

Bringing Your Body Back Into Balance

WITH AYURVEDA

Ivette
Desai



Hello Beautiful!!

Welcome!! So thrilled to have you here!! So you have downloaded this guide to help you better understand Ayurveda, your body type, your imbalances and how you can bring yourself back into balance with the tools of Ayurveda.

Let me introduce myself. I am Ivette Desai, Yoga Health Coach and Yoga Instructor and Author of the International Best Selling Book, Relaunch Your Life Force.

I help women who do too much, who are overwhelmed, stressed learn to use the tools, habits, rituals of Ayurveda to bring them back into balance so that they can heal from emotional eating, auto immune, hormonal imbalances, adrenal fatigue and age better.

Ayurveda is the sister science to Yoga, founded over 5000 years ago in India as a complementary healing modality. The focus is to build your ojas, our immunity and life force so that you can age better and healthier. When you live in the rhythm with the cycles of day/nights, seasons and time of life then you are in balance and your best health and best version of you!

Read on to learn more about your constitution, your imbalances and how to come back into balance to have more ease, joy, sleep better, have better digestion and age better.



You are a combination
of 5 ELEMENTS.
These all make up your
constitution!

Fire Ether Water Earth Air



*TO BETTER UNDERSTAND YOU AND HOW TO BRING YOU BACK INTO
BALANCE LET'S HELP YOU UNDERSTAND YOUR
CONSTITUTION/DOSHA.*

TAKE THE DOSHA QUIZ HERE

UNDERSTAND Yourself & Your Dosha

After taking your test, read through the recommendations offered by Banyan Botanicals and see how it resonates with you.

How have each of these shown up in your various life stages? Where are you now?

Next take note of what your imbalances are. You will first want to tackle your biggest imbalance so focus your attention here.

Each person is born with a prakruti – This is your unique combination of the elements and doshas at birth. Each person is dominant in one or two doshas, being tridoshic is rare.

As we move through life brings, the doshas can shift and our constitution is known as a vikruti– the doshas can become imbalanced. By understanding your imbalances, Ayurveda provides the tools to help bring you back into balance. Each day is a new day in being aware of how you are feeling. Ideally you are trying to bring the vikruti back to prakruti.



What are the DOSHAS and qualities of each?

Let's learn a little more about the qualities of each Dosha. As you read through these do you recognize any of these qualities within yourself?

VATA

*Energy of
Movement*

PITTA

*Energy of
Transformation*

KAPHA

*Energy of
Cohesion*

VATA

Energy of Movement



ELEMENTS

Ether & Air

QUALITIES

Air – light, rough, dry, unstable, cold
Ether – light, clear, mobile, subtle

PHYSICAL CHARACTERISTICS

Slight, Irregular Frames, Thin & Long Features

PHYSIOLOGICAL IMBALANCES

Bloat, Gas, Belch, Constipation

EMOTIONAL

Worry, Anxiety, Overwhelm

PERSONALITY

Creative, Enthusiastic, Bubbly

PITTA

Energy of Transformation



ELEMENTS

Fire, Water

QUALITIES

Fire – Sharp, Light, Hot, Mobile, Clear
Water – Heavy, Oily, Smooth, Flowing

PHYSICAL CHARACTERISTICS

Athletic Build, Moderately Proportioned

PHYSIOLOGICAL IMBALANCES

Burning Indigestion, Acne, Inflammation

EMOTIONAL

Angry, Critical, Frustrated, Blaming

PERSONALITY

Goal-Oriented, Driven, Hard-Working

KAPHA

Energy of Cohesion



ELEMENTS

Earth & Water

QUALITIES

Earth – Heavy, Dense, Cold, Stable, Gross
Water – Heavy, Moist, Smooth Flowing Grow

PHYSICAL CHARACTERISTICS

Stocky Build, Round, Big Features

PHYSIOLOGICAL IMBALANCES

Sluggish digestion, Respiratory Issues, Swelling

EMOTIONAL

Stubborn, Melancholy, Lethargy

PERSONALITY

Nurturing, Loving Sweet

ADDRESSING IMBALANCES WITH DIET & LIFESTYLE CHANGES

Here is a list of imbalances. Do you notice any of these within you?

You might even have some in each category. Circle the ones that pertain to you.

