

5 Ways to Reduce Inflammation

with Ancient Ayurvedic Wisdom



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Ayurvedic wisdom for inflammation

In Ayurveda, ama is a term used to describe toxins or impurities that accumulate in the body. Ama can be caused by poor digestion, unhealthy diet and lifestyle habits, and other factors. Accumulation of ama in the body is believed to contribute to a variety of health problems, including inflammation.

According to Ayurveda, one of the main causes of ama is poor digestion. When the body is unable to properly digest and metabolize the food we eat, ama can build up in the digestive tract and throughout the body. Ama can also be caused by unhealthy diet and lifestyle habits, such as eating heavy, processed, or difficult-to-digest foods, and not getting enough rest or exercise.

Inflammation

Knowing its importance



Major cause of disease

Inflammation due to ama is the root cause of almost every chronic health condition and autoimmune disease in the body. The list of symptoms includes weight gain, brain fog, anxiety and depression, persistent fatigue, migraines, joint and body pain.

In Ayurveda, cleansing and detoxifying the body of ama is believed to be important for maintaining overall health and wellness, including reducing inflammation. This may involve making changes to the diet and lifestyle, such as eating a healthier, more balanced diet and incorporating stress-reducing practices like yoga and meditation. It may also involve the use of herbal remedies and other natural treatments to support the body's natural detoxification processes.

There are many benefits to reducing ama and resulting inflammation in the body including: weight loss, improved mood and wellbeing, decreased stress levels, improved sleep and slower aging.

I) Ashwagandha

Best herb for reducing stress, improving overall well-being, supporting the immune system and reducing inflammation.

REDUCE STRESS

Ashwagandha is an adaptogen that helps the body balance out its energy levels. It can help improve mood and reduce stress symptoms. It may also help to decrease cortisol levels, which can play a role in chronic stress.



REDUCE INFLAMMATION IN THE GUT

Some research has suggested that ashwagandha may be helpful for reducing inflammation in the gut, which may be beneficial for people with inflammatory bowel disease (IBD).

REDUCE INFLAMMATION IN THE JOINTS

Some studies have suggested that ashwagandha may be helpful for reducing inflammation in the joints, particularly in people with rheumatoid arthritis, and other body aches and pains.

2) Nadi Shodana

Believed to have a number of benefits for overall health and well-being, including reducing stress, promoting relaxation & reducing inflammation.



Heres how to practice

1. Find a comfortable seated position with a straight back, such as in a chair or on a meditation cushion.
2. Close your right nostril with your right thumb and take a deep breath in through your left nostril.
3. Close your left nostril with your right index and middle fingers and exhale through your right nostril.
4. Inhale through your right nostril, then close your right nostril and exhale through your left nostril.
5. Continue alternating the breath between the nostrils in this way, keeping a steady rhythm. You can start with a few minutes and gradually increase the time as you become more comfortable with the practice.

3) Diet and Nutrition

Play a crucial role in maintaining overall health and wellness,
including reducing inflammation

Diet and nutrition recommendations

Avoid inflammatory foods: Some foods can increase inflammation in the body, such as processed and refined foods, fried foods, and foods high in sugar. Ama creating & prana-devoid foods also include left-overs, microwaved foods, frozen foods and canned foods.

Choose anti-inflammatory foods: Certain foods are known to have anti-inflammatory properties, such as turmeric, ginger, ashwagandha, holy basil and omega-3 fatty acids. Opt for cooling foods such as grains and vegetables.

Key Principles

- ✓ Avoid inflammatory foods
 - ✓ Choose anti-inflammatory foods
 - ✓ Eat according to your unique constitution
 - ✓ Eat in a mindful and relaxed state
 - ✓ Eat a variety of whole, unprocessed foods
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Eat according to your unique constitution: Ayurveda recognizes that each person has a unique combination of physical and mental characteristics, known as their "dosha." By eating foods that are compatible with your dosha, you can help balance your body and reduce inflammation. For example, if you have a predominantly "vata" dosha, you may benefit from eating warm, cooked foods that are grounding.

Eat in a mindful and relaxed state: Ayurveda also places a strong emphasis on the role of the mind in digestion and overall health. Eating in a mindful and relaxed state can help support proper digestion and reduce inflammation in the body.

Eat a variety of whole, unprocessed foods: Ayurveda emphasizes the importance of eating a diverse range of whole, unprocessed foods in order to provide the body with a wide range of nutrients. Eating a diverse range of fruit and vegetable colours will also increase antioxidant levels and decrease oxidative stress from toxins.



4) Sleep

Our health is affected when we fight against the natural daily cycles of energy.



