



WELLNESS WITHIN
of FOX VALLEY

Ojas: Perfect Digestion for Optimum Nourishment



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In Ayurveda, OJAS is the end by-product of perfect digestion. It is one of the most health producing agents of the body. It directly influences physical, mental, emotional, and spiritual life. Ojas is the reward for eating healthfully. Increasing ojas is deeply nourishing.

Along with eating a balanced diet, one can increase ojas in a variety of ways. General guidelines include loving yourself and others, living a healthy lifestyle, and making time to appreciate joys in life. Other ways include:

- Laugh and smile a lot
- Take time to relax
- Meditate regularly
- Spend time in nature
- Exercise your creativity
- Offer your gifts to others
- Follow your heart's passion
- Engage in physical activity





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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