

YOGA & AYURVEDA WELLNESS GUIDE

FOR FALL (VATA) SEASON

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Ayurveda Yoga
CENTER

YOGA AND AYURVEDA FOR VATA SEASON

Ayurveda says look to Mother Nature's cycles and rhythms to guide our daily and seasonal living. Signs and symptoms of health and well-being as well as imbalances are expressions of the way we live day in and day out. We need to understand our own unique make-up so that we will eat and live in ways that serve us best. We also want to modify our choices according to the seasons so that we will be balanced and well at the fundamental level.

I hope this Wellness Guide for the Fall/Winter (Vata) Season serves to support you in your journey.

With love,

Deborah

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AYURVEDA

Ayurveda teaches that each of us has a unique mind-body-spirit constitution. When our constitution is in balance we are healthy and well. When out of balance, we can experience a number of conditions which can eventually lead to disease.

Ayurveda looks for the root causes of our conditions and offers natural ways to help restore balance through the use of proper diet, herbs and spices, daily routines, exercise, and natural therapies.

Ayurveda focuses on the *Pillars of Health*: Food, Sleep, Exercise all designed to the unique and specific needs of each individual, their current conditions and the current season.



No medication, no herb, no supplement will replace these pillars when it comes to balancing our bodies and minds although they can help and are often needed. Still, it is the way we live day in and day out that matters the most. This means the food we eat, the company we keep, and the way we live all have a tremendous influence on our minds and bodies.

SEE THE WORLD FROM AN ANCIENT PERSPECTIVE

ELEMENTS & DOSHAS

Another of Ayurveda's grounding philosophy states that all things in existence are made up of the five elements of ether or space, air, fire, water and earth. These elements are the building blocks for all that is contained within matter including nature herself as well as our physical bodies. They are the reason for our form, how the mind works, the energy we have, and how we move, think, and feel.

All things in life are influenced by the five elements and the qualities associated with them. All living beings are made up of these 5 elements in slightly different proportions. This makes each of us unique with individual needs regarding diet and lifestyle.

The elements have qualities associated with them such as heavy, light, cold, hot, oily, dry, smooth, and rough that Ayurveda looks very closely at when examining imbalances in the body.

The elements with their qualities make up the Doshas -Vata, Pitta, and Kapha. The Doshas are the three metabolic types which govern the unique psychophysiology of the individual. All functions of our minds and bodies are dependent upon the balanced or unbalanced state of the doshas.



AUTUMN/WINTER

VATA DOSHA

Vata is a combination of air and space and means “that which moves things”.

Vata governs the energies of the nervous system, the rhythms of the body, respiration, and all movement. Vata is the Dosha associated with this time of year. When aggravated, Vata needs to be soothed, moistened, stabilized, and nourished.

- Vatas tend to be light in structure and may find it difficult to gain weight.
- Vata in balance is joyful, creative and filled with ideas.
- When out of balance the air quality can create instability, poor digestion, sleep problems and psychological problems. It's important to know that Vata usually goes out of balance first. This means that the nervous system is disturbed which can cause the early stages of disease.
- Balancing Vata is always addressed in an Ayurvedic consultation.
- Vatas need to get plenty of rest, stay warm, have a consistent daily routine, and not overdo things.

- Keyword: *changeable*
- Main site in the body: *colon*
- Season: *Fall/Early Winter*
- Examples: *hummingbird, hurricane, bamboo, Woody Allen, olive oil, popcorn*
- Tastes associated with air and space that may cause imbalance: *bitter, astringent, pungent*
- Tastes to emphasize to help balance: *sweet, sour, salty*





YOGA FOR VATA

- Emphasize gentle to moderate pace: alternate rhythmic movements, (vinyasa), with moderate holding of postures
- Take a slow, steady, meditative approach
- Practice in a warm environment
- Allow for longer warm-ups- sun salutations practiced in a slow, gentle way
- Avoid jumping between poses
- Do standing poses to ground and give strength to the base
- Do balancing poses to increase concentration and stability
- Perform squats to encourage downward movement of energy
- Focus on core strengthening poses
- Build heat
- Use props

