

# **CLIENT'S AYURVEDIC REPORT**

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Developed by

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## Constitutional – Dosha Diagnosis

**Pitta - Kapha:** Client, as a pitta-kapha constitution you have a combination of the fire, water and earth elements. In order to stay healthy, you must keep all these elements balanced in your life, and cultivate more air and lightness. What this means that in order to reduce the heating nature of the pitta side of your dosha, you should introduce coolness (not cold), and to reduce the heaviness of your kapha dosha, you should cultivate lightness of body and mind. Ayurvedically, like increases like, so heat will increase pitta (ie, spicy foods increase anger and inflammation) and heaviness will increase kapha (ie, dense foods increase weight and congestion). In order to keep yourself balanced, explore the opposite attributes of your dosha (cooling & lightness).

Pitta - Kapha people are generally strong in body with good muscles. They will tend to be larger, but not necessarily fatter than other pitta types. They have issues with anger and are known to be judgmental. They may have a hair or skin problems due to their inflammatory nature. Their circulation will be good. Diseases they are prone to are inflammatory in nature, and digestive issues.

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## Nutritional Plan

**First Two Weeks** – The first weeks of this nutritional plan is meant to gently detoxify your body in order to prepare it to absorb nutrients. During this period alcohol, caffeine, sugar and flour should be avoid. In order to avoid caffeine withdrawal headaches and dips in energy levels, replace coffee with green tea. During the next two weeks, some foods that are listed on the avoid list will be reintroduced.

**Foods to Avoid** – Leftovers, carbonated drinks, cold drinks (cool is okay), vinegar (except apple cider vinegar), condiments, can foods, processed meats, all nuts & seeds (including nut butters), dried & canned fruits, sweeteners, dairy, candy & chocolate, corn, oils, juices (unless freshly made), shell-fish, red-meat, breads, crackers, pastries, potatoes, sweet potatoes, bananas, dates, figs, mangos, carrots, beans, tomatoes, mushrooms and pickles. Also, attempt to avoid non-organic, genetically modified, over processed foods. If you can't pronounce what is on the label don't consume it.

<b>Morning</b> (eat 1hr after waking)	<b>Afternoon</b> (eat btw 12-2p)	<b>Evening</b> (eat btw 5-7p)
1c fresh lemon water w/4oz aloe juice 1 cup of Tulsi w/gotu kola tea ½ - 1 cup of cooked green veggies	1 cup of Tulsi w/gotu kola tea Grain (Rice) w/protein and ½-1cup beets, avocado w/garlic & herbs	12-16oz water and Kitchari (see recipe) OR All green salad w/Salmon (wild) Dressing: Fresh lemon juice & a ground Pink Himalayan salt
2 eggs veggie omelet OR Quinoa Porridge OR whole rolled oatmeal w/cinnamon	Any non-processed white meat chicken w/cooked veggies (no oils) OR rice w/garbanzo & vegetables	Steamed dark green veggies w/parsley, cilantro, garlic, onion w/grains and salmon or white chicken OR Lentil soup w/grains or vegetables or seaweed salad
1 cup Fresh juice or water	1 cup Fresh juice or water	Chamomile or Peppermint or Nettles tea
Snack – 16oz+ water 1-2 sweet apples or pears	Snack – 16oz+ water 1 fruit or ½ cup of berries – 1 cup Green Tea	No eating after 7:30pm – Bedtime before 10pm.

**Guide** – The first row represents foods that must be consumed. The second row is lists foods you should eat that are filling. The third row list optional beverages to have with meals. The fourth row represents required in-between snacks.

**Tips** – Aloe juice can be purchased at Trader Joes. Tulsi tea w/gotu kola buy online or wholefoods. Peppermint tea is good to curb smoking cravings. Drink the best water you can afford; I recommend distilled alkalized bottle water. Ghee aka clarified butter can be made or purchased in the dairy section of grocery stores. Try to cook your own meals to assure that no preservatives, additive or any unwanted ingredients have not been added. Organic is best, more importantly purchase the best foods and herbs you can afford so as to avoid stressing your budget and your mind.

