



Foods can be powerful medicine when properly prepared and administered. Know your Ayurvedic type and choose foods accordingly. Here are some ideas to get you started.

Research has shown that diets low in plant foods are linked to greater levels of inflammation and increased risk for chronic diseases.



Sprouts are a powerhouse of nutrients. They contain all the essential amino acids and they are higher in bioavailable calcium than milk.

Carrots, beets and chard are some of the most nutritious and pH-balancing foods.



Spice up your life but do so in balance. Turmeric, celery seed, ginger, garlic can reduce inflammation.

Add a healthy amount of Omega 3's from fish (or supplementing with fish oil), fresh avocados and raw nuts (soaked or sprouted).



Make salads your main course but don't forget about low heat cooking



methods for vegetables served with grass fed organic butter!

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