Vata

Chronic anxiety
Panic Attack
Excess Worrying
Constipation
Bloating
Gas
Dry Skin
Chapped Lips
Very low body weight
Insomnia
Waking up at 2-3am

Pitta

Workaholic Tendencies
Intolerance
Excessive Perfectionism
Loose Stools
Heartburn
Gas
Fever
Red eyes
Acne or Rash
Insomnia with Problem
Solving
Waking up sweaty & hot

Kapha

Easily Attached
Possessive
Overly Sentimental
Sluggish Stools
Constant Congestion
Excess Body Weight
Lack of Hunger
Thick, White Tongue
Coating
Emotional Overeating
Foggy Mind
Oversleeping

Of course when you feel off balance you need tools to bring you back into balance! Ayurveda takes a holistic approach. Food is part of the equation but not the only solution. Of course changing what we eat helps us to feel better.

DIET & DIGESTION

DIET and DIGESTION is so important in Ayurveda. All disease stems from how you digest, assimilate and absorb your nutrients in your body. So if you are able to heal your digestive system then you can have a big impact on the imbalances throughout the body.

Here are lists of food to help assist in addressing your imbalances. If you have more than one imbalance, start with the biggest imbalance first. Remember to take baby steps.

Lifestyle is also KEY. The routines and rituals we have around eating are in fact more important than what we are eating. 90% of how we digest food is how we eat. 10% of how we digest foods is WHAT we eat.

Delving into food is fun. One of the first rules around eating is eating seasonally and locally.

This is merely a guide. Remember you have all three doshas in you.

Once you are comfortable with that then you can start to eat for your imbalance. Here are some food suggestions. Please keep in mind that if you eat foods from “in MODERATION” list nothing bad is going to happen, You may feel some discomfort, lower energy, digestive stress, remember to always be tuning into how you feel.



VATA

FRUITS TO LOVE	Apples (cooked, too drying if eaten raw), Applesauce, Apricots, Avocado, Bananas, Berries, Cherries, Coconut, Dates (fresh), Figs (fresh), Grapefruit, Grapes, Kiwi, Lemons, Limes, Mangoes, Melons, Oranges, Papaya, Peaches, Pineapple, Plums, Prunes (soaked), Raisins (soaked), Strawberries.
FRUITS IN MODERATION	Dried fruit in general, Raw Apples, Cranberries, Dates (dry), Figs (dry), Pears, Pomegranates, Prunes (dry), Raisins (dry), Watermelon
VEGGIES TO LOVE	Asparagus, Black Olives, Beets, Cabbage, Carrots, Cilantro, Cucumber, Fennel, Garlic, Green Beans, Green Chilies, Leafy Greens, Leeks, Okra, Onion, Parsnip, Peas, Sweet Potatoes, Pumpkin, Spinach, Summer Squash, Watercress, Zucchini
VEGGIES IN MODERATION	In general, all frozen, raw or dried vegetables. Artichoke, Bitter Melon, Broccoli, Brussel Sprouts, Cabbage (raw), Cauliflower (raw), Celery, Dandelion Greens, Eggplant, Kale, Mushrooms, Green Olives, Onions (raw), Peas (raw), Sweet and Hot Peppers, White Potatoes, Radish (raw), Winter Squash, Tomatoes (raw), Turnips
GRAINS TO LOVE	Oats (cooked), Quinoa, Rice (all kinds), Seitan, Sprouted Wheat Bread, Wheat.
GRAINS IN MODERATION	Barley, Bread (with yeast), Buckwheat, Cereals (cold, dry), Corn, Couscous, Crackers, Granola, Millet, Muesli, Oat Bran, Oats (dry), Pasta (okay sometimes), Polenta (okay sometimes), Rice cakes (okay sometimes), Rye, Tapioca, Wheat Bran.
LEGUMES TO LOVE	Red Lentils, Mung Beans, Mung Dal, Soy products, Tur Dal, Urad Dal

VATA

LEGUMES IN MODERATION	Aduki Beans, Black Beans, Black Eyed Peas, Chick Peas, Kidney Beans, Brown Lentils, Lima Beans, Miso (okay sometimes), Navy Beans, Peas (dried), Pinto Beans, Soy Beans, Soy Flour, Split Peas, Tempeh, White Beans.
SPICES TO LOVE	Black Pepper (okay sometimes), Chilly Peppers (okay sometimes), Lemon, Lime, Pickles, Salt, Scallions, Seaweed, Soy Sauce, Sprouts (okay sometimes), Tamari, Vinegar. Anise, Asafoetida, Basil, Bay Leaf, Caraway, Cardamom, Cayenne (okay sometimes), Cinnamon, Cloves, Coriander, Cumin, Dill, Fennel, Fenugreek (okay sometimes), Garlic, Ginger, Mint, Mustard Seeds, Nutmeg, Oregano, Paprika, Parsley, Peppermint, Rosemary, Saffron, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen.
SPICES IN MODERATION	Chocolate, Horseradish.
NUTS TO LOVE	Almonds, Black Walnuts, Brazilian Nuts, Cashews, Coconut, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Walnuts.
NUTS IN MODERATION	No nuts on this list
SEEDS TO LOVE	Chia, Flax, Pumpkin, Sesame, Sunflower, Tahini.
SEEDS IN MODERATION	Popcorn. Psyllium (sometimes ok)
OILS TO LOVE	Sesame, Ghee, Olive, Most oils
OILS IN MODERATION	Flax seed, Coconut oil (external use only), Avocado oil, (external use only).

