

## Nutrition

*Ayurveda and Yoga recommend a purely plant-based, sattvige diet, because this promotes detoxification and awareness.*

*In Ayurveda, food is the foundation of every therapy.*

*Food is the original medicine.*

*Any therapy is ineffective without proper nutrition.*

*By determining your constitution, your diet can be adapted exactly to your needs and imbalances can be compensated for.*

*Because food is not the same for every Dosha.*

*You can imagine that spicy food is not necessarily good for an already “fiery” Pitta nature.*

*And oily or fried foods only make a Kapha body that is slow at times even more tired.*

*There are a number of good Ayurvedic cookbooks if you are more interested in the topic outside of therapy.*