

# WORRY FREE

6  
steps

FOR CALM MIND & EMOTIONS



MAHARISHI  
Ayurveda



## Welcome to the Worry Free Programme

Restoring peace in the mind and ease in the body using the approaches of Maharishi Ayurveda can be an enjoyable journey that connects you once again with a vibrant state of inner and outer well-being. Are you ready for the journey? Let's get started!

My name is Linda Sinden and for the past 25 years I've been helping people enjoy peace of mind and ease in the body. You have within each of your cells the healing power of nature and it is my job to help you unlock or switch on this natural healing power within.

This awesome healing power of nature is responsible for your body's ability to knit together a cut or a broken bone and is the intelligence behind the automatic self-repair mechanism within your body. This intelligence helps to keep your digestion, metabolism and elimination, fluid levels and all your body systems within a healthy balanced range.

Ayurveda explains mind-body ease is a natural result of mind-body balance. Experience in over 10,000 consultations has shown me that it is our simple everyday choices that over time creates discomfort and imbalance. In the Worry Free Programme we show you the key dietary, lifestyle and herbal choices to help empower you in order to restore and maintain mind-body balance.

## Nature's Own Health Care System

According to Ayurveda we have all been given a unique blueprint by nature in our body type. Our unique body type instinctively reflects how nature intends us to live. By listening to and following these natural tendencies the body is capable of achieving balance with minimal effort on our part.

Ayurveda explains that stress or pressure disturbs the link between mind and emotions making our emotions unstable. This leads to mood swings, less ability to focus or problem-solve, with worry, anxiety and feeling being 'on edge'. This in turn increases stress or pressure and the cycle continues.

This stressful process primarily causes an imbalance in Vata Dosha and specifically Prana Vata which is the most important of the five sub areas of Vata in you. As it progresses it also disrupts digestion causing impurities from incomplete digestion, which further aggravate worry and anxiety.



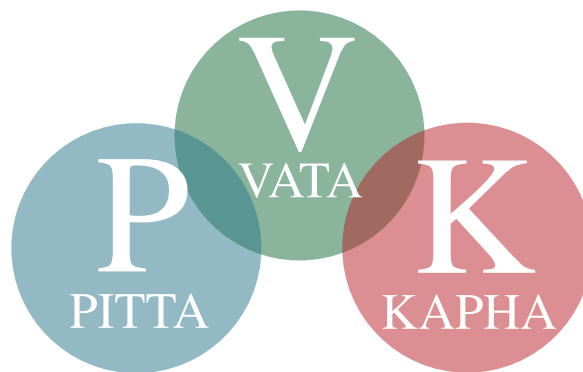
## A Deeper Understanding

From an Ayurvedic perspective the world is seen as a combination of five elements - space, air, fire, water and earth. These five elements combine to create three doshas or organising principles of nature called Vata, Pitta and Kapha.

These doshas influence our mind body balance at the junction point where thought turns into matter. They allow mind and body to communicate and any imbalance is the first sign that your mind and body are not perfectly coordinated. Restoring balance allows the possibility of a healthy mind-body system.

Each of the doshas have specific functions while at the same time regulating thousands of separate functions in the mind and body. Nature requires all three to build and maintain a human body.

- **Vata controls movement** or motion to guide breathing, blood circulation, passing of food through the digestive tract and the sending and receiving of nerve impulses from the brain.
- **Pitta controls digestion and metabolism** to process food, air, water, thoughts and feelings
- **Kapha controls structure** to hold cells and matter together to form muscle, fat, bone and sinew.



## Tell me about Prana Vata

Prana Vata is located in the head, brain and chest. It is the upward moving wind of Vata from the navel into the head. Prana Vata enlivens the nervous system, senses, emotions and intellect.

- Imbalance of Prana Vata is linked to worry, anxiety, over-active mind, neurological disorders, insomnia, asthma, respiratory complaints, tension headaches.
- It is imbalanced by mental strain, inadequate sleep, late bedtime, lack of oil in diet, too much computer work

In helping to reduce worry and anxiety we primarily focus on restoring balance to Vata and Prana Vata while at the same time balancing the impact on your digestion, cerebral-spinal fluid and how emotions affect your heart.

## Restoring Balance

It is the simple habitual choices you make each day that over time greatly impact your health, happiness and life satisfaction. Everyday you eat and drink, are physically active as you move about, interact with others, work, relax and sleep. Reducing worry and anxiety in order to restore peace and ease requires refinement of these habitual dietary and lifestyle choices.