Sleeping well can work directly to keep inflammation in check by avoiding the pro-inflammatory activity that occurs in the presence of poor, dysregulated sleep. And sleep offers us significant protection against stress, itself a major contributor to chronic inflammation.

Tips for improving sleep

STAY CONSISTENT WITH YOUR DAILY ROUTINE

Create structure in your daily life by committing to a particular time –from the moment you rise to the time you go to bed. Sleep at around 10pm as this is the time when kapha induces heaviness in the body.

EAT AN EARLIER LIGHTER DINNER

At least three hours before bedtime, eat your last meal of the day preferably around 6pm. Opt for a warm vegetable-based dish. A belly full of food will make it harder to achieve deep restorative sleep.

Ojas Tonic for Sound Sleep

Unnecessary stress and anxiety diminishes an important substance in our body called ojas. Ojas means vitality and is responsible for a deep sleep. To help you have a satisfying sleep, combine the following ingredients and then add them to a nightly cup of hot milk:

Ingredients

- chopped dates (1 tbsp.)
- chopped almonds (2 tsp.)
- coconut meat or flakes (1 tbsp.)
- saffron (1/2 tsp.)
- ghee/coconut oil (1-2 tsp.)
- cardamom (1/8 tsp.),
- 1 cinnamon stick (or 1/4 tsp. ground cinnamon).

Blend the ingredients and bring to a boil in warm milk. To make your drink even more nourishing, add ashwagandha and turmeric. Ashwagandha helps in boosting Ojas, reduces stress and increases the quality of sleep. Turmeric aids in liver function, makes skin healthier, and regulates body weight, blood glucose and cholesterol.

5) Cleanse

Removing accumulated toxins is one of the most important steps we can take to reduce inflammation & achieve radiant health.



Unfortunately, we live in a world that's filled with toxins. There are physical toxins in the form of food, personal and household products, air, water and other elements of your environment. But there are also emotional toxins too: negative thought patterns and beliefs, self-criticism, chronic stress, and painful experiences that you haven't fully digested.

Accumulated toxins are the number one cause of inflammation in the body, and over time, can lead to illness.

Ayurveda recommends detoxifying on a regular basis to eliminate toxins and return to your innate state of health.

A short 3 day detox is a great way to start, and can have fantastic results in clearing out toxins and inflammation, as well as set solid foundations towards achieving balanced health and wellness.

How an Ayurvedic Detox differs

✓ GENTLE, EASY TO STICK TO & EFFECTIVE

Many detoxes involve extreme alterations and harsh limitations and restrictions - making them hard to stick to, shocking the system and leaving you feeling scattered and ungrounded.

Rather than disrupting your metabolism and setting you up for a cycle of cravings and bingeing, the Ayurvedic approach keeps you nourished and balanced while safely and effectively supporting the bodies natural cycles of cleansing and detoxification.

✓ YOU DON'T FEEL HUNGRY OR RESTRICTED TO A LIQUID DIET

During this cleanse you will get to eat three delicious meals a day, feel nourished and enjoy the process.

✓ DETOXES NOT ONLY PHYSICAL, BUT ALSO MENTAL AND EMOTIONAL TOXINS

Ayurvedic cleansing is designed not only to reset digestive function, repair the digestive tract lining, and detox the lymphatic system, but also to remove mental and emotional ama. It does this with the help of self-inquiry practices, yoga, breathing.

Clearing out mental and emotional ama releases unwanted patterns of behavior that have locked them into negative mindsets that have contributed to poor health choices in the first place.

"hi, Melissa here

I would love to share a little bit about my story and why I am passionate to support you to find health & wellbeing.

In my early 20's I experienced ongoing digestive issues, anxiety and painful menstruation. I was overwhelmed by the information overload and tried so many different 'health trends'.

It wasn't until I discovered Ayurveda that things started to make a whole lot more sense. This powerful healing modality gave me a logical understanding as to what was going on within my body. I could pinpoint the exact time when things started to fall out of balance, and with the wisdom of Ayurveda I was finally able to start healing my body, and my mind.

Clearing my body of accumulated toxins was one of the first steps in my healing journey. But not just any detox, which can often cause more harm than good such as water fasting and restricted calorie eating, An Ayurvedic detox helped me to gently and safely cleanse toxins from my body, while keeping me feeling grounded and nourished. Cleansing also created the necessary space for my body to be able to start to self heal."



Your first step to Radiant Health is to cleanse!

Removing accumulated toxins now at the early stage will prevent more serious and hard to treat conditions down the track.

"This cleanse was by far the most nourishing and grounding I have done so far. It was definitely the reset my mind and body were needing, and such an enjoyable process. I learnt many different self care practices that I continue to use daily and they have really helped me to grounded and clear with in myself." - Imogen B

Join us for the next 3 day Detox

CLICK HERE

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