



THE NATURAL LAW

What if nature's goal is to make us whole?

HEALING PEOPLE WITH AYURVEDA

*A healing practitioner's guide to
applying Ayurveda for health,
wellness, and happiness*

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DISCLAIMER

This information is for educational purposes, and should not be considered a replacement to professional medical diagnosis, treatments, cures, or preventions. Please consult your healthcare professional before attempting any new wellness practices or lifestyle changes.

INTRODUCTION

Welcome to the future of health and wellness! As a healing practitioner, you know how essential it is to guide your clients to a healthier mind, body, and soul

Enter Ayurveda, a holistic system of healing that has been used for thousands of years to promote balance and harmony in the body and mind. Ayurveda is not just a set of practices or techniques, but a way of life that can help your clients achieve true health and wellness in all aspects of their being.

However, introducing Ayurveda to your clients can be a challenge, especially with a perceived lack of standardization, and with many clients believing it's difficult to integrate this ancient science with modern medicine, or their modern lifestyles.

This ebook aims to help you meet those challenges and serve as a guide towards helping your clients unlock the secrets of optimal health and wellness with Ayurvedic principles. We'll break down the latest research from neuroscience, psychology, and social sciences, as well as the ancient wisdom of Ayurveda. By unpacking complex ideas into simple, easy-to-understand frameworks, you'll be able to apply the latest trends and practices in a meaningful way, and create personalized plans for your clients, helping them achieve their goals and live their best lives.



CHAPTER 2

Ayurvedic Principles: Understanding Your Unique Constitution and Balancing Your Doshas

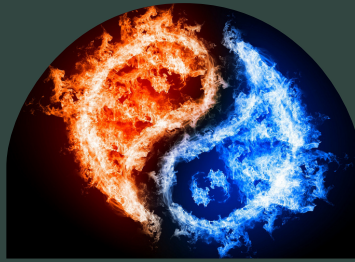
Ayurveda is based on the understanding that each person is unique and requires an individualized approach to healing. This individuality is determined by your Dosha, or your unique constitution, which is composed of three distinct energies or qualities: Vata, Pitta, and Kapha. Understanding your clients' Doshas is the foundation of Ayurvedic healing, as it allows you to tailor lifestyle and dietary recommendations to best support their individual needs.

The Three Doshas

Let's take a closer look at the three Doshas and their qualities:



VATA



PITTA



KAPHA

VATA

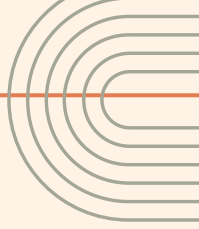
Vata is composed of the elements of air and space and is characterized by the qualities of cold, dry, light, mobile, and erratic. Individuals with a predominant Vata Dosha tend to be creative, energetic, and enthusiastic, but can also experience anxiety, dry skin, and digestive issues when their Vata becomes imbalanced.

PITTA

Pitta is composed of the elements of fire and water and is characterized by the qualities of hot, sharp, oily, light, and intense. Individuals with a predominant Pitta Dosha tend to be driven, intelligent, and focused, but can also experience anger, inflammation, and skin irritations when their Pitta becomes imbalanced.

KAPHA

Kapha is composed of the elements of earth and water and is characterized by the qualities of heavy, slow, cold, oily, and stable. Individuals with a predominant Kapha Dosha tend to be calm, loving, and compassionate, but can also experience lethargy, weight gain, and congestion when their Kapha becomes imbalanced.



Balancing Your Doshas

Helping your clients to balance their Doshas and support their unique constitutions is the key to Ayurvedic healing. This can be achieved through a variety of lifestyle and dietary choices, including:

Eating a Dosha-appropriate diet

Someone with a predominantly Kapha constitution would generally feel sluggish and lethargic. To balance this, an Ayurvedic practitioner would recommend that they eat warm, well-spiced foods, and supplement their diet with lighter foods like millet, oatmeal, barley, and leafy greens. Kapha constitutions should avoid consuming too many fruits, smoothies, shakes, or dairy, and should also reduce cold food and excessive fats.

