have transfat. Almost all food commercially available has transfat. @VedaFoods

139

Oils that are good for cooking are sunflower oil, canola oil & peanut oil. @VedaFoods

140

Cottonseed oil and soybean oil are not good for cooking. Avocado oil is a very good fat. It is mono-unsaturated fat. @CarlyAThorne

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, *The Ayurveda Lifestyle - Book 2*.

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>