

THE LITTLE BOOK OF  
AYURVEDIC HEALTHY  
HABITS

JUICY

*RESTED & CARED FOR WITH*

AYURVEDA



@SALILA.AYURVEDA

*free e-book*

55

DAILY  
GENTLE  
REMINDEES

THESE  
SECRETS  
HAVE  
RESET  
HEALTH  
FOR  
HUNDREDS  
OF  
CLIENTS

♡♡  
*Salila*



IG @SALILA.AYURVEDA

**1** Today I am going to be intentional about what I eat. I will eat what makes me feel light, content and energized.



**2** I will eat according to how hard I work my body, whether I have had a bowel movement and whether I have had a good night's sleep. On days I do not move, have a BM or am sleep deprived, I will eat less.

**3** I will read labels to check added sugars. If I overindulge then I will reduce total sugar intake for the week, especially if I have a Kapha body. As a Vata and a Pitta body type\*, I will enjoy up to 3 teaspoons of sugar a day.

\*For more about body types head to my blog [www.ayurgamaya.com/ayurveda-blog](http://www.ayurgamaya.com/ayurveda-blog)

4 70% of my diet will be home cooked, traditional and simple, using fresh seasonal produce, herbs, spices, oils, seeds and nuts.

5 I will eat adequate high-quality, cold-pressed, organic, local, seasonal oils on a daily basis.

6 I will have 2 to 4 fresh, seasonal fruit and 3 to 6 vegetables in my daily diet. I will cook my vegetables with oil and salt. I will have my fruit freshly peeled or cut.



7 I will have a cup of lentils, legumes, peas or beans every day. I will purchase highest grade, organic, will soak, skim, slow cook, spice and mash to break down anti-nutritive lectins.

8 I will have 1 to 3 cups of cooked whole grains every day depending on my age, profession and workout regimen.

9 If I have meat, then I will ensure it is pasture raised and humanely killed because I understand these factors can affect my overall anxiety levels.



10

I will avoid yoghurt at nights.  
Yoghurt is for breakfast.  
Buttermilk is for lunch and  
cooked yoghurt dishes are for  
dinners.

11

I will finish the last meal of the  
day at least an hour before I sleep.  
This will ease the stress on my  
body and help me sleep deeper.

12

I will have a handful of mixed  
nuts 2-3 times a week. I will roast  
or soak nuts if I have digestive  
issues.



13

I eat a hearty, complete, filling first meal of the day. This will fuel me for the day and keep me from mindless snacking later.

14

I snack on healthy options like fresh fruit, nuts or dry fruit like dates, prunes, raisins, boiled edamame, peanuts etc. I avoid pre-processed packaged foods.

15

I enjoy grocery shopping, I spend time reading labels, I love to educate the children in my family about eating healthy.



16

I respect my body and will rest if I am tired, am on my period or not feeling well. I do not need to explain my unique needs to others.

17

I sip on water or herbal teas when thirsty. If my meal is dry, I take sips of warm water, herbal tea or broths to chew well and moisten my food.

18

My body has unique needs and my diet draws from my ancestry, local availability and my upbringing. I enjoy what brings me joy and connection.





19

I have a few special people in my life I talk to when I need perspective.

20

I carefully observe my body and seek medical help when I notice something is off. I understand that avoidance can lead to chronic irreversible health issues.

21

I ask my health practitioner questions to clarify their recommendations. I follow the plan faithfully once I am on board.



22

I have a fitness plan I follow. I do at least 3 to 5, 15 minute sessions of exercise every week.

23

I decompress everyday for at least ten minutes, writing, praying, meditating, tending to a garden looking inward at my actions, my values, my thoughts and my impact.

24

No matter what happens, I affirm that I am safe, I am whole and I grow in positive ways every day.



25

I know my life's purpose, *dharma*, or am actively working towards discovering it.

26

I am the first to say hello when I meet others. I smile easily, and it makes me happy to help others feel warmly welcomed.

27

When I see other's succeed, I cheer, because I know envy stunts my chances for happiness and growth.



28

I follow social media that educates me, offers me options and helps me develop trust in myself. I stay away from those who make me mistrust, doubt and fear food.

29

I protect my sleep time, I keep digital distractions away from my bedroom. My bedroom is a pleasant sanctuary for resting, sleeping and making love,

30

I have a prayer corner, or an altar in my bedroom to offer prayers when I am anxious and sleepless.