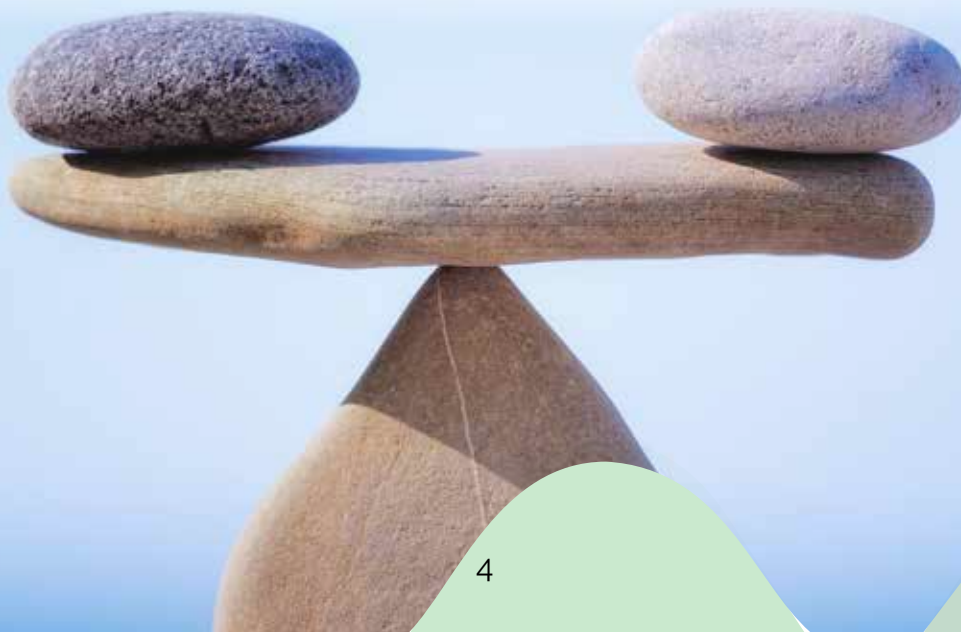
### A Regular Daily Routine

Recent research has shown that the body has a 'master clock' and every organ has its own 'clock cells' that synchronise your bodily rhythms. For over 3000 years Ayurveda has known about the importance of timing and has outlined ideal times to eat, exercise, work, play, rest and de-stress for optimal balance. Based on my experience over the last 25 years as an Ayurvedic practitioner, here are the key 7 dietary and lifestyle choices to help you restore peace and ease.

## 6 Step Worry Free Programme

- **Step 1 - Quality Sleep**
- **Step 2 - My Morning Routine**
- **Step 4 - Helpful Herbals**
- **Step 3 - Regular Meal Times**
- **Step 5 - Vata Balancing Foods - Fresh & Warm**
- **Step 6 - Digestion Tips**

**Adopt these choices easily, and see how much better you feel.**



# 1. Quality Sleep - Bedtime by 10 pm

Adequate hours of quality sleep is the most important lifestyle strategy for balancing Prana Vata in you. Sleep is an active regenerative state that provides a daily reset to the brain and nervous system. Sleep helps to regulate stress hormones that would otherwise disturb digestion contributing to gas and bloating. The best time to go to bed is 9:00pm - 10:00pm and the best time to wake up and get up is 6am. It is very important for you to reduce mental activity after 7.30 pm to allow your sensitive nervous system plenty of time to unwind before bed.

Quality sleep helps support peace of mind, improves digestion, sharpens memory, restores energy, enhances your decision-making, helps your brain mentally catalogue what you have learnt each day and enhances problem solving. Great sleep helps you look your best, which may be why it is referred to as "beauty sleep".

- Wind down for 1.5 to 2 hours prior bed with relaxing activities. Avoid studying, computer work or mental stimulation and movies that are fast paced or violent when winding down, so your brain can switch off and relax.
- Keep the bedroom as a rest zone, free from computers, tablets, TV, books, mobile phones etc. Use natural fibres for bed linen and clothing for a more comfortable sleep and ensure your curtains keep the room dark.
- Drink a relaxing tea or [Slumber Time Tea](#) 20-30 minutes prior bed and massage your feet for 5 minutes at bedtime with non-roasted sesame oil or [Vata Massage Oil](#). This stimulates the sleep centres in the brain and feels great too.
- If these options don't help and sleep is an issue for you, then I suggest you have a [personal consultation](#) for more personal bedtime recommendations.