A Pitta-dominated constitution could result in increased anger, body acidity, rashes, boils, and an intolerance towards the sun. For balance, Pitta constitutions would benefit from cooling foods like ghee, rice, coconuts and almonds. They should avoid eating spicy, fried, and fermented foods, and stay away from overly processed foods with minimal nutritional value.

Vatta constitutions would present symptoms like dryness, bloating, anxiety, constipation, and sleeplessness. To combat this, Ayurvedic practitioners would recommend consuming satisfying cooked, well-spiced foods that are made with good fats, while avoiding raw foods and very light items like popcorn.

Engaging in regular Dosha-supporting exercise and movement

Yoga is an excellent form of exercise, and works wonderfully with Ayurvedic practices in order to help optimize mind-body connections.

Yoga asana, or the physical postures of yoga, are a powerful tool for promoting physical balance and harmony. By practicing yoga asana regularly, your clients can improve their balance, strength, flexibility, and overall physical health.

One good yoga sequence, known as the Surya Namaskar or Sun Salutations, would be a great starting point! It takes about 10 minutes, making this one of the easiest sequences to fit into a busy day.

Here is a simple illustration of the movement sequence:



To make the Sun Salutations even more effective, you may recommend that your clients align the way they perform it with their unique Dosha makeup.

For someone who is predominantly Pitta, then the best time to perform is in the morning when it's still cool, and go slowly to avoid building excess heat.



Someone with a Kapha constitution would be advised to build more heat by doing the sequence a few more times and flowing through the poses.

In addition to the physical benefits, practicing yoga asana can also help promote a greater sense of mental and emotional balance by reducing stress, anxiety, and tension in the body.

Practicing stress-reduction techniques that are appropriate for your Dosha

Ayurveda recognizes the intimate connection between the mind and body, and the role that this connection plays in our overall health and wellness. According to Ayurveda, imbalances in the mind and emotions can lead to physical imbalances, and vice versa. Meditation is the perfect support for this holistic health system because of its ability to support mind-body connection and balance. Doing just a few minutes every day can help reduce stress and anxiety, improve mood and emotional wellbeing, and increase focus and productivity.

While Ayurveda and meditation are two separate practices, they can work together to support optimal health and wellness. In Ayurveda, the three Doshas (Vata, Pitta, and Kapha) are the foundation of individual health and well-being.

In Ayurveda, certain types of meditation may be recommended based on your Dosha and unique imbalances. For example, a Vata type person may benefit from a grounding meditation to calm their overactive mind, while someone with a Pitta type of Dosha may benefit from a cooling meditation to manage and dissipate feelings of anger or frustration.

Using herbs and other natural remedies to support individual Dosha makeups

An Ayurvedic diet is best supported by herbs and natural remedies, especially when the body is in need of extra healing. Herbs help to reduce stress and anxiety, improve sleep, and reduce the risks and symptoms related to chronic diseases.

Scientific research has shown that herbs have specific properties - some of them very similar to synthetic medication - that could help alleviate specific symptoms, and sometimes even tackle the root cause of illness.

Some of Ayurveda's most effective herbs are:

- **Turmeric:** has powerful anti-inflammatory properties
- **Ginger:** a wonderful digestive aid
- **Ashwagandha:** best known for its ability to reduce stress. It's classified as an adaptogen, a substance that helps the body cope with stress.
- **Licorice:** great for dry, scratchy throats
- **Tulsi:** another adaptogen that's a potent stress reliever - also great for colds

While each of these herbs are amazing supplements, an Ayurvedic practitioner would recommend specific herbs to balance out an individual's unique Dosha makeup.

Vata constitutions would be recommended to consume warming, grounding and nourishing herbs that aid digestion and calm anxious minds, like ginger, cumin, triphala, tulsi and ashwagandha.

Pitta-dominant constitutions should consume cooling, calming herbs that alleviate inflammation and support detoxification, like mint, fennel, coriander, and passion flower.

Kapha constitutions should eat light, aromatic, and warming herbs like ginseng, ginger, turmeric, trikatu and black pepper.

By understanding your client's Dosha and making choices that support their unique constitution, you can help them experience greater health, happiness, and balance in their life.