3 1

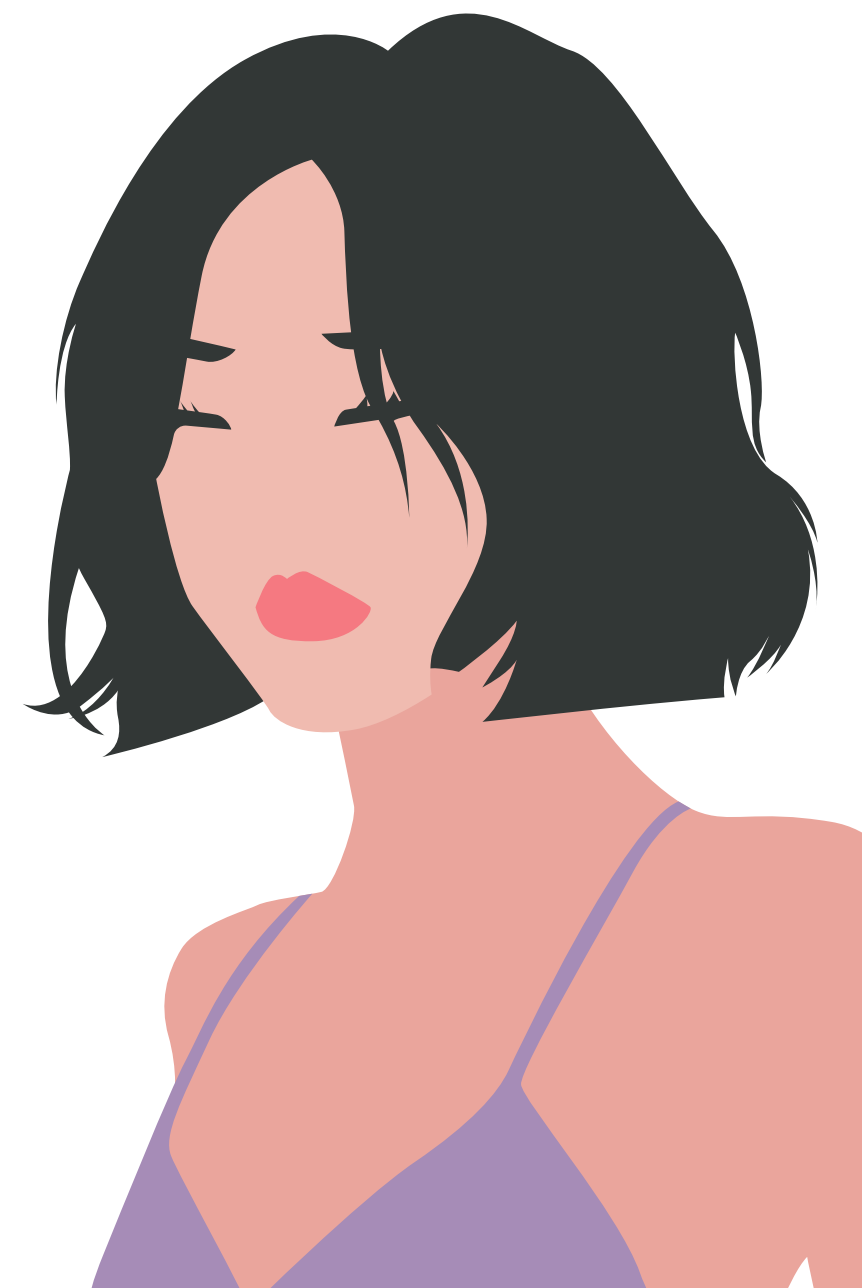
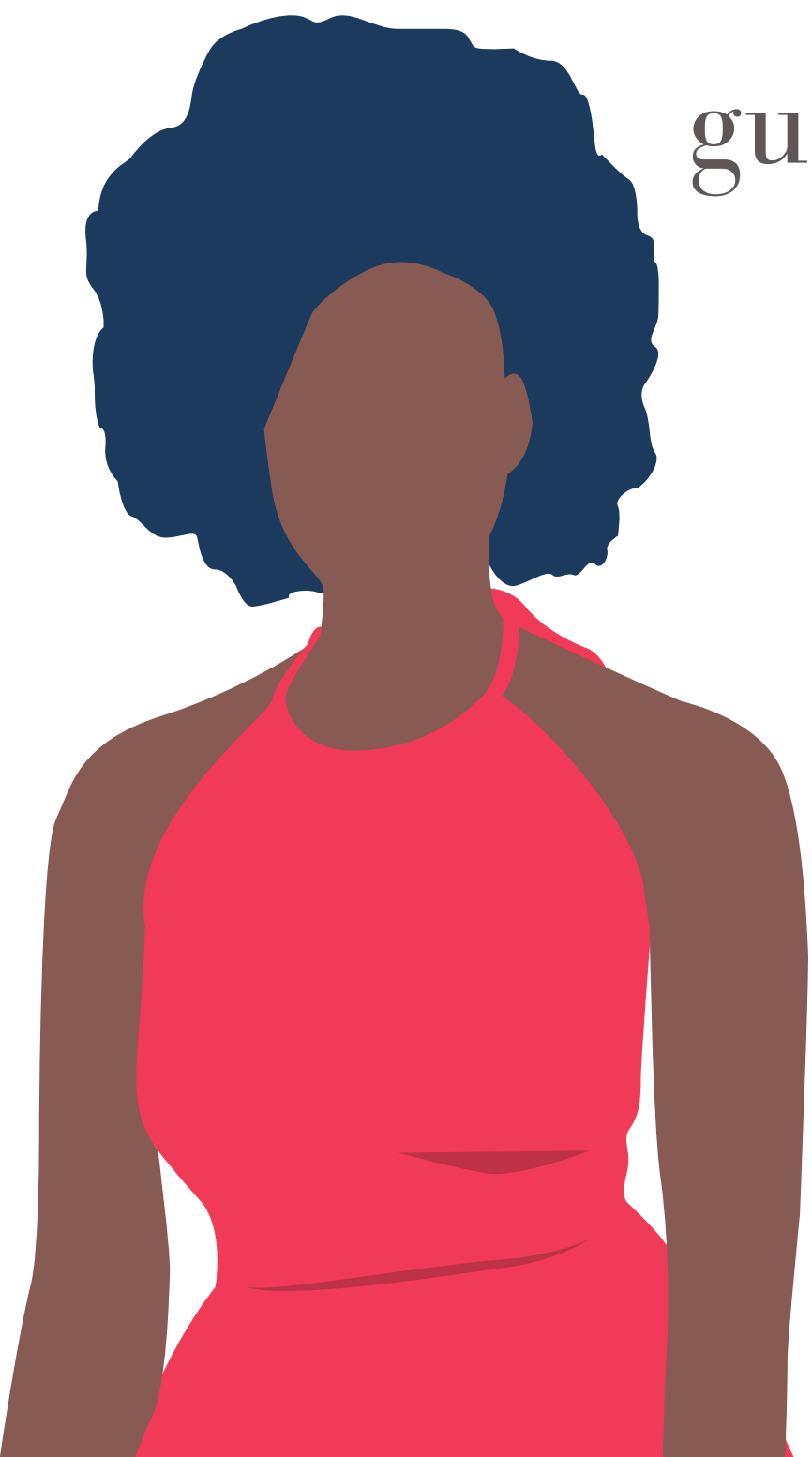
I feel at peace with myself, I do all that is in my control and surrender the rest to the Divine.