# 2. Balancing Morning Routine

My mother used to wake me in the morning when I was young saying... 'wakey wakey rise and shine!' It turns out she was right! Waking with the birds when your cortisol levels peak around sunrise and starting the day with ease, ensures you start your day in balance.

Your body is sensitively attuned to the delicate messages of nature at sunrise, alert to the slightest influence, silent and poised in a delicate balance. It is a time of renewal for the start of a new day.

- Wake prior sunrise or at 6am. Have a glass of water beside your bed and drink it prior to standing up and getting out of bed. Standing up after taking this drink triggers the body to create a downward movement in the intestines and encourages a bowel motion first thing.
- Then go to the bathroom. This is the ideal time of the day to have a bowel motion. Next clean your teeth and your tongue if it is coated.

- Have a drink of lemon or lime juice (juice of ½ a lemon or from 1 lime) with lukewarm water and 1 tsp of unheated honey and 1-2 pinches of ginger and turmeric powder. Stir until the honey is dissolved and then sit and drink with full attention.
- If time allows this is a great time to have a 30 minute walk or to do some rounds of the yoga exercise Sun Salutation. How to do instructions are in the back of this booklet.
- Next prior your shower or bath give yourself a 1-2 or 5-10 minute body massage. How to do instructions are in the Programme support area at the end of this booklet. This is particularly helpful at reducing worry and supporting peace of mind.
- After dressing take a few minutes for meditation, prayer, or to vision the day ahead. Starting your day with a 'quiet time' greatly eases the nervous system helping you to feel calm and composed through the day.
- Then have your Worry Free Breakfast.

### Worry Free Breakfast

For your first food of the day on rising **stew or bake** a fresh apple or pear along with 8 prunes or 5 prunes and 2 figs, that have been soaked overnight. Follow with a warm cooked whole grain cereal, seasoned with ginger, cinnamon or cardamom. Cold or raw fruit in the morning is not recommended for you.

### Baked or stewed apple or pear

Put the whole apple or pear in the oven and bake at 176 degrees Celsius for about 30 minutes or until soft. For best results, insert three whole cloves around the circumference of the apple or pear before baking. Remove from the oven and allow it to cool before eating.

Follow your apple or pear with eight prunes that have been soaked overnight.

To stew, simmer one sliced apple or pear in two cups of water with three whole cloves for about thirty minutes or until soft. Cooking the prunes with the apple or pears is also beneficial. Remove from heat and eat at a comfortable temperature for you.



### 3. Helpful Herbals

The **Worry Free** herbal and **Vata Tea** support your mental resources, reduce worry and anxiety and help to balance cortisol production. Helping you to feel more at peace and gain ease in your mind and body. They include a herbal that is taken prior meals and one after meals also.

**Worry Free** helps to calm the nervous system and give you the mental resources to sail through situations that could cause a meltdown. It contains Jatamansi (Muskroot), Greater Galangal (Aloeweed) and ashwagandha (Winter cherry) to help support a balanced mind and nervous system.

- **Take 2 tablets 30-60 minutes after breakfast and evening meals.**

**Special Offer**

## WORRY FREE + VATA TEA ORGANIC

**SPECIAL OFFER:** Save **15%** on these 2 products



**NZD \$61.90**  
**NZD \$52.62**

**SHOP**

Calming **Vata Tea** has a sweet, mellow, warm and calming flavour. It helps reduce or expel gas during eating, after a meal and throughout the day and creates a comfortable, relaxed, balanced and happy feeling within.

- **Drink 1 cup of Vata tea after each meal or snack. Place 1 teabag in a 1.5 L flask with boiling water. Then sip regularly through the day.**

## 4. Regular Meal Times

Establishing a regular pattern of eating is key to reducing indigestion and optimal nourishment. Your body's 'master clock' and every organ has its own 'clock cells' that synchronise bodily rhythms such as appetite, digestion and elimination.

For example your digestion goes through a daily rhythm of rising and falling in step with nature around us. When in balance you will be

- slightly hungry in the morning,
- very hungry at noon and
- moderately hungry in the early evening.
- In between these times digestion shuts down your appetite so the food you have eaten can be digested.

