



Balancing **VATA** Daily **ROUTINE**

Morning

- Arise early in the morning around sunrise, wake naturally without an alarm.
- Evacuate bowel and bladder first thing upon rising. To help restore this natural pattern of elimination take **Digest Tone** 2-4 tablets at bedtime .
- Clean teeth and scrape tongue.
- Apply **Vata Massage Oil** to your full body then bathe or shower **Self Massage instructions** Aim to do this most days if possible.
- Quiet Time Meditation (**TM New Zealand or TM Australia**)
- Breakfast is a must have for you. Have 1 cup of **Vata Tea** with breakfast.
- Engage in work or study

Lunch

- Stop for lunch at a regular time. Select a time to have lunch between 11.30 and 1.00pm and eat lunch at this time most days.
- Eat with full attention without reading, working, driving, talking on the phone etc. Give eating your full attention for best nutrition.
- Favour **Vata Pacifying Foods**. Sip **Vata Tea** and sprinkle **Vata Seasonal Spice Mixture** over savoury foods
- Sit quietly for 5-10 minutes following lunch. Then take a 10 minute stroll to aid digestion.
- Strengthen digestion as it can be variable. Take **Digest Plus** 1-2 tablets 15 - 30 minutes after lunch.
- Work or study
- Quiet Time - Meditation (**TM New Zealand or TM Australia**)

Evening

- Have your evening meal between 5.30 and 6.30pm regularly. Make it warm and tasty (see **Vata food list**)
- Relax in the evenings to calm the mind well before you go to bed to aid a good night sleep.
- Avoid computer work or study after 7pm and avoid fast moving and aggressive movies, TV etc.
- Early to bed by 9.30 to 9.50pm, with light out by 10.00 pm.
- Keep the bedroom as a sleep zone. No computers, phones, tablets, books etc.