**Moving Forward** – All foods listed in the first 2 week nutritional plan should be included into the following dietary plan. Listed are the other healthy dietary options for your constitutional type. You are now open to exploring healthy recipe options within the limitations provided. Notice that your heaviest meal of the day is at lunch, so it should be followed up with green tea so ward away mid-afternoon sleepiness.

**Foods Reintroduced** – All veggies, all fruits, nuts & seeds (nut butters), coconut oil, sesame oil, olive oils, clarified butter (ghee), sweeteners like brown sugar & honey, shell fish, red-meat, whole grain breads, rice crackers, orange or pineapple juice, 1-2 glasses of white wine (when socializing), decaf coffee, flour food products (only twice a week), dairy (only 3 times a week) and 1-3 small pieces of chocolate (only twice a week). In moderation: tomatoes, bell pepper, raw onion or garlic, oranges, peach, banana, grapefruit, pineapple, paprika, rosemary; all of these cause excessive heat in the body.

<b>Morning</b> (eat 1hr after waking)	<b>Afternoon</b> (eat btw 12-2p)	<b>Evening</b> (eat btw 5-7p)
Lemon/aloe Water & Nettles Tea	1 cup of Nettles and 12-16oz water	1 cup of Nettles and 12-16oz water
Yogurt or granola w/fruit & ground flax	Veggie Quiche w/soup or salad	Rice, beans or tofu, fish, kale
Fruit Smoothies w/nut milk & chia seeds	Baked potato w/fresh or cooked greens	Stuffed Avocado
Whole grain bread toast w/ghee	Any protein w/grain or pasta & veggies	Salad w/any protein
Hummus & Veggies	Eating out: Sushi, Indian, Thai foods	Okra w/chickpeas & salad
Snack – 16oz+ water w/a handful of soaked almonds and 1 mango or 1-2 plum or 3-4 dates or figs	Snack – 16oz of water w/ a handful of Pumpkin or Sunflower seed & 1 piece of fruit like ie. mango, pear, apple or a cup of berries	No eating after 7:30pm – Bedtime before 10pm.

## Herbal Supplements

Milk Thistle Tincture: This herb is used during detoxification. The herb has been proved to be of immense use against liver toxins. The extracts of the herb contain powerful antioxidants. It is extremely helpful in diseases like viral hepatitis and liver disease from chronic alcohol abuse. It can also help prevent liver cancer. Dilute 15 drops of the tincture in a glass of water, twice a day (morning and night).

Dandelion Root Tincture: Dandelion contains rich sources of nutrients, such as vitamins, minerals and other antioxidant phytochemicals. Dandelion is used to improve digestion and liver/kidney function. It is an anti-inflammatory, antioxidant and immune-enhancing effects. It also aids in the treatment of Type 2 diabetes, Eczema, gastrointestinal disorders, Rheumatoid arthritis, Liver disease and heartburn. Dilute 15 drops of the tincture in a glass of water, twice a day (morning and night).

Triphala Capsules: Balances all three doshas, benefits hemorrhoids, reduces anxiety, reduces fatigue, aids digestion, aids in weight loss, improves thyroid function, clears skin complexion, cleanses liver/gallbladder/kidneys, a blood purifier, improves overall eye health, regulates blood-sugar levels, improves blood pressure, an anti-viral and an anti-cancer Ayurvedic herb. Take 2 tablets twice a day, after meals with warm/lukewarm water or milk.

## Activity Recommendation

### Morning Routine:

Cat-Cow Pose Stretch – Get on your hands and knees in a "tabletop" position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor. As you exhale, round your spine high towards the ceiling, and tuck your chin towards your neck while making sure to keep your shoulders and knees stable. On your inhale, perform the opposite by releasing your stomach towards the floor, and raising your chin towards the ceiling. Be sure to keep your knees steady, and hands pressing evening against the floor. It is important to synchronize your breathing with the movement; breathe in and out of the nose only. Perform this stretch for 1 minute or 10 times.

