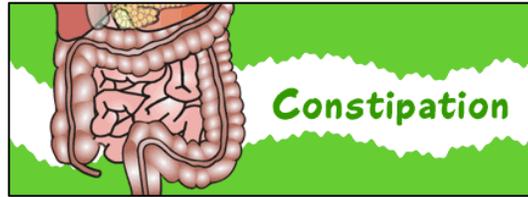


THREE SEASONS AYURVEDA



Constipation is a condition that all of us have experienced at different times and for most of us it only happens occasionally, but if you experience difficulties with irregularity on a constant basis it might be a good idea to consult with an Ayurvedic practitioner or medical doctor.

According to Ayurveda constipation is an imbalance of the Vata dosha (cool, dry, light and unstable qualities) and can be a symptom of a disharmony from the ingestion of certain foods and lifestyle practices. Like increase like so holistically you can bring balance by introducing the opposite actions of warmth, wetness, heaviness, and stability to the above qualities, which can bring balance to the body, mind and spirit.

The elimination process starts on the tongue when the taste buds interact with the six tastes found in the foods, spices, herbs and the beverages we consume. As saliva interacts with foods the whole digestive, assimilation, and elevation start to work ensuring all stages of this process work efficiently.

This handout is meant to suggest some very easy holistic remedies that might bring comfort and balance to your life, and below are some simple suggestions that you can try.

Here is a good daily practice to bring regularity

1. Scrap your tongue (stainless steel or copper tongue scraper) 7 times before brushing. This invigorates the taste buds and cleans the surface of the tongue.
2. Drink 1-2 cups of warm water after brushing your teeth; this informs the body it is time to go.
3. Find regularity and time for elimination, making time each morning to move the bowels.
4. Make sure to drink $\frac{1}{2}$ your body weight each day in water or herbal tea.
5. Eat warm foods
6. Increase the qualities of the organic oils in your diet, including ghee, sesame, and olive oils.
7. Eat plenty of fruit, which is hydrating, fibrous and general have a laxative effect on the body, including RIPE bananas, peeled sweet apples and soaked raisins and prunes.
8. Prune and Pineapple juice also has a laxative effect on the body.
9. Take Triphala capsules each day, 2 caps in pm & 2 caps am
10. Use doshic digestive spices in your cooking (relieves bloating)



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