

# Ayurveda For Immunity



*Please consult with your medical doctor before trying any of these remedies, if you have any serious illness. I am not a doctor but just an Ayurveda Lifestyle Coach.*

Ayurveda is the science of living life in accordance with the principles of nature. When we live in harmony with nature, we feel our best. We are resilient and we are able to respond to life with integrity.

Living with the principles of Ayurveda as our foundation provides the tools and understanding to have adequate reserves of ojas - the key to a strong immune system.

Here are 9 key steps you can take today for building ojas and feeling strong and healthy on an ongoing basis.



## 1. GET ENOUGH SLEEP.

We need 7-9 hours each night to maintain strong immunity. Sleep is one of the four pillars of health in Ayurveda. To support your healthy sleep:

- Avoid electronics a least an hour before bedtime
- Get to bed before 10:00 p.m.
- Meditate - clarify your mind and your aura.

## 2. ENJOY REGULAR MEALS WITH APPRECIATION.

Have 3 meals each day at regular intervals (4-6 hours apart) so that your agni and digestion can stay balanced. Leave out snacking - eating in between meals weakens agni and immunity. Eat consciously and enjoy your meals with all five senses sight, sound, taste, touch, and smell.

## 3. CONSUME BALANCED MEALS.

In Ayurveda we focus on wholesome fresh foods that have life force and put them together in simple ways that the body can easily digest, and the tongue enjoys.

## 4. INCLUDE THE SWEET TASTE IN MODERATION EVERY MEAL.

Sweet taste in moderation is nectar - it nourishes the body and mind and builds ojas. Excessive use of the sweet taste brings disorder to any of the doshas, but particularly kapha in the form of colds, cough, sluggishness, lymphatic congestion, heaviness, and loss of appetite among other diseases.

To balance agni (the digestive fire), the sweet taste should be accompanied by the five other tastes, including salty, sour, bitter, pungent, astringent.

○ **Milk** - non-homogenized, ideally raw. In the evening enjoy warm, with ghee and spices and a date or another natural sweetener such as maple syrup or honey.

○ **Fresh dates** - Dates are particularly revered in Ayurveda for their capacity to quickly and effectively contribute to our ojas. Unlike other fruits, dates combine well with grains and vegetables and are a nice complement to a balanced meal. If fresh dates are not accessible in your area, we recommend rehydrating them or they will have a drying effect in the body.

○ **Almonds** - are one of the best nuts for increasing ojas and rejuvenation. They strengthen the kidneys, the reproductive system, and the brain. They are easiest to digest when lightly cooked and without the skin, which contains tannic acid. Soak overnight or blanch then peel.



- **Ghee** - strengthens the digestion, improves complexion, increases physical and mental stamina and longevity, nurtures and cleanses the blood tissue and soothes the nerves. It enhances intelligence, vision, and voice and supports the liver, kidneys and the brain. Ghee is good for all doshas in moderation and fundamental for strong immunity
- **Honey** - is sattvic, which means that it provides strength and vitality and connects us to higher consciousness. Honey builds the tissues and nourishes us on all levels. It has the sweet taste, as well as the astringent and pungent tastes. It is warming, so it will increase pitta and decrease vata and kapha.

## 5. TAKE CARE OF YOUR BASIC NEEDS TO SUPPORT YOUR BODY AND MIND

Focus on your own healthy choices as this is what you can control; leave out worry as possible, you cannot control other people, places or things, and worry increases vata which decreases ojas.

You can also book an [Ayurvedic health consultation](#) and receive one- on-one guidance for coming into balance, naturally.