### Afternoon Routine:

Brisk Walking - Go for a 5 minute brisk walk before you eat lunch. During the walk focus your vision on anything nature: trees, flowers, grass, sky, etc. Let you mind be calm by either listening to non-lyrical music via headphone or focusing your mind on your affirmation. Perform during workdays.

Non workdays, perform the same as above for a minimum of 10 minutes, and a maximum of 20 minutes. Try to do the walk in a very green park. If you choose to use to music, listen to anything that motivates active movement.

### Evening Routine:

Legs Up the Wall Pose – Begin with 2 folded thick blankets lengthwise, stack one neatly atop the other to create a support that is at least 6 inches thick, about 10 inches wide, and long enough to prop up your hips in their entirety. Place blankets near a wall with the long edge parallel to the baseboard, leave a gap of just a few inches between the support and the wall. Next, sit on the blankets with the left side of your body next to the wall and feet on the floor. Using your hands for support, shift your weight onto the outer right hip, and then lower your right shoulder to the floor so that you can pivot your pelvis and sweep your legs up the wall. The blankets should support you from the top of your tailbone all the way to your mid-back. Be sure to align your spine so that an imaginary line drawn from your nose to your navel would be perpendicular to the baseboard. There should be ample room for your shoulder blades to rest comfortably on the floor, and enough space between your hips and the wall to allow your tailbone to dip gently toward the floor between the blankets and baseboard. If you need it, rolled up blanket under your head for support. When comfortable, try to shift your buttocks closer to the base of the wall. Stretch your arms along the floor above your head or rest them anywhere they feel most comfortable. Once you are completed settled, close your eyes, and bring your awareness to the relaxing sensation within the body. Allow your breath to be natural. Rest with your legs up the wall for up to 5 minutes. Once you are ready to release the pose, slowly slide your legs down the wall, bending your knees close to your chest. Rest here for a few moments before pressing your feet into the wall and sliding your hips past the blankets and onto the floor. Don't hurry and move slowly. Once you sit up, tune into your body, breath and mind.

Lying Butterfly Pose – Use one of the folded blankets; position it perpendicular to your back onto the floor behind you. Slowly lower your back torso on the support, first by leaning on your hands. Once you are leaning back on your forearms, use your hands to spread the back of your

pelvis and release your lower back and upper buttocks through your tailbone onto the floor. The blanket is to be positioned under your shoulder, giving your mid-torso a mild lift. If you need it, roll up a blanket and place in behind your neck. Now combine the soles of your feet together, press them together evenly, and move them together towards the center of your body. Allow your inner groin to sink into your pelvis but don't force your knees to the ground. If you need it you can place pillows/cushions under each knee to support the opening of your knees. Allow your hands to either rest one on the belly and the other on your heart. Stay and breathe in this pose for 1-3 minutes.

To come out of the pose, use your hands to press your thighs together, and place feet flat on the floor. Now open your knees roughly 10 inches apart, and allow your knees to knock into one another which will neutralize your pelvic region. Stay here for 1 minute before rolling over onto one side, and pushing yourself up. When you do sit up, observe how you feel in your body, your breath, your mind, and your heart.

\* Before sleep: After evening stretching, drink a cup of fennel, coriander, cumin seed (1tsp combined seeds) tea. Let seeds sit in the hot water steeping for 10 minutes before drinking.

## Breathing Technique

**Alternate Nostril Breathing**: Balances the cooling (left nostril) kapha dosha, and the heating (right nostril) pitta dosha via breath practice. Practice every morning and evening. Video Demo: <https://www.youtube.com/watch?v=Xbbr6Udg1UA>

### Directions:

Using your right hand, place your thumb next to your right nostril and your middle finger next to your left nostril.

Gently but firmly close off your right nostril with your thumb.

Inhale through your left nostril, bringing your awareness to your heart.

Release your right nostril and close off your left nostril with your middle finger, exhaling through your right nostril.

Keeping your left nostril closed, inhale through your right nostril.

