



DR. CARRIE BARLOW



5 EASY AYURVEDIC HOME REMEDIES

Ayurveda is a 5000 year old system of health and healing that originates in India. Ayurveda follows the laws of nature and recognizes that we are beings of nature; therefore, if we follow nature's laws we will enhance our wellbeing.



Below are 5 common complaints that I hear from clients and 5 easy Ayurvedic remedies you can do at home:

LOW ENERGY

In Ayurveda the cause of fatigue can often be that your digestive fire, called Agni, is not able to extract out the nourishment you need which causes low energy. One way to strengthen your Agni is to put a little grated ginger and a pinch of salt on a slice of lime, then eat the lime. Do this approximately 15 minutes before meals.

WORRY/ANXIETY

Use this calming pressure point. Make a fist with your left hand and locate where the tip of the middle finger touches your palm, in the center of your palm. Place your right thumb on this point and open your left fist so the fingers are open and relaxed. Press on this point on your left palm with your right thumb firmly for 1 minute to calm anxiety.

COLD/UPPER RESPIRATORY INFECTIONS

For a cold with cough and congestion, mix 1/2 teaspoon cinnamon with 1 teaspoon honey and eat 2-3 times a day.

BACK PAIN

Apply ginger paste (ginger powder plus enough water to make a paste) to the affected area. Leave it on for 10-15 minutes, wash it off, then rub the area with a few drops of eucalyptus oil in a carrier oil such as jojoba, almond, coconut, or sesame oil.

INSOMNIA

Try a simple breathing meditation in bed. Sit comfortably on your bed and close your eyes. Focus your mind on your “third eye” point (the area between your eyebrows). Take long, slow breaths and follow your breath as you inhale and exhale. After a few minutes, lie on your back. Continue to follow your breath while you gently focus on your third eye. Throughout the meditation, if you notice thoughts, physical sensations, or sounds in your surroundings, let them go and gently bring your attention back to your breath and third eye focus. Allow yourself to drift into a deep, peaceful sleep.

**WANT TO LEARN MORE ABOUT AYURVEDA?
BOOK A DISCOVERY CALL WITH ME HERE:**

