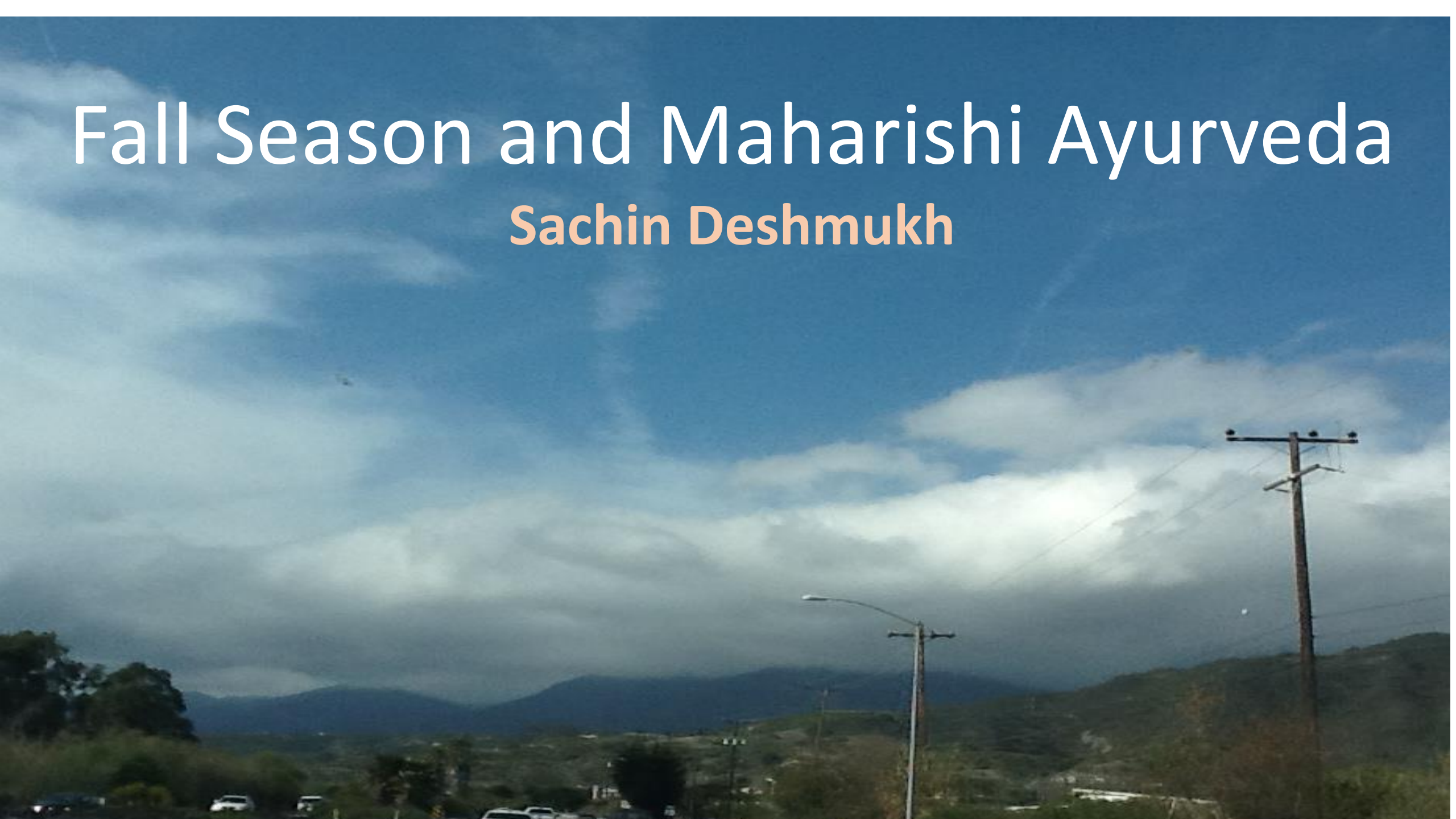



Fall Season and Maharishi Ayurveda

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- . **Fall Detox and Ayurveda : Goals**
 - . **Reset digestion**
 - . **Improve colon health**
 - . **Renew energy levels**
 - . **Radiant skin with improved blood & liver health**
 - . **Reclaim emotional balance**



Fall is time to Follow **purifying** diet
Fall is *also* the junction between the
Pitta and **Vata** seasons.

Pitta and **Vata** doshas can get imbalanced at this time of
season.

Pacifying Pitta and Vata doshas will help keep you in **Balance**.

Seasonal Junction : Ritu Sandhi

- The change from **Summer** to **Fall** is a period of time called *Ritu Sandhi* or junction of two seasons.
- This is a delicate time for the **digestion**, as the doshas are fluctuating
 - **Digestive capacity** can also get affected.
- This time of fluctuation provides a natural opportunity to cleanse the body.
- Ayurveda suggests that we make good use of the natural tendency of the body to cleanse itself.
 - An **easy-to-digest, purifying diet** is recommended during this time.
 - Maharishi Ayurveda recommends favoring **lighter, warmer food**.
- You may find that delicious, hot vegetarian soups, more hot liquids, and more cooked foods with less oil are more agreeable to your stomach.
 - Daal soups, rice, and cooked vegetables are well suited to this cleansing period.
 - **Avoid** heavier foods during the few weeks when one season is changing into another.
 - **Avoid** certain foods like meats, leftovers and processed or junk foods, because they are more difficult to digest especially during this time.