

Agni, Ama & Digestion

Agni- The fire in your stomach by noticing when you're hungry and what your hunger feels like.

Example- This is when we start to notice if it's our stomach that is hungry vs. our tongue. Are we salivating because we smell the chocolate chip cookies coming out of the oven or are we actually hungry for real nourishment.

**This is when we start to notice our true agni.

Ama- The toxins that build up in our bodies typically referred to as undigested food. We find a lot of ama on our tongue as the white stuff right away when we wake in the morning. That is why we scrap our tongues to remove the toxic buildup that happens overnight.

Tips for Improving Digestion

- Do not take iced drinks especially with meals.
- Drink warm water throughout the day
- Favor warm, cooked foods over raw foods
- Reduce the amount of leftovers you eat & try to cook more fresh meals more often
- Wait at least 2 hours after meals before eating again ideally 3-4 hours in between meals
- Take the time to eat your food at least 20 minutes
- Take a light walk after you eat
- If you crave a treat indulge in the sweets after your lunch meal
- Eat around the same time each day
- Keep meals simple so they are easier to digest
- Taking Triphala is great for establishing routines to ease & repair organs of digestion & elimination.

Early, Lighter Dinners

Early, lighter dinners are recommended in Ayurveda. Ideally you eat around 5pm and are done eating by 6pm. To start this habit if you currently eat dinner at 8pm start by eating at 7:45pm. Try and back up your time by 15 minutes until you're reaching a reasonable time for eating your dinner closer to 6pm.

The lighter dinners come into play when you enjoy soups or salads for dinners. Your lunch time should be your largest meal that you enjoy between 11-2pm when digestion is the strongest. Enjoy a few of the dinner recipes below.

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Breakfast Ideas

*Try and fast 12-16 hours from your dinner time. For example if you ate at 6pm at night wait until 8-10am to eat your breakfast.

Soaked Almonds

Soak 1 cup of almonds overnight. Peel the skins off in the morning. Wrap in a paper towel and store in a jar or Tupperware in fridge. Add to recipes for more protein and fat.

Cooked apples:

Chop 1-2 apples or pears. Heat a small saucepan. Add ¼ c. water and ¼ tsp. cinnamon. When water comes to a boil add apples, and a handful of raisins, figs, dates or chopped prunes. If you like oatmeal add a handful of oats and a little more water to the cooking process.

Cherry Fig Cereal

2 tbsp. chia seeds ¼ c. dried cherries, soaked 1 tbsp. goji berries, soaked 1 apple, grated 1 tbsp. coconut flakes Soak the chia and dried fruits overnight. Stir in other ingredients. Warm on stovetop. Add nutmilk and sweetener as desired.

Hot Quinoa Cereal

¼ cup quinoa - soak quinoa overnight, rinse in morning 4 dried apricots, or handful of raisins, soak overnight. ½ cup water ½ cup organic almond or rice milk ¼ t ground ginger ¼ t. cinnamon Put the water and quinoa in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens, about 20 minutes, add ginger, and cinnamon.. Warm the mixture over low heat.

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Common Lunch Idea

Kitchari

1 cup split yellow mung beans or 2 cups mung bean sprouts

1 cups white basmati rice 1 Tbsp fresh ginger root 1 Tbsp ghee 1 tsp each black mustard seeds, cumin + fenugreek seeds 1 tsp each coriander powder, fennel + turmeric powder 1 pinch hing (asafetida), and cloves 3 bay

leaves 6-8 cups water (for thickness preferred) rock salt, sea salt or Bragg's, + black pepper to taste

1 c. chopped cilantro lemon slice or spoon of fresh yogurt

Soak rice and beans overnight, if possible. Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on medium heat. Melt the ghee. Add all the spices (except the bay leaves) and roast for a few minutes. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 15 minutes on medium heat. Turn heat to low, cover pot and continue to cook until dal and rice become soft (30-40minutes) Add salt or Bragg's to taste. Garnish with cilantro, lemon or yogurt. Add more water when you reheat it later in the day.

* For weak digestion, gas or bloating: Soak your beans overnight, or first par boil the split mung dal (cover with water and bring to boil), drain, and rinse of the bean scum Repeat 2-3 times + add more asafetida if you have major bloating issues.

* Use a pressure cooker to shorten cooking time. Add vegetables after rice + beans are cooked.

* When you are doing an Ayurvedic Kitchari cleanse, do not use ghee in the oleation phase. Dry roast your spices instead.

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Cleansing Soup

1 large leek, chopped small

3 bay leaves

1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small

5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)

1" piece of ginger, minced

1" piece of turmeric, minced (or 1/2 tsp. dried)

1 zucchini, chopped small

2 cups minced kale a large handful of spinach,

coarsely chopped juice of 1 lemon

*fresh chopped parsley, flax oil

*fresh black pepper for garnish Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves, ginger, & turmeric. Simmer for 10 minutes. Add zucchini and kale and cook over medium--low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.

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Wellness Broth

4 cups water

1 celery stick

3 stalks kale or collards

1 cup fresh parsley

1 cup green beans

1" piece of fresh ginger lemon

Bring the water to a boil in a medium--sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

Pumpkin seed & broccoli Soup

1 stalk celery

small handful pumpkin seeds

big slice lemon juice 1 tbsp.

fresh thyme

2 cups broccoli, stalks are fine

1 veggie broth cube

salt & pepper pinch of cayenne (for Vatas & Kaphas)

2-3 c. hot water

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Green Goddess Soup

3 cups sunflower seeds,

soaked ½ cup parsley

½ cup cilantro

2 tbsp dill weed

Juice of 3 lemons

Celtic salt to taste

Blend and serve

Ginger Carrot Sprout Soup

1 cup fresh carrot juice

1 “ shredded ginger

1 tbsp. sunflower oil

1 handful mixed sunflower, alfalfa, and clover sprouts

1 tsp masala of choice

Blend the oil, ginger and carrot juice until smooth.

Mix in masala or try adding sea vegetables for a different taste.

Garnish with sprouts and serve.

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Butternut Apple Soup

4 cups butternut squash,
chopped 1 cup fresh apple juice or cider
1/3 cup orange juice
1/3 cup water
2 large stalks celery
1/2 a leek 1
tsp. curry paste
4 pitted and soaked dates
1 tsp sea salt
1 tsp. nama shoyu

Blend all in a high speed blender till smooth and creamy. **If you don't have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.

Zen Kale Salad

(V-) 2 cups green kale
1/4 cup sesame seeds
2 tbsp sesame oil
1 tsp lemon juice
1/2 tsp celtic salt

Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit from 1-12 hours. Add remaining ingredients and mix well.

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Fall Fennel Slaw:

2 apples, one chopped, one grated

1 fennel bulb, grated

1/2 lemon

1 carrots

1 c. green cabbage, grated

1 c. red cabbage, grated

1/2 cup dried cranberries

1/2 cup pumpkin seeds

Place apples in bowl.

Squeeze the juice from 1/2 lemon over the apples and stir.

Add the rest of ingredients and combine.