CHAPTER 3

The Latest Research: Integrating Ayurvedic Wisdom with Modern Science

While Ayurveda has been practiced for thousands of years, modern science is now catching up to the ancient wisdom of this healing tradition. In recent years, numerous studies have been conducted on the effectiveness of Ayurvedic practices, revealing a wealth of information on the benefits of this ancient healing tradition.



Ayurveda and Neuroscience

One area where Ayurveda has been found to be particularly effective is in the realm of neuroscience. Studies have shown that Ayurvedic practices such as meditation, yoga, and pranayama can have a profound impact on brain function, reducing stress and anxiety, improving cognitive function, and even promoting neuroplasticity.



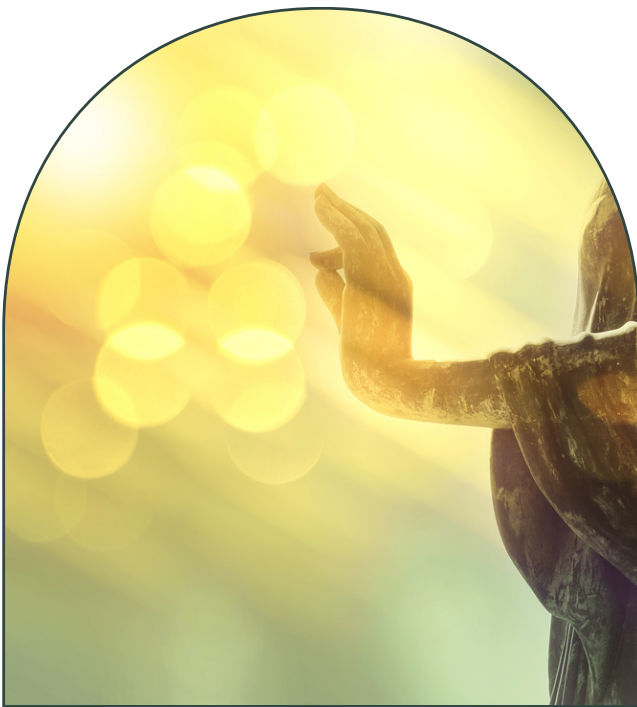
Ayurveda and Psychology

Ayurveda is also being integrated into the field of psychology, with research showing that Ayurvedic practices and herbs can help to treat a variety of mental health conditions, including depression, anxiety, and PTSD. Ayurveda emphasizes the importance of balancing the mind and body, which is a key component of mental health and well-being.



Ayurveda and Social Sciences

Finally, Ayurveda is also being integrated into the social sciences, with researchers exploring how Ayurvedic principles can be applied to improve social and environmental health. Ayurveda emphasizes the importance of living in harmony with nature and creating balance in all areas of life, which has important implications for social and environmental sustainability.



Integrating Ayurvedic Wisdom with Modern Science

By integrating Ayurvedic wisdom with modern science, we can unlock new possibilities for healing and well-being. As research continues to uncover the benefits of Ayurveda, we can use this ancient wisdom to create new approaches to health and wellness that are effective, sustainable, and deeply transformative.

So, let's explore the latest research on Ayurveda and discover how this ancient healing tradition is transforming the future of health and wellness!

CHAPTER 4

Applying Ayurvedic Principles in Practice: A Practical Guide to Incorporating Ayurveda into Your Clients' Daily Lives



While the principles of Ayurveda are ancient, they are just as relevant today as they were thousands of years ago. By applying Ayurvedic principles in your practice, you can create balance in your clients' lives, improve their health and well-being, and guide them towards cultivating a deeper connection with their true selves.

Understanding Doshas

Getting a deep understanding of your client's Dosha, birth constitution, and current state of imbalance is important because this will serve as a map or guideline to what you, as their practitioner, needs to address.

"Dosha" translates to "troublemaker" or "flaw", so most symptoms you can see, including dry skin, high cholesterol, weight gain, or heartburn, can be traced back to a Dosha imbalance.

However, another factor many practitioners overlook is the Agni, or "digestive fire". If someone's agni is impaired, the body will not be able to carry out its normal functions. This will show up as digestive problems at first, before moving on to more serious ailments like dry, cracking joints that eventually lead to arthritis.