Restorative Postures

Lying down knees to chest

Long rest – shavasana

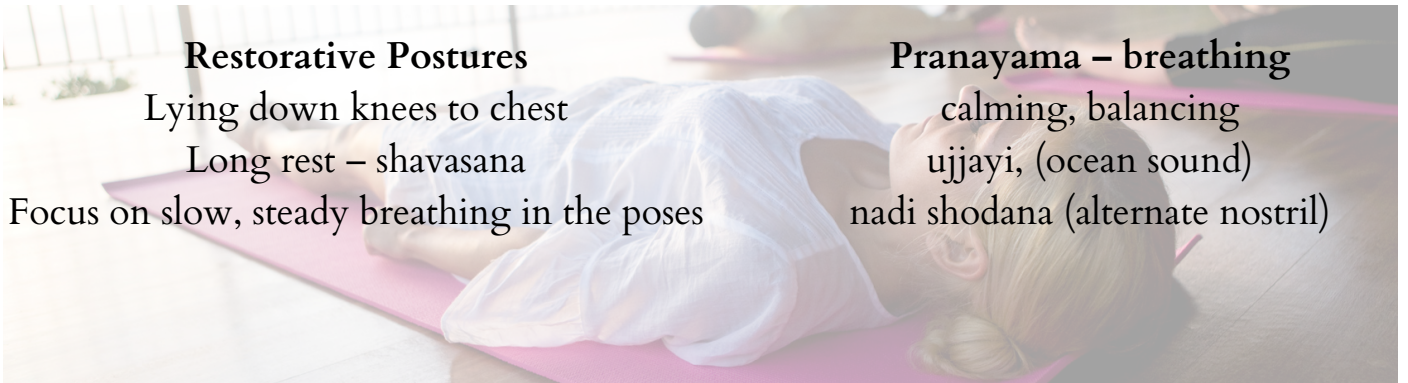
Focus on slow, steady breathing in the poses

Pranayama – breathing

calming, balancing

ujjayi, (ocean sound)


nadi shodana (alternate nostril)



GENERAL ROUTINE

- Rise with the sun: preferably by 6:00
- Irrigate your body with a tall glass of water (a squeeze of lemon may be added)
- Go to the bathroom, clean your teeth, scrape your tongue
- Begin the day in a focused way. Our spiritual practices have extra power in the early morning hours.
- Set the intention of how you want your day to play out.
- Read a spiritual quote or reading to help anchor you in that intention.
- Practice yoga, breathing, meditation, take a walk.

- Maintain a consistent daily routine: sleep and wake times, (generally bed by 10:00pm, rise by 6:00am), meal times, exercise, etc.
- Massage your body with warm oil: abhyanga – a true elixir
- Eat freshly prepared, organic foods when possible
- Eat less meat
- Breakfast with protein, lunch like a queen, early light dinner
- Avoid overworking; watch for the push
- Turn down the noise in your life: TV, computers, cell phones...



“Begin each day by placing your mind in your heart so that you can stand in the presence of God all the day long.”

-Eastern Orthodox Quote

WINTER TIPS

Daily Regimen

To help remain warm, relaxed and healthy:

- Start your day with warm lemon water to cleanse your lymph.
- Exercise in the morning to increase circulation, mood and immunity. The six spinal movements are simple and effective.
- Follow a regular routine of sleep, exercise, mealtimes and rest. Get up, go to bed, eat, exercise, etc. at the same time each day.



Food/Eating Recommendations

- Choose foods that are sweet, sour, salty, oily, moist, warm, and cooked.
 - Eat fewer foods that are pungent (spicy), bitter, astringent, light, cold, and dry such as salads, smoothies, cold foods and beverages, chips and salsa.
 - Eat slowly, mindfully, and chew well. Digestion begins when food comes in contact with the tongue.
 - Add ghee, coconut oil, avocado, sesame oil or olive oil to your grains and soups.
 - Use spices to help regulate the digestive fire.
-

Vata needs fluidity and rhythm. If you have a yoga posture practice include standing, sitting, inversions, twists, backbends, and forward bends practiced in a gentle, rhythmic way. Also include restorative poses.