If this cycle becomes confused then both appetite and digestion start to overlap and leads to incomplete digestion, gas and bloating. Thus Ayurveda recommends that you adopt a regular pattern of eating with your Worry Free Breakfast, your main quantity of food at 12 noon and a light warm evening meal by 7pm.

### Main Meal at Lunch Time

Ayurveda explains that our digestive power (or fire) is like the sun, hottest at midday. Therefore it is best to have your largest meal of the day at lunchtime with a smaller warm evening meal by 6-7pm. It is very important for you to maintain a regular eating pattern throughout the day.



To avoid feeling drowsy after eating, don't drink alcohol at lunch, choose warm water and avoid iced tea, ice water or very cold soft drinks. These drinks dull digestion and can increase gas and bloating as they make it harder to digest what is eaten.

Choose a location where you can enjoy your food. Make sure it is away from work-related interruptions. It is your time out from your busy day. Take the opportunity to relax and allow your body to digest comfortably without tension that can disturb digestion.

**Note:** If you find yourself skipping lunch in the midst of a hectic day, you may want to rethink your schedule. Proper meal timing may be just the thing you need in order to cope with a busy schedule.



## 5. Vata Balancing Food and Drinks - Fresh & Warm

**"Fresh seasonal foods, prepared by a happy cook, eaten with full attention, in a timely manner (at regular intervals during the day) when appetite is present, will have the best result."**

Vata is the moving, quickly changing dosha and it adapts quickly to positive changes in diet. You'll notice that your energy level is steadier and that eating Vata settling foods helps you to feel more happy and calm. As Vata dosha gives erratic digestion, well-cooked foods that we associate with winter are best for Vata dosha such as hearty stews and soups, slow cooked casseroles, fresh-baked bread and fruit pies. Try buttered lentils, pasta or a hearty minestrone-style soup.

- Have regular mealtimes in a quiet, settled environment. Dine either alone or with people you genuinely like. Negative emotions, whether yours, the cooks, or from people around you, are likely to disturb digestion.
- Use spice to warm up your digestion - ginger, cinnamon, fennel and cardamom.
- An instant way to settle Vata is to sprinkle [Vata churna](#) over your plate at the table or use in the cooking process. Favour warm, moist soothing foods such as warm milk, cream, butter, warm soups and long-cooked stews, hot cereals and fresh-baked bread as they will soothe you best.
- When feeling nervous, worried or anxious a bowl of hot oatmeal, or cup of creamed vegetable soup will help you feel much better than a sugar rich drink or chocolate bar.
- Drink plenty of warm or hot liquids and avoid ice-cold and carbonated drinks which aggravate Vata. [Vata tea](#) and [Tranquilitea](#) are particularly good for you.
- Drink Lassi, a traditional Indian drink to help rid the body of excess Vata at lunch time.
- A cooked cereal that is warm, milky and sweet is best for breakfast.
- Stop at 12 midday to have your main meal of the day when your digestion is strongest.
- For an energy boost late afternoon have [Vata Tea](#) and a date slice or biscuit. Take 5 minutes to relax as you drink your tea. This will help raise your energy for the evening.
- At dinner have hot soup instead of salad, with bread and butter and a warm dessert such as apple sponge, date pudding or apple pie. Or have a hot breakfast cereal again.
- Avoid eating late at night as your body will feel worse in the morning. A drink of warm milk with cardamom, ginger, nutmeg and a little raw sugar is tasty and helpful at bed time.



# Helpful food choices

Take a look at the foods to favour, and those to avoid.

## Favour the following foods

|                           |  |
|---------------------------|--|
| <b>General</b>            | Sufficient quantity, unctuous (slightly oily), warm foods and drinks. Sweet sour and salty tastes  |
| <b>Grains</b>             | Wheat products, rice (whole rice is best), cooked oat flakes in small amounts  |
| <b>Beans, dhal</b>        | Yellow mung dahl (green skin removed)  |
| <b>Vegetables</b>         | White pumpkin, okra (lady fingers), zucchini, artichokes, asparagus, tender eggplant, carrot, beetroot, sweet potatoes with fat, tomato, cucumber, tender radish, green papaya. Spinach in small amounts   |
| <b>Dairy</b>              | All dairy products. Cheese should be soft and fresh  |
| <b>Sweeteners</b>         | All sugar cane products. Honey in small amounts  |
| <b>Oils</b>               | ALL  |
| <b>Nuts, seeds</b>        