3 2

When I feel stressed I turn to my spiritual practices, my friends, wise elders, and mentors. This helps me come back to center.

3 3

I pray as I close my eyes and give in to sleep. I review my day, my actions and ask for guidance.



34

I have an idea about what I want to achieve in the next few months, few years and over all long term.

35

I value building and maintaining meaningful relationships with those who are close to me. I invest time in those who leave me feeling loved and seen.

36

When faced with a challenging health situation, I do not hesitate to try several alternative options and get a second opinion.



37

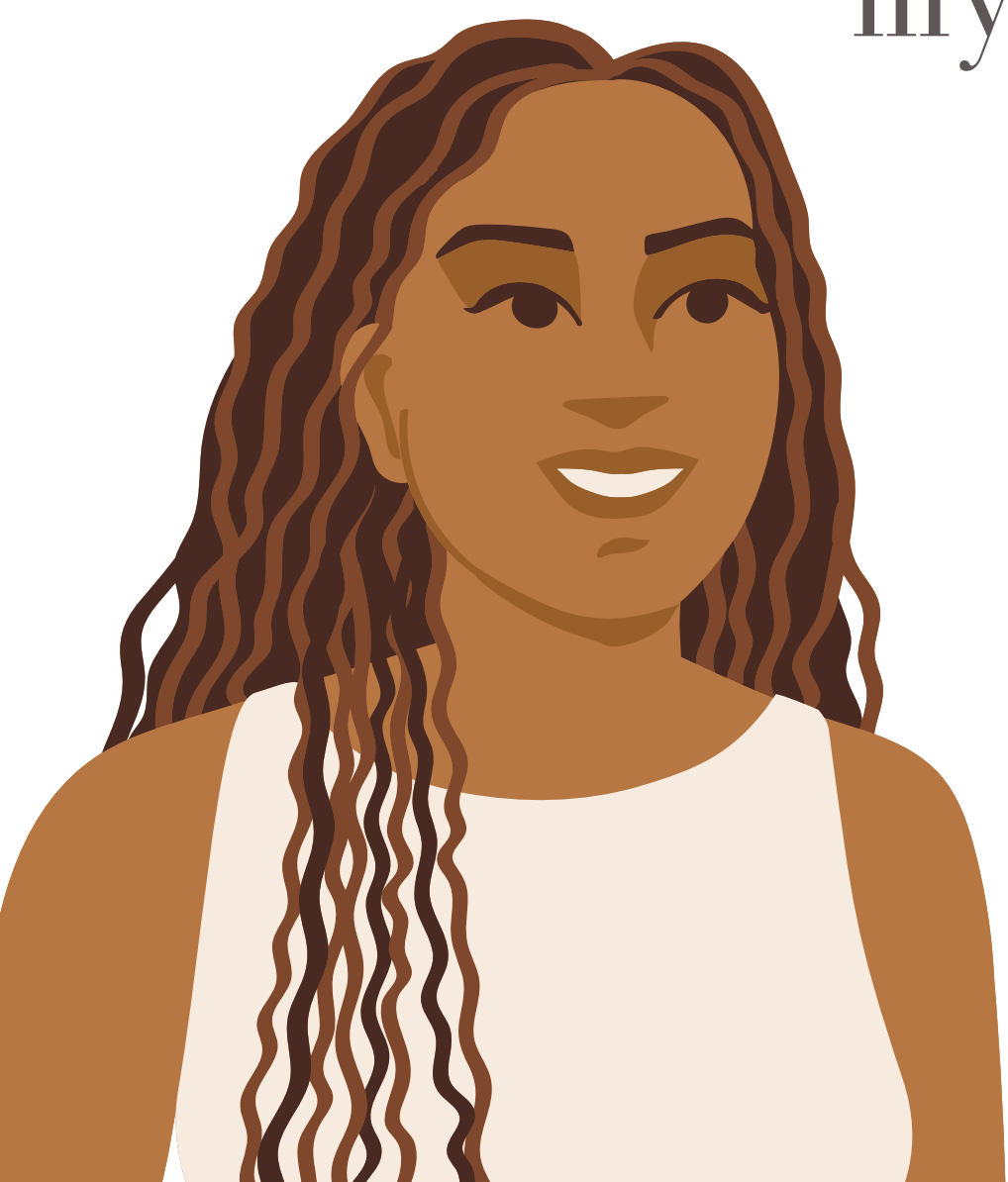
I accept the past and the mistakes of the past. I revisit the events to learn from them.

38

I have made peace with challenging family members and friends. I accept that I cannot change them. I do not need to understand them to be respectful and kind.

39

I spend time thinking and becoming clearer about what I need, and how to communicate my needs better.



40

I attend seminars and workshops of my interest, to meet new people and explore new ideas that grow me.

41

I strive to balance my work and my relationships. I approach work and my leisure activities with good energy.

42

I take ample breaks to use the bathroom, I almost never suppress my body's elimination cues.