Take time on a daily basis to be quiet and still. This helps allow the nervous system to settle and the mind to quiet down. Breathe slowly and quietly in and out through your nose.

Use of Oil

Self massage with warm sesame oil or almond oil to balance your nervous system and detoxify your lymphatic system.

Sesame oil needs to be cured which means it's heated in a pan on low to medium heat just until it begins to swirl. This helps to break up the molecular structure so that it is more easily absorbed into the skin. Only sesame oil needs this "curing". I suggest organic, unrefined for medium heat.



- Oil the nose and the ears. (companies which offer oils for massage: BanyanBotanicals.com, SaradaAyurveda.com)
- Add Super Washing Soda by Arm and Hammer to the wash to help remove any oily build up on clothing.
- Milk the lymph glands in the neck: massage the sides of the neck with downward strokes to below the collar bones.
- Keep the head and neck covered.



WINTER REMEDIES

General Cold Care:

- Hot water therapy
- Turmeric – 1 tsp. every 2 hrs. for 3-7 days
- Eat more broth-based soups
- Avoid heavy, dense foods; sweets; dairy; and wheat

Daily Check-in Regarding:

- Sleep
- Stress
- Elimination
- Hydration
- Digestive Fire

What Choices Will You Make Regarding:

- Food
- Bedtime
- Meditation/reflection

At the First Signs of Illness

- Turmeric/Honey paste: 1/2 tsp. each Mix. Take every 2 hrs.
- Tea – 1/2 tsp. turmeric, add (to desired taste) licorice root powder, cinnamon, and 1 cup water. Take 3 times/day after meals

Also good for you is TEA made with:

- lemon
- ginger
- turmeric
- honey

QUALITIES TO EMPHASIZE:

- SOOTHED
- MOISTENED
- STABILIZED
- NOURISHED

WINTER GROCERY LIST

(November–February)

- Eat more foods that are Sweet, Sour, Salty / Heavy, Oily, Moist, Hot: such as soups, stews, steamed veggies, and more fat and protein.
- Eat less foods that are Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry: such as salads, smoothies, cold foods and beverages, crackers, chips and salsa.

Curious about a food not on this list? Taste it. If it has 2 of the 3 winter tastes (sweet, sour and salty), it is balancing. Prepare it in a way that is moist, oily, heavy and/or warm. Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.

VEGETABLES

Cook all vegetables and add a healthy oil, such as ghee, and warming spices. Favor root vegetables:

Artichokes, hearts
*Avocados
*Beets
*Brussels Sprouts
*Carrots
*Chilies
Corn
Fennel
Eggplant, cooked
*Garlic
Ginger
Hot Peppers
Leeks
Okra
Onions
Parsley
Potatoes, mashed
*Pumpkins
Seaweed, cooked
Squash, Acorn
*Squash, Winter
*Sweet Potatoes
*Tomatoes
Turnips

OILS

Most (healthy) oils:

*Almond
*Avocado
*Canola
*Coconut
*Flax
*Mustard
*Olive
*Peanut
*Safflower
*Sesame
Sunflower

FRUITS

Favor sweet, sour or heavy fruits. Eat fruit separately from other foods. Serve warm:

Apples, cooked
*Apricots
*Bananas
Blueberries
Cantaloupe, with lemon
Cherries
Coconuts, ripe
Cranberries, cooked
*Dates
*Figs
*Grapefruit
*Grapes
Guava
*Lemons
*Limes
*Mangoes
Nectarines
*Oranges
*Papayas
Peaches
Pears, ripe
*Persimmons
Pineapples
Plums
Strawberries
*Tangerines

MEAT & FISH

All meat, eggs and fish are good:

*Beef
*Chicken
*Crabs
*Duck
*Eggs
*Fish, freshwater & ocean
*Lamb
*Lobster
*Oysters
*Pork
*Shrimp
*Turkey
*Venison

SPICES

Most spices and herbs are good:

*Anise
*Asafetida
*Basil
Bay Leaf
*Black Pepper
Caraway
*Cardamom
Cayenne
Chamomile
*Cinnamon
Clove
Coriander
*Cumin
Dill
*Fennel
Fenugreek
Garlic
*Ginger
Horseradish
Marjoram
Mustard
Nutmeg
Oregano
Peppermint
Poppy Seeds
Rosemary
*Saffron
Sage
Spearmint
Tarragon
Thyme
*Turmeric

CONDIMENTS

Favor sweet, sour and salty tastes:

Carob
Dulse
Fermented foods
Lemon or Lime
Mayonnaise
Pickles
*Salt
Vinegar

NUTS AND SEEDS

Most nuts and seeds

are good:

*Almonds
*Brazil Nuts
*Cashews
Coconuts
*Filberts
*Flax
Lotus Seed
*Macadamias
*Peanuts, raw
*Pecans
*Pinons
*Pistachios
Sunflower
*Walnuts

DAIRY

All dairy is good, ideally at room temperature or warm (such as boiled milk). Favor raw or vat-pasteurized.

*Butter
*Buttermilk
*Cheese
*Cottage cheese
*Cream
*Ghee
*Kefir
Milk, not cold
Non-Dairy substitutes
Sour Cream
Yogurt

SWEETENERS

Most natural whole foods sweeteners, in moderation:

Honey – Raw
*Maple Syrup
*Molasses
Sugar, Raw
*Rice Syrup

LEGUMES

Mung-- split, yellow
Tofu

BEVERAGES

Favor warm-hot drinks that are low in caffeine and alcohol:

Alcohol (moderation)
Black Tea (moderation)
Coffee (moderation)
Water (warm or hot)

HERB TEAS

Choose warming and/or calming teas, such as:

*Cardamom
*Chamomile
*Cinnamon
*Cloves
*Ginger
*Orange Peel

WHOLE GRAINS

Most grains are good. Best eaten warm, moist, and with a healthy oil:

*Amaranth
Buckwheat (moderation)
Millet (moderation)
*Oats
*Quinoa
Rice
*Rice, Brown
Rye (moderation)
*Wheat

Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard



John Douillard's
LifeSpa™

*An asterisk means that this food is a Winter Superfood. If you like it, eat more of it.



RECIPES

BUTTERNUT SQUASH SOUP (FROM JOYFUL BELLY)

INGREDIENTS

- 1/4 tsp Black Pepper
- 4 c Butternut Squash
- 1 tsp Fennel Seeds
- 2 cloves Garlic
- 2 tbsp Ghee
- 1/2 inch Ginger (Fresh)
- 1/2 whole Lime
- 1/4 tsp Salt (Mineral Salt)
- 4 c Water
- 1/2 c Yellow Onion

PREPARATIONS

1. Roast the butternut squash in the the oven at 350 degrees for 30 minutes. Remove and let cool. The skin will peel off easily with a potato peeler after roasting. When it cools, chop the butternut squash into 1 inch cubes.
2. Heat 2 tablespoons of ghee in a large stock pot. Add diced onions and saute. Chop ginger and garlic, and toss them in the pot when your onions begin to brown. Add salt, pepper and fennel seeds. Continue frying another thirty seconds, taking care not to burn the garlic. Now, add the butternut squash cubes, and 4 cups of water. Bring to a boil.
3. Reduce the heat to a simmer. Cook for about 20 minutes. Then mash with a potato masher, or puree in a blender. Squeeze the juice of half a lime into the finished soup.
4. Serve hot with a hearty hunk of bread!