Do breathing in cycles. Perform twelve times once in the morning and once at night.

## Color Therapy Recommendations

**Green** – This color represents the heart chakra (energy). It promotes love for one's self, attracts love from others and improves the health of all organs located within the chest cavity. The color itself is balancing and calming. Green awakens greater friendliness, hope, faith, and peace. It is restful and revitalizing to overtaxed mental conditions. Green is also an emotional stabilizer and pituitary stimulant. The days the energy of green is

most powerful are Wednesdays and Fridays. However, begin to build a relationship with the color every day and in all ways. Eat green foods. Wear the color green (clothes, underwear, accessories). Look at the color green (nature, traffic signals, signs, etc.). Fill your home with green plants.

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## Affirmations

Choose one that best fits you, or find one that is a better fit. Say the affirmation to yourself a minimum of 5 times, 3 times a day and every time you look at yourself in a mirror. Alone you are to speak the statement out loud, and in public you can recite them low or mentally. When you are commuting, on a line or in the elevator, recite the statement repetitively. Do this for 21 days straight, and try not to miss a day. \* Tip: write out your affirmation on a post it and stick it to your mirrors, doors and computer.

- Today my own well-being is my top priority.
- I am growing more beautiful and luminous day by day.
- With a solid plan and a belief in myself, there's nothing I can't do.
- My grateful heart is a magnet that attracts more of everything I desire.
- My energy and vitality are increasing every day.
- Thank you for the opportunity to balance my mind, body and spirit.
- I give myself permission to shine.
- I honor the best parts of myself and share them with others.
- Today I give myself permission to be greater than my fears.

## Journaling Requirement

- Mental and physical changes due to the dietary prescription.
- Bathroom usage times, frequency and consistency.

- Menstruation start and end date/time, and consistency.
  - New or ongoing Symptoms or abnormalities, define the health sign, when it occurred and if know, the reasons why.
  - Mental thoughts and emotional feelings about your dietary changes, subtractions and additions.
  - Keep track of your physical activity
  - What effects are you experiencing with the breathing technique?
  - Note your experience with the color green.
  - How are you doing with your affirmation? Changes in mental and emotional state.
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## Recipes

<b>Quinoa Porridge</b>	<u>Directions</u>
1 cup almond milk (or flax, hemp, coconut milk)	1. Rinse quinoa under cold running water.
1 cup water	2. Combine quinoa with the water in a pot and bring to a boil.
½ cup quinoa	3. Reduce the heat – cover and cook for 10 minutes until soft.
1 tbsp pumpkin seeds	4. Add milk, apple, cinnamon, and seeds.
2 sweet apples, chopped with skin	5. Cook for 5 minutes until creamy – add more milk if needed for a creamier texture. Spoon
½ teaspoon ground cinnamon	into a serving bowl and enjoy.
1 tsp ground flax seeds or chia seeds	

<b>Kitchari</b>	<u>Directions</u>
¼ teaspoon ground asafetida (hing)	1. Wash split mung beans and rice together until water runs clear.
1 teaspoon whole cumin seeds	2. Medium heat saucepan, and dry roast asafetida and cumin seeds.
1 small onion, peeled and sliced	3. As soon as you smell the fragrance of the cumin seeds, add the onion and
1-inch (1 tbsp) piece fresh ginger, peeled and finely chopped	

2 cloves garlic	ginger. Stir-fry until onion begins to turn transparent. 4. Add garlic, garam masala, and turmeric. Stir and fry for 1 minute. 5. Add the bay leaf, mung beans and rice. Sauté for 1-2 minutes. 6. Add water, and bring to a boil for about 10 minutes. 7. Cover, turn heat to low, and cook for 30 minutes, stirring now and then to prevent sticking. 8. Uncover and taste check to ensure that the rice and mung beans are thoroughly cooked. Add salt or Bragg's to taste. 9. Add cilantro leaves on top just before serving. (Can add steamed vegetables or lean meat after the first 2 week diet).
1/2 teaspoon turmeric	
1/4 teaspoon garam masala spice	
1 – 2 Bay leaves (depending on the size of leaf)	
1 cup Split Mung beans	
1/4 - 1/2 cup basmati white rice	
Add Pink Himalayan salt to taste OR Braggs Liquid Aminos	
About 5 cups water	
1 tbsp chopped cilantro leaves	
Kitchari	
1/4 teaspoon ground asafetida (hing)	