4 3

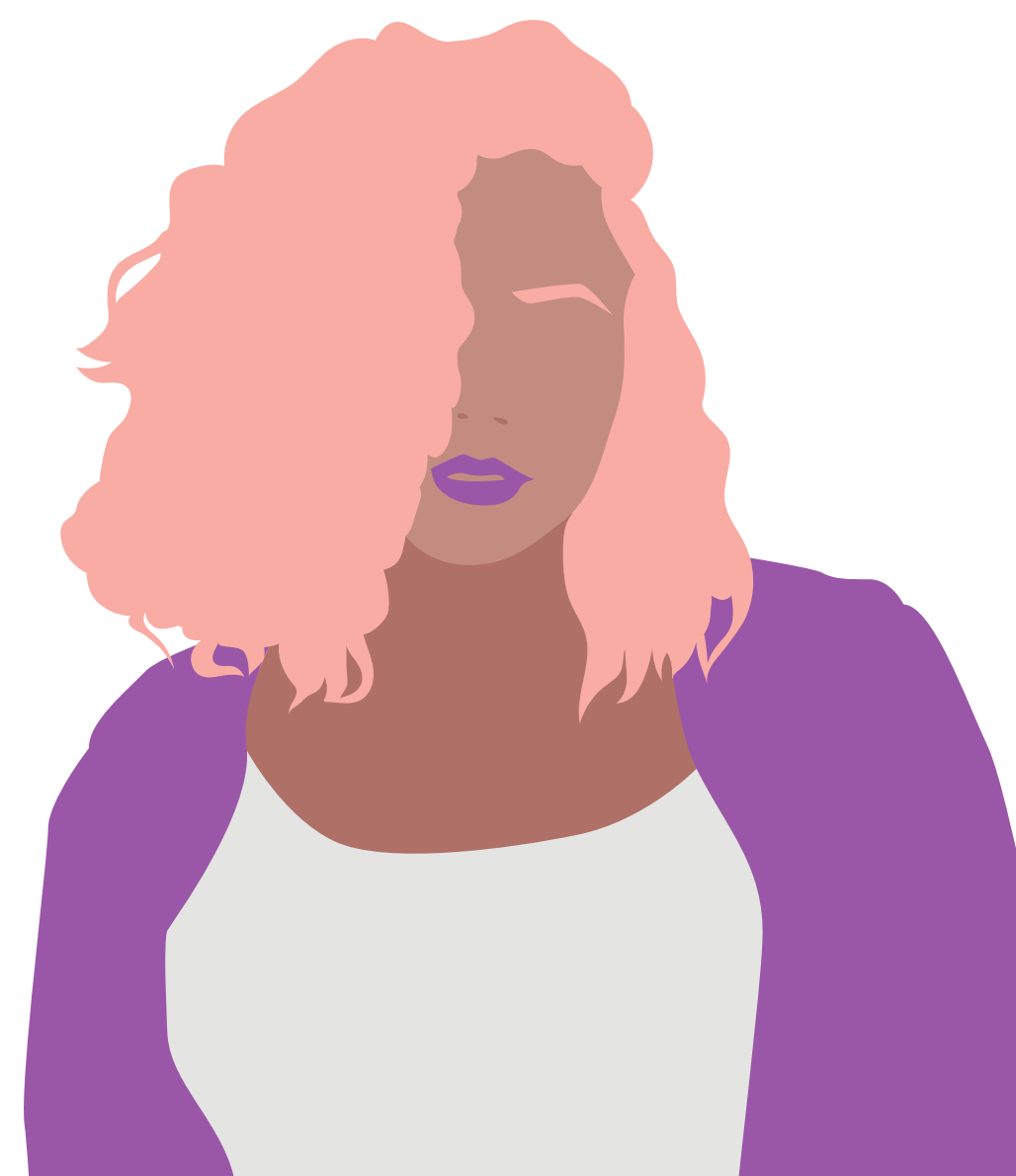
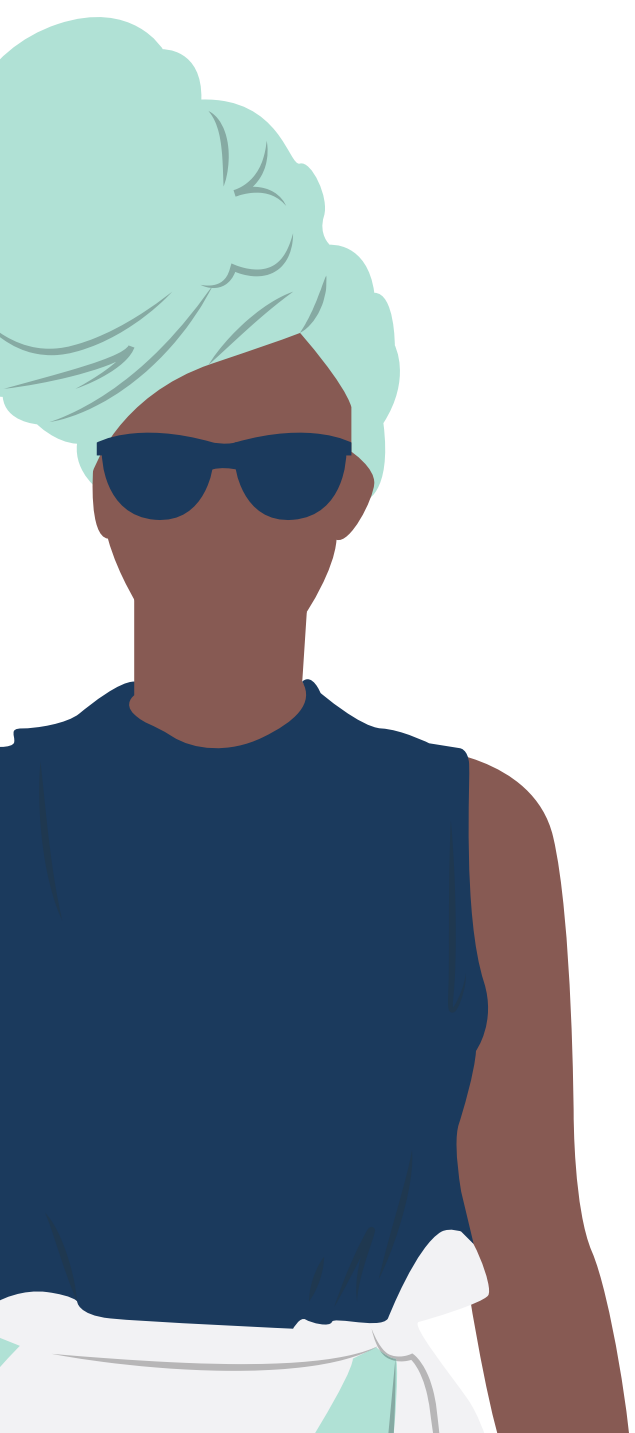
I seek professional help when I find myself becoming overly anxious, gloomy or negative about life.

4 4

I dress with care, I enjoy expressing myself through my clothing choices. I wear jewelry made of precious metals and stones.

4 5

I have deep faith in a higher power. I communicate often with this power and seek guidance.



46

I have 3 to 5 rituals that I do every day. These offer me a sense of support and balance.

47

When I wake up, I drink a small cup of warm water to refresh my digestive system.

48

I trust my own instincts and my body's cues.

49

I know what is important for me in my life. I stay away from those who cannot offer me what I most value.

I distance myself from activities that do not feel aligned to my values.



50

I allow myself to have a good cry when I feel it coming. My tears cleanse and detox my mind-scape, soften my face and relax my body.

51

I oil massage my head and body at least 3 times a week, I understand an *Abhyanga* practice will help me stay young well into my old age.

52

After every episode of intense stress, I deliberately slow down and take care of myself. Just like an expensive equipment, my body will last longer when used within it's capacity and recharged in time.



53

I am always willing to talk and resolve issues through dialogue, compassionate inquiry and compromise. I do not need to understand someone fully to know they love me.

54

I find intimacy only with a partner who has similar values as me. I enjoy my own company when I am single. I stay open to love and magic, always.

55

I approach each day with an open mind and heart, to discover what it holds for my growth and happiness.



# THANKS FOR DOWNLOADING

I W O U L D L O V E  
T O H E L P Y O U  
G E T T O R E S T E D ,  
J U I C Y A N D C A R E D  
F O R B Y W O R K I N G  
W I T H Y O U I - O N - 1

♡♡  
*Salila*

**DM Me on Instagram to Get Started**

Raised in India; living in CA. I draw from my diverse upbringing and Ayurvedic lineage to help you live a juicy life of peace, purpose, and beauty with Ayurveda.

I am a Yoga ambassador to AYUSH, and have appeared on London Real TV. See my quotes in Washington Post, Mind Body Green and Healthline, among others.

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