The Dosha Diet

Another important aspect of Ayurvedic principles in practice is eating for your Dosha - for your clients to prevent illnesses and maintain their Dosha balance, practitioners should recommend foods and herbs that would correct any imbalances.

However, there are general rules of thumb you may recommend to any client, regardless of their constitution, including:

Always opting for whole grains, as well as seasonal local organic fruits and vegetables. If your client is not vegetarian, recommend that they choose meat that is farm-raised and hormone-free. Processed foods and drinks should be avoided whenever possible.

Ayurvedic Self-Care Practices

Ayurveda places a great deal of importance on daily self-care practices aimed at cleaning out anything that has accumulated overnight.

Practitioners generally recommend that their clients make it a habitual morning routine to cleanse their sense organs (mouth, ears, nose, eyes, and skin) as it allows them to become more in tune with the elements surrounding them. As their connection to their bodies increase, they will start noticing minute changes that occur, such as drier skin as the seasons change, allowing them to address any potential concerns before they become health issues.

Daily routines also give the body a safe, calm routine so it knows what to expect each morning, and prevent the stress that comes with disorganized starts to the day.

Creating a Balanced Lifestyle

Finally, Ayurvedic principles in practice also involve creating a balanced lifestyle. This includes everything from getting enough sleep and exercise to managing your time and reducing stress. By creating a lifestyle that is in harmony with your Dosha and the natural rhythms of the universe, you can promote balance, health, and well-being in all areas of your life.

Embracing Ayurvedic Principles in Practice

Everybody knows the basic rules of life: eat healthy, get enough sleep, live a balanced life - but putting it into practice can sometimes feel like an uphill challenge.

This is where you come in. As an Ayurvedic practitioner, it falls to you to support your clients through these lifestyle changes, and to remind them that Ayurveda isn't all about rules and recommendations, but also about being patient and showing yourself grace.

It's best to help them pick one item to work on for a few months, and then adding new changes incrementally so they can sustain their momentum without feeling overwhelmed.



CHAPTER 5

Conclusion



In this ebook, we have explored the principles and practices of Ayurveda, an ancient system of medicine that has been used for thousands of years to promote health and well-being. We have seen how Ayurveda emphasizes the importance of creating balance in our lives, and how this can be achieved through diet, self-care, and lifestyle practices.

We have also seen how Ayurveda can be integrated with modern research and insights from related fields such as neuroscience, psychology, and social sciences. By combining the wisdom of Ayurveda with the latest research, we can create a holistic approach to health and wellness that addresses the needs of the whole person.

Finally, we have seen how Ayurveda is not just a set of principles and practices, but a way of life. By embracing Ayurvedic principles in your practice, you can help countless clients to create a life that is in harmony with the natural rhythms of the universe, and that promotes balance, health, and well-being.

It's important to remember Ayurveda is not a one-size-fits-all approach - as a practitioner, your clients rely on you to create a personalized plan tailored to their unique needs and constitutions!

CHAPTER 6

Additional Resources

If you are interested in learning more about Ayurveda and how it can be applied to your practice, there are many resources available to you. Here are some suggestions to get you started:



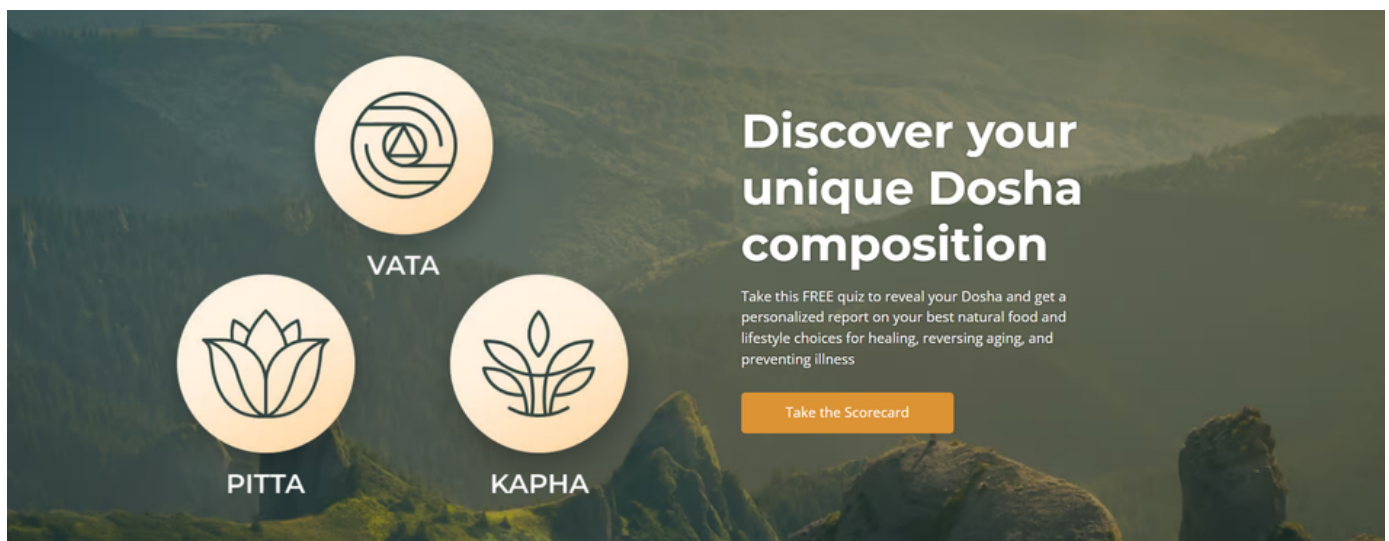
- **Ayurvedic Practitioners:** One of the best ways to learn about Ayurveda is to work with an Ayurvedic practitioner. They can provide personalized guidance and support, and help you develop a plan that is tailored to your individual needs and constitution.
- **Books:** There are many excellent books on Ayurveda available, ranging from introductory guides to in-depth treatises. Some popular titles include "The Complete Book of Ayurvedic Home Remedies" by Vasant Lad and "Ayurveda: The Science of Self-Healing" by Dr. Vasant Lad.
- **Online Courses:** Many Ayurvedic practitioners and organizations offer online courses and workshops on a variety of topics related to Ayurveda, such as nutrition, self-care, and yoga.
- **Ayurvedic Products:** There are many Ayurvedic products available, such as herbs, oils, and supplements, that can support your Ayurvedic practice. Be sure to choose products from reputable sources and consult with an Ayurvedic practitioner before adding any new products to your routine.
- **Ayurvedic Organizations:** There are many organizations dedicated to promoting Ayurveda and providing education and resources to practitioners and the public. Some examples include the National Ayurvedic Medical Association (NAMA) and the Ayurvedic Institute.

Remember, Ayurveda is a lifelong journey of learning and discovery - with dedication and commitment, you will soon be helping countless clients to achieve their best health yet.

Take the next step on your natural wellness journey...

This ebook is only the beginning. We now invite you to continue your journey through two steps that will shine light on yourself, your unique needs, and nature's answers to your lifelong health and wellness:

Step 1: Take The Natural Law's Dosha quiz



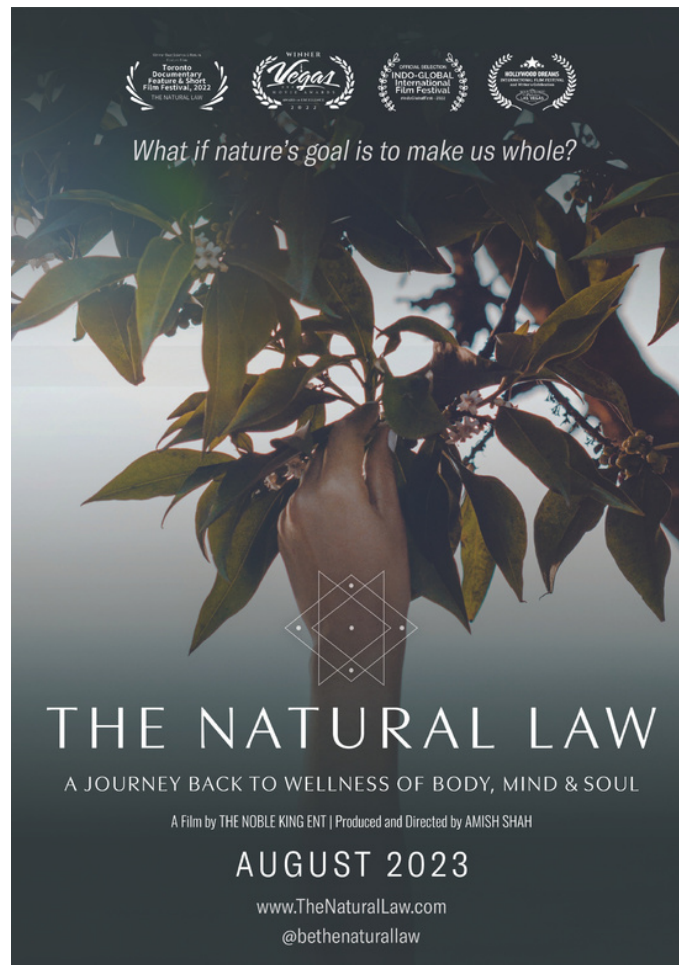
The Doshas - Vata, Pitta, Kapha - are three unique energy signatures that shape your health, wellbeing, and how you look, feel, and experience life.

Everyone has a unique Dosha composition. And by discovering yours, you'll understand how to correct any imbalances in your health and lifestyle, and heal and nourish your mind and body.

Take it now to receive a personalized report summarizing your Dosha, and your path to wellness of mind, body, and soul.

TAKE THE DOSHA QUIZ

Step 2: Watch The Natural Law film



The Natural Law explores Amish Shah's decade-long journey back to wellness with Ayurveda.

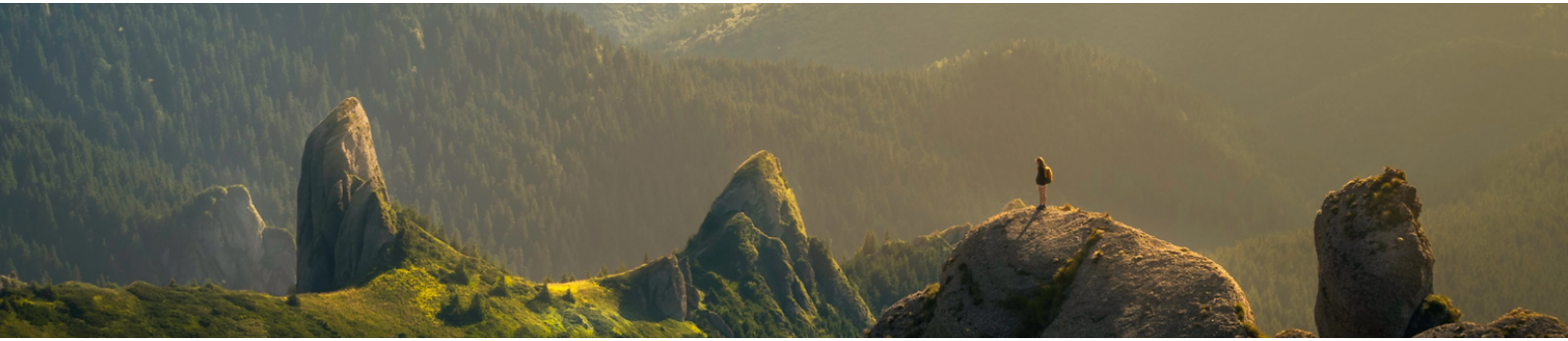
Through his encounters with leading doctors and scientists, you'll discover why Ayurveda could be humanity's greatest answer to reclaiming our physical, emotional, and spiritual wellbeing.

And through his journey, you'll learn how to remedy the root causes of illness and emotional turmoil in yourself and your loved ones.

The Natural Law launches online in August 2023. Claim your free viewing pass now.

Watch The Natural Law Film
(available in August)

THE NATURAL LAW



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