PITTA

FRUITS TO LOVE	Apples (sweet), Applesauce, Apricots (sweet), Avocado, Berries (sweet), Cherries (sweet), Coconut, Dates, Figs, Grapes, Limes (okay sometimes), Mangoes (ripe), Melons, Oranges (sweet and okay sometimes), Papaya (okay sometimes), Pears, Peaches, Pineapple (sweet), Plums (sweet), Pomegranates, Prunes, Raisins, Strawberries (okay sometimes), Watermelon.
FRUITS IN MODERATION	Apples (sour), Apricots (sour), Bananas, Berries (sour), Cherries (sour), Cranberries, Grapefruit, Grapes (green), Kiwi, Lemons, Mangoes (green), Oranges (sour), Peaches, Persimmons, Pineapple (sour), Plums (sour), Tamarind.
VEGGIES TO LOVE	Artichoke, Asparagus, Black Olives, Beets, Bitter Melon, Broccoli, Brussel Sprouts, Cabbage, Carrots (cooked), Cauliflower, Celery, Cilantro, Cucumber, Dandelion Greens, Fennel, Kale, Leafy Greens, Lettuce, Mushrooms, Okra, Onion (cooked), Parsley, Parsnip, Peas, Sweet Peppers, Sweet and White Potatoes, Pumpkin, Radish (cooked), Spaghetti Squash, Sprouts, Winter and Summer Squash, Taro Root, Wheatgrass Sprouts, Zucchini.
VEGGIES IN MODERATION	Beets (raw), Corn (fresh), Daikon Radish, Eggplant, Garlic, Green Chillies, Green Olives, Horseradish, Leeks (raw), Mustard Greens, Onion (raw), Peppers (hot), Radishes (raw), Spinach (raw), Tomatoes, Turnips.
GRAINS TO LOVE	Amaranth, Barley, Cereals (dry), Couscous, Crackers, Granola, Oat Bran, Oats (cooked), Pancakes, Pasta, Quinoa, Rice, Rice cakes, Seitan, Spelt Sprouted Wheat Bread, Tapioca, Wheat, Wheat Bran.
GRAINS IN MODERATION	Brown Rice (okay sometimes), Corn, Millet, Muesli (okay sometimes), Oats (dry), Polenta (okay sometimes), Rye.
LEGUMES TO LOVE	Aduki Beans, Black Beans, Black Eyed Peas, Chickpeas, Kidney Beans, Lentils (red and brown), Lima Beans, Mung Beans, Mung Dal, Peas (dried), Pinto Beans, Soy products, Tempeh, Tofu, White Beans.

PITTA

LEGUMES IN MODERATION	Miso, Soy Sauce, Tur Dal, Urad Dal.
CONDIMENTS & SPICES TO LOVE	Black Pepper (okay sometimes), Coriander leaves, Kombu (okay sometimes), Lime (okay sometimes), Sprouts, Salt (in moderation), Seaweed (okay sometimes), Tamari (okay sometimes). Cardamom, Coriander, Cumin, Dill, Fennel, Ginger (fresh), Mint, Parsley (okay sometimes), Peppermint, Tarragon (okay sometimes), Turmeric, Vanilla (okay sometimes), Wintergreen.
SPICES IN MODERATION	
NUTS TO LOVE	Almonds (soaked and peeled), Coconut.
NUTS IN MODERATION	Almonds (with skin), Black Walnuts, Brazilian Nuts, Cashews, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Walnuts.
SEEDS TO LOVE	Flax, Popcorn, Psyllium, Pumpkin (okay sometimes), Sunflower.
SEEDS IN MODERATION	Chia, Sesame, Tahini.
OILS TO LOVE	Sunflower, Ghee, Olive Oil, Flax seed Oil, Walnut Oil, Coconut oil (external use only), and Avocado oil, (external use only).
OILS IN MODERATION	Almond Oil, Sesame Oil.

