



## OJAS Ayurveda

# News Letter - April-2018

### Ayurvedic guidelines for Spring:



Spring is the season of new beginnings, growth and renewal. It is an opportunity for us to cleanse our body of any accumulated imbalances and rejuvenate. Spring is associated with colds, congestion, allergies etc..Following a seasonal routine can help us to overcome these challenges and promote health. Here are few tips to help in this transition phase.

- Eat light warm foods that are easy to digest
- Favor bitter, astringent and pungent tastes
- Drink warm water
- Limit dairy products
- Use lesser quantities of oils, butter and ghee (clarified butter)
- Limit intake of meats, nuts, soy products, excess carbs, cold and frozen foods.
- Avoid napping during day
- Some of the herbs to favor during spring are ginger, turmeric, black pepper, cinnamon, fennel etc..

### Ayurvedic health tip



FENUGREEK helps to reduce bad cholesterol, relieve arthritis pain, lower blood sugar levels. It improves digestion and reduces fatty tissue in the body. Soak teaspoon of Fenugreek seeds in a cup of water overnight and consume that water on empty stomach in the morning. Avoid Fenugreek if you have excess body heat and intestinal ulcers..

### Special offer:

**\$10 OFF** of Follow-up consultation(Reg. \$60).

Valid until 5/31.