<b>Okra w/chickpeas</b>	<u>Directions</u>
1 lb okra pods (fresh or frozen)	1. Wash potatoes and dice into small cubes and steam until just soft. 2. While the potatoes are steaming, wash okra, cut off ends, and slice into thin rounds. 3. In a large skillet, heat 1 tbsp ghee and sauté onions until translucent. 4. Add turmeric, coriander, cumin, and salt. Cook until lightly brown. 5. Add okra and sauté for about 5 minutes until the okra softens. 6. Add just steamed potatoes, chickpeas, carrot, onions and remaining ghee to okra. Sauté together until carrot begins to soften. 7. Garnish with chopped cilantro.
1 cup of chickpeas (fresh sprouted or canned)	
1 diced potato	
3 Tbsp of ghee (clarified butter)	
1/4 cup sliced carrot	
1/4 cup diced onion	
1/4 tsp cumin	
1/4 tsp turmeric	
1 tsp coriander	
pinch of Himalayan salt	
Garnish: 1 tbsp Fresh Cilantro	

<b>Stuffed Avocado</b>	<u>Directions:</u>
Chop, peel & devein a handful of Shrimp	1. Water sauté shrimp & red onion together (2-3mins).
1 tbsp Red onion	
1 tbsp Sweet peas and/or Corn	

1 tsp Chopped cilantro and/or parsley	2. Remove from pan into bowl, and combine pea/corn, cilantro/parsley and lime juice. 3. Spoon mixture into avocado halves. 4. Salt & pepper to taste.
1 tsp Fresh lime juice	
Avocado Halves	

<b>Soaked Almonds</b>	<u>Instructions:</u>
Raw Almonds (if you can't find raw, purchase unroasted, unsalted)  <u>Benefits:</u> improves digestion, aids weight loss, prevents heart disease, cancer preventive, controls blood pressure, regulates blood sugar, and more.	<ol style="list-style-type: none"> <li>1. Use a container at least twice the size of the amount of almonds you're using; as they swell to about twice the size and will soak up much of the water.</li> <li>2. Pour in about 2 cups of water for every 1 cup of almonds. Add more water if the almonds aren't completely covered.</li> <li>3. Leave on a counter overnight, or about 12 hours.</li> <li>4. Next day, drain and rinse the almonds.</li> <li>5. Pop them out of their skins, and eat the almonds immediately, or store them in an airtight container in your refrigerator.</li> </ol>

<b>Ghee – Clarified Butter</b>	<u>Instructions</u>
1 pound unsalted butter (same as 4 sticks of butter)	<ol style="list-style-type: none"> <li>1. Put the butter in a heavy, medium-sized pan. Turn the heat on to medium until the butter melts.</li> <li>2. Turn down the heat until the butter just boils and continue to cook at this heat. Do not cover the pot.</li> <li>3. The butter will foam and sputter while it cooks. Whitish curds will begin to form on the bottom of the pot.</li> <li>4. After a while it will become a clear, golden color and smell like popcorn.</li> <li>5. Watch ghee closely, as it can easily burn. If burned it will have a nutty smell and a slightly brown color.</li> <li>6. Use a clean, dry spoon to skim off the foam from the top in order to see if the ghee is clear all the way through to the bottom.</li> <li>7. When it is clear and has stopped sputtering and making noise, then it needs to be taken off the heat. Let it cool until just warm.</li> <li>8. Pour it through a fine sieve or layers of cheesecloth into a clean, dry glass container with a tight lid.</li> <li>9. Discard the curds at the bottom of the saucepan.</li> </ol>

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