KAPHA

FRUITS TO LOVE	Apples, Applesauce, Apricots, Berries, Cherries, Cranberries, Figs (dry), Grapes (okay sometimes), Lemons (okay sometimes), Limes (okay sometimes), Peaches (okay sometimes), Pears, Persimmons, Pomegranates, Prunes, Raisins, Strawberries
FRUITS IN MODERATION	Avocado, Bananas, Coconut, Dates, Figs (fresh), Grapefruit, Kiwi, Mangoes (okay sometimes), Melons, Oranges, Papaya, Pineapple, Plums, Tamarind, Watermelon.
VEGGIES TO LOVE	Artichoke, Asparagus, Beets, Bitter Melon, Broccoli, Brussel Sprouts, Cabbage Carrots, Cauliflower, Celery, Cilantro, Corn, Daikon Radish, Dandelion Greens, Eggplant, Fennel, Garlic, Green Chilies, Horseradish, Kale, Leafy Greens, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onion, Parsley, Peas, Peppers, White Potatoes, Radishes, Spaghetti Squash (okay sometimes), Spinach, Sprouts, Winter Squash, Tomatoes (cooked), Turnips, Watercress, Wheatgrass.
VEGGIES IN MODERATION	Cucumber, Olives, Parsnips, Sweet Potatoes, Summer Squash, Taro Root, Tomatoes (raw), Zucchini.
GRAINS TO LOVE	Amaranth (okay sometimes), Barley, Buckwheat, Cereals (cold, dry), Corn, Couscous, Crackers, Granola, Millet, Muesli, Oat Bran, Oats (dry), Polenta, Quinoa (okay sometimes), Rice, Rye, Seitan, Spelt Sprouted Wheat Bread (okay sometimes), Tapioca, Wheat Bran.
GRAINS IN MODERATION	Oats (cooked), Pancakes, Pasta (okay sometimes), Rice (in excess), Rice cakes (okay sometimes), Wheat.
LEGUMES TO LOVE	Aduki Beans, Black Beans, Black Eyed Peas, Chickpeas, Lentils (red and brown), Lima Beans, Mung Beans (okay sometimes), Mung Dal (okay sometimes), Navy Beans, Peas (dried), Pinto Beans, Soy products (okay sometimes), Tempeh, Tofu (okay sometimes), Tur Dal, White Beans.

KAPHA

LEGUMES IN MODERATION	Kidney Beans, Miso, Urad Dal.
CONDIMENTS & SPICES TO LOVE	Anise, Asafoetida, Basil (dry), Bay Leaf, Black Pepper, Cayenne, Cardamom, Chocolate, Cloves, Coriander leaves, Cumin, Dill, Fennel, Fenugreek, Garlic, Ginger, Horseradish, Kombu, Kelp, Lemon, Lime, Mint, Mustard, Nutmeg, Oregano, Rosemary, Paprika Sprouts, Parsley, Peppers, Peppermint, Pickles, Salt (in moderation), Seaweed, Soy Sauce, Scallions, Sage, Soy Sauce, Tamari, Tarragon, Thyme, Turmeric, Vanilla, Vinegar Wintergreen.
SPICES IN MODERATION	Salt in moderation.
NUTS TO LOVE	Try to avoid nuts.
NUTS IN MODERATION	Almonds, Black Walnuts, Brazilian Nuts, Cashews, Coconut, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Walnuts.
SEEDS TO LOVE	Chia, Flax (okay sometimes), Popcorn, Pumpkin (okay sometimes), Sunflower (okay sometimes).
SEEDS IN MODERATION	Psyllium (okay sometimes), Sesame, Tahini.
OILS TO LOVE	Almond Oil, Sesame Oil (external use only), Sunflower Oil, and Ghee
OILS IN MODERATION	Avocado Oil, Coconut Oil, Flax seed Oil, Olive Oil, Sesame Oil, Almond Oil, and Walnut Oil.

Lifestyle Suggestions

As I mentioned, food is only part of healing process. How we live and feel in our bodies is also key. Our body needs to feel safe. Bringing more consistency around ritual and routine can support this. Start with these suggestions.

1. Wake at the same time every morning – improve quality of sleep, increase energy levels
2. Tongue scrape every morning before drinking warm water – reduces bad breath and toxins from digestive tract
3. Drink warm water every morning upon rising – Stokes up your metabolism, loosens stools for elimination
4. Set aside time 2-5 minutes for Sitting In Silence or Meditation – reduces stress and anxiety, improves focus

I do hope that this has been helpful for you.

If you would like to explore what else is possible for you in your transformation journey, please reach out for a complementary one:one Body Goals Discovery Sessions.

[CLICK HERE TO APPLY & SCHEDULE](#)

Cannot wait to witness your transformation.

*Big Hugs,
Jvette Desai*