



WELLNESS WITHIN
of FOX VALLEY

10 Ayurvedic Tips to Change Your Life



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1. Wake at dawn.
 2. Plan your day around the ayurvedic clock, honoring times of day, seasons and stage of life.
 3. Start your day with a glass of room temperature water with lemon and a pinch of Himalayan salt.
 4. Follow a morning dinacharya, or “bookend” practices, to start your day with presence and purpose.
 5. Eat Ayurvedically.
 - a. Eat at appropriate times: 7-8 am, “noon-ish”= biggest meal!, 6pm. Allow the belly to rest and digest for at least 3 hours before bed.
 - b. Consume room temperature/warm liquids and foods instead of chilled beverages or cold/raw foods.
 - c. Choose food with the most Prana – freshly picked, life-force energy. Eating is different than nourishing.
 6. Nourish all your sense organs. Consider what your eyes, ears, nose, and skin are “digesting” throughout the day as well!
 7. Unplug from ALL screens (TV, computer, phone) at least 30 minutes before bedtime. Let your senses withdraw and relax.
 8. Have a dinacharya or “bookend” as part of your bedtime routine to end your day with mindfulness and detoxification.
 9. Be in bed by 10 pm.
 10. Learn your dosha and understand when you are out of balance and how to get back into balance.
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“A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. Routine helps to establish balance in one’s constitution. It also regularizes.”

–Dr. Vasant Lad, Ayurvedic Medicine Specialist





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Counseling. Yoga. Ayurveda.

Wellness Within's approach is rooted in wisdom traditions that provide perspective, tools and resources to help you better understand your mind and body, and to help create healthy lifestyle practices.



"I believe in doing good. I believe in being connected to something bigger than the individual. I believe in making a mark on the greater community, as well as the individual client or student with regard to mental health and wellness. This is important because sometimes brief encounters, inspiring words, or a piece of music can make all the difference in a week. I recall many dark times throughout my life, but the ones that transmuted that darkness were typically paired with someone who looked into my eyes, or offered an encouraging phrase, and that helped me carry on. These subtle shifts in energy leave a lasting inspiration. Through counseling, yoga and Ayurveda, I aim to offer that light to others—to provide perspective, tools, and resources to help clients cope, sustain, and thrive."

– **Kristen Kauke**, MSW/LCSW, RYT 500