



WELLNESS WITHIN
of FOX VALLEY

7 Ayurvedic Healthy Habit Eating Tips



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1. Serving size – anjali, 2 cupped handfuls.
 2. Sit at a table in a pleasant environment (We too easily eat in motion, in the car, or at the desk while working. But the act of eating should be given its appropriate place. Would you urinate other than in the bathroom?)
 3. Allow at least 20-30 minutes to eat a meal.
 4. Give thanks prior to eating. It could be a simple statement such as, “I am grateful for this nourishment for my body.”
 5. Feed the senses first – see, smell, and even touch your food!
 6. Chew each bite! Digestion begins in the mouth.
 7. Drink beverages 30 min. prior to meal. Sip warm beverages with meal so as not to douse your digestive fire.
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HOW you eat is
just as important as
what you eat!





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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