BENEFITS OF BUTTERNUT SQUASH SOUP

Butternut Squash Soup with Garlic, Fennel, and Ginger offers warmth & satisfaction for the season. After a summer of absorbing the sun's energy, farm-fresh Butternut Squash is ripe, sweet, and ready for autumn consumption. It is no wonder that the earth offers this brightly-colored, bountiful food in the fall and winter time, when your body naturally craves more cozy, grounding foods. Ginger & sweet fennel adds an enticing top note for a delicate finish to this delectable soup. This is comfort food at its best - bringing contentment without weighing you down.

Feel Calm & Grounded

Soup is an excellent way to nurture your body. It is soothing and reassuring when you're feeling frazzled. The natural dryness of fall tends to trigger anxiety, triggering scattered thoughts and disarray. Soups replenish moisture which calms your nerves and soothes your mind. Cooked garlic and onions are grounding and calming for a wired brain, making this meal a hearty and supportive treat. Butternut squash soup helps you relax at the end of a long day at work.

Immune System Boost

Ginger, garlic and onion are a combination used ubiquitously in Asian cooking known as "tri-root." It is highly beneficial for stressed immune systems. Garlic and onion are known immune tonics as they are antimicrobial and improve circulation. Ginger and black pepper's fiery character protects you on cold, damp days, making this soup a fail-proof immune-boosting tonic. Butternut Squash Soup with its immune support spices is a gem for fall illnesses. It is dairy-free, yet heavy enough to keep you feeling strong and satiated while fighting off a cold or flu.

Comfort Food that Helps You Lose Weight

Butternut squash isn't just a comfort food for the senses, it is also an ideal comfort food for weight loss and diabetes. Its mild diuretic qualities drain excess "dampness," meaning it can drain mucus congestion from the lungs and flush excess water retention from your body. Although it tastes sweet, the complex carbohydrates in butternut squash won't aggravate diabetes either. The pungent scent of garlic is a sign of its stimulating effects on the circulatory system, useful for boosting metabolism, which is a key factor in losing weight.

Support Your Liver

Your eyes may seem naturally drawn to the rich golden hues of butternut squash in autumn. Its orange color is due to carotenes, the molecules that bring that luscious bright orange shade to carrots and sweet potatoes. The high content of carotenes in butternut squash soothes your stressed liver while nourishing dry eyes. Butternut squash is also thought to contain anti-inflammatory properties, which cool off an overheated liver.

MORE BENEFITS!

Good for Cleanses, Illness & Weakness

The soft, sweet qualities of butternut squash are easy to digest and very nourishing, perfect for the elderly and those with weak digestion. Butternut squash is also wonderful when your system is weakened by cleansing or purification. Butternut squash works gently to rebuild strength without compromising the lightness achieved by cleansing. Mild spices in this recipe like fennel and ginger augment the ease of digesting butternut squash for your transition back to health. These spices also aid detoxification. Although they have warming qualities, these spices will not inflame heat-sensitive Pitta constitutions, even as they promote warmth and balance in cool, dry constitutions.

The nourishing benefits of butternut squash soup are enhanced by the use of lime. Like all sours, lime increases secretions and moistens dry Vata, especially in the autumn when the body tends toward cold limbs and dryness. These spices and flavors work in tandem with the squash to produce a satisfying, deeply fortifying meal.

Tri-root is ginger, garlic and onion, a combination used ubiquitously in Asian cooking and known to be highly beneficial for stressed immune systems. Lime and black pepper balance the flavors by adding sour and pungent tastes to the sweet, buttery taste of the squash. Fennel adds a kick of flavor as well as powerful digestive support.

ACORN SQUASH WITH GHEE AND MAPLE SYRUP

- 1 Acorn Squash
- 1 Tbsp Ghee
- 1 tsp Maple Syrup
- 1/4 tsp Salt (Mineral Salt)

PREPARATIONS

Cut whole acorn squash in half. Place in 8x8 casserole dish. Drizzle with ghee, maple syrup, and salt. Poke acorn squash with a fork to let the flavor soak in. Bake at 425 for one hour, covered.





CALMING ALMOND MILK SAFFRON MILK

Almond milk is calming and considered to be helpful in reducing anxiety naturally.

Soak 25 raw almonds in water [overnight]

Peel the skin off the almonds

Soak saffron strands in a teaspoon of milk and set aside

Blend almonds in 1/4 cup of milk to create a “blended almond mixture”. Heat additional milk and add to the “blended almond mixture”. Heat to a boil then reduce the heat.

Keep heating and stirring for around 15-20 minutes; until milk thickens. Turn off the heat and then add sugar and saffron while mixing. Finally, add peeled and crushed cardamom along with rose water

DIGESTIVE LASSI

1 cup water

¼ cup yogurt

1 pinch each: ginger, cumin, coriander, salt.

Blend for 1 minute and drink after lunch

SPICY PUMPKIN CHAI

1 can organic pumpkin*

1/2 cup almond milk

2 tbsp. raw sugar

2 tbsp. ghee

1/4 tsp. cinnamon

1/4 tsp. ginger (dried)

1/8 tsp. nutmeg

1/8 tsp. cloves

1/16 tsp. salt (mineral)

Mix well. Bring to a boil in a saucepan and serve warm.

*(canned is easier to digest, less gassy; use fresh if you wish and whip)

SPICY MARSALA CHAI

Healthy Ayurveda- Mike Dhaliwal

Ginger, 1 TSP finely shredded

Cardamom, 7 whole seeds

Clove, 1/2 whole clove

Cinnamon

Milk, 1.5 Cup

Sugar, 1 TSP

Orange Pekoe Tea, 2 TSP

THAI COCONUT LEMONGRASS SOUP



Don't let the exotic Thai name fool you. This soup is simple and quick. The veggies and the full fat coconut milk combined with the tangy sparkle of lemon grass and lime create a warming, nourishing soup, perfect for cold winter evenings.

INGREDIENTS

1 can full fat coconut milk
3 cups chicken or vegetable broth
2 stalks lemongrass, smashed and cut into 3-inch pieces
1 -2 inch piece of fresh ginger, thinly sliced
1 ½ cups chopped Napa cabbage or broccoli
1 medium carrot thinly sliced
½ red bell pepper, thinly sliced
1 cup sliced shiitake or oyster mushrooms
2 Tbs. soy sauce or Braggs liquid aminos
1 star anise (optional) or 1 tsp sweetener
zest of 1 lime and ¼ cup lime juice
¼ cup fresh cilantro

PREPARATIONS

Bring vegetable broth and coconut milk to a boil in saucepan over medium heat. Add lemongrass and ginger. Reduce heat to medium, and simmer 10 minutes.

Strain broth through mesh strainer into a soup pot. Discard lemongrass and ginger, and return liquid to saucepan.

Add vegetables, soy sauce or Braggs Liquid Aminos, star anise, lime zest and lime juice. Bring to a simmer, and cook for 10 minutes or until vegetables are tender.

Serve in bowls and garnish with cilantro.

GLUTEN FREE VEGAN FRENCH TOAST

INGREDIENTS

French Toast:

6 slices Little Northern Bakehouse cinnamon raisin bread (or their plain bread)
1 cup coconut milk from a can (I did $\frac{3}{4}$ cup of the liquid in the can + $\frac{1}{4}$ cup of the cream) - ideally refrigerated overnight before
1 TBSP chia seeds, freshly ground (which equals a bit more than 1 TBSP once ground) OR 3 eggs
1 TBSP maple syrup
1 tsp vanilla extract
coconut oil to grease the pan

Coconut Whip:

The remaining solid coconut cream from the can
1 TBSP maple syrup
1 tsp cinnamon

PREPARATIONS

French Toast:

In a shallow bowl, combine the coconut milk, ground chia seeds, syrup and vanilla. Mix well and let it sit for 10 minutes so that the chia has thickened it.

Meanwhile, lightly grease your frying pan with melted coconut oil and heat to medium heat.

