



# *Ayurveda do's and don'ts for winter:*

- Pay attention to following a regular daily routine – in particular: early to bed, and fixed mealtimes.
- Favour warm and slightly richer food.
- At the same time, reduce raw foods and dry items such as crispbread or raw oatflakes; and reduce sour, salty, pungent foods, as well as alcohol, ground coffee and black tea.
- Use Vata-reducing spices such as ginger, cinnamon, cumin, fenugreek, nutmeg, and cloves. We therefore recommend 'Vata Churna' which contains many of these spices.
- Maintain your body with a warm oil massage every day, ideally with "Vata Massage Oil".
- Drink to keep warm! With hot drinks such as Vata Tea, Gentle Breath Tea, Almond Drink, or 'Raja's Cup'.
- Use 1-2 drops of Nasya Oil daily. For inhalation, Ayurvedic Mint Oil is most suitable.
- Take a good amount of exercise, in daylight if possible. But be careful: make sure you take adequate rest breaks, and don't overexert.