



Ayurveda Tips to Balance Agni

Healthy Agni is essential for our wellbeing; in fact, according to Ayurveda impaired Agni is the root of most imbalance & disease we experience. Agni is often thought of as your digestive fire but it is so much more. It is our ability to digest food, information & emotion & the intelligence that drives us physically, mentally & spiritually. Nurturing Agni helps to improve digestion, boost energy levels & enhance your overall state of well-being. The first step in creating lasting health is to establish balanced Agni.

Here are 8 Ayurveda Tips to balance & optimize your Agni.

Feed Your Fire Well

1

How, what & when you eat are all important factors in keeping up your digestive fire. Eat whole foods according to the season & your dosha. Avoid overeating, eating when upset, eating late at night, eating while driving & snacking.

2

Cold drinks, especially ice water, dampen Agni. It is best to avoid iced drinks, especially with meals. Sip warm water between meals.

No Ice, Ice Baby

Make Lunch Your # 1

This is a tough one for most people but super important. Your digestive fire is most active mid-day & making lunch your biggest meal promotes optimal digestion and supports weight loss.

3

There are number of spices that support Agni including; ginger, cumin, cardamom & fennel. Cook with **Ghee** it is fantastic for building Agni!

4

Use Spices & Ghee

Cleanse Seasonally

5

Seasonal cleanses are a powerful way to kindle & reset Agni. Doing an Ayurvedic cleanse gives the body & mind a chance to detox, repair, & rejuvenate.

6

Have a Routine

Setting your rhythm to the rhythm of nature is key in establishing optimal Agni and overall health. Set regular meal times, rise by 6 am & try go to bed by 10 pm.

Consistency is the key.

Keep Dinner Light & Early

7

Heavy meals late at night deplete Agni. Once you start making lunch your # 1 it will be easier to make eating a light dinner by 7pm a habit.

Meditate Daily

Because Agni is the power to digest & assimilate not only food but information & emotion the constant stimulation of our busy days drain Agni. Take a break from the demands of daily life & find time to sit quietly for at least 15 minutes every day.

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