

three tips to live in balance

rise with the sun

Waking up between 4:30 and 6:00 AM offers a good rhythm to start the day and allows time to properly prepare for the day ahead. Begin the day in a way that offers intention; conscious rituals for the body and mind will allow for your day to begin in a blessed way. From the way you awaken (such as the sound of the alarm clock) to how you feel are all important indicators of your overall health and vitality. Generally one should wake up feeling rested and refreshed. If this is not the case and you are dragging yourself out of bed, then it is even more important to adhere to a daily routine to strengthen the body.

- Generally Ayurveda recommends awakening before the sun rise (about one hour to 45 minutes prior)
- Try waking up naturally, but if you use an alarm clock let the sound be soothing and calm
- As you open your eyes take a moment to gently notice your breath and connect to the start of the day

oiling the nose

Oiling the nose involves applying 3 to 5 drops of special oil, called Nasya Oil, into the nose to lubricate the nasal passages and support the nervous system. Nasya Oil soothes and protects the nasal passage while nourishing the tissues. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress.

- Lay down when applying Nasya oil and make sure to tilt your head back as much possible
- Sniff and rub the oil into the sinuses for proper administration
- Avoid eating and bathing for 45 minutes after application

avoid snacking

Snacking outside of meals depletes your digestive fire and enzymes. Enjoy three mindful meals during the day; eat when you are hungry and stop when you are full. Lunch should be the heaviest meal of the day. Be sure to sit down and eat your meal; avoid eating "on-the-go" or while standing up. It is also best not to eat after 7:00 PM.

- Keep digestive fire strong by following the natural circadian rhythm of the day
- Pay attention to hunger versus emotional eating and snacking
- Avoid standing and eating