Taking one slice of bread at a time, fully dip in the mixture, coating both sides. Place soaked bread in the pan and cook until golden brown on one side and then flip (about 3-4 minutes each side).

Coconut Whip Topping:

While the french toast is cooking, take the remaining solid coconut milk from the can and place in a bowl.

Add maple syrup and cinnamon.

Using beaters, whip the coconut cream for about a minute until it's a fluffy, whipping cream texture.

Toppings:

Top with maple syrup, fresh berries and coconut cream

HOLIDAY KALE SALAD

1 bunch kale
1 beet, grated
olive oil
juice of one lemon
Bragg's Liquid Aminos

De-stem kale and lightly steam. Drain and put in bowl with beets. Drizzle with olive oil, lemon juice and Braggs Amino Acids.

SPICED YAM AND APPLES

INGREDIENTS

3 yams, peeled and sliced
3 apples of your choice, peeled, cored and sliced
Ground Cinnamon
Ground Cardamom
¼ cup ghee, melted
¼ cup apple juice

PREPARATIONS

- Preheat oven to 375.
- Grease 9 x 13 baking dish.
- Layer sliced yams on the bottom, then layer apple slices. Sprinkle with cinnamon and cardamom. Do another layer just like that and another until all the yams and apples are used. Make the top decorative if you like!
- Drizzle with melted ghee and apple juice.
- Bake until yams are soft, about 1 hour.

Serves 6-8

BAKED FENNEL

Bake 5 oz. fennel seeds on cookie sheet at 350 for 20 minutes

Take 5 oz. raw seeds and mix with baked.

Place in airtight container

Chew ¼ tsp. of combination 3-4x/day.

Benefits

- Enhances digestive fire
- Balances Pitta in mind and body
- Restores proper flow of Apana Vata- reduces gas: helps the stomach area feel more comfortable



STEWED APPLES

1 whole sweet apple cut up
5 whole cloves or 1/4 tsp. powder
1/4 cup water

Cook until soft – eat first thing in morning or between meals

Benefits

- Builds appetite
- Promotes healthy elimination
- Supports vitality and alertness

HERBAL SUPPORT FOR VATA SEASON

(FROM BANYANBOTANICALS.COM)



Supplements

Taking *Chyavanprash* in the morning can help to reinforce immunity, strength, and energy during the autumn season.

Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract.

Herbal Teas

Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth.

Other grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari.

The following herbal tablets are also generally quite supportive during vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.



RESOURCES

Recommended Reading

- A Life of Balance, Complete Guide to Ayurvedic Nutrition & Body Types with Recipes -Maya Tiwari
- Ayurveda, the Science of Self-Healing – Dr. Vasant Lad
- Ayurveda for Women, A Guide to Vitality and Health- Dr. Robert Svoboda
- The Path of Practice, A Woman’s Book of Healing with Food, Breath, and Sound – Maya Tiwari
- Ayurveda- Nature’s Medicine – Dr. David Frawley & Dr. Subhash Ranade
- The 3-Season Diet, Eat the Way Nature Intended: John Douillard

Cooking

- Eat, Taste, Heal, An Ayurvedic Guidebook and Cookbook for Modern Living – Thomas Yarema, M.D., Daniel Rhoda, D.A.S., chef Johnny Brannigan
- Heaven’s Banquet, The Maharishi Ayurveda Cookbook – Miriam Kasin Hospodar
- The Ayurvedic Cookbook – Amadea Morningstar with Urmila Desai
- Ayurvedic Cooking for Self-Healing – Usha Lad & Dr. Vasant Lad

Yoga

- The Heart of Yoga, Developing a Personal Practice – T.K.V. Desikachar
- Dr. Yoga, A Complete Program for Discovering the Head-to-Toe Health Benefits of Yoga – Nirmala Heriza
- The Woman’s Book of Yoga and Health – Linda Sparrowe and Patricia Walden
- Relax & Renew – Judith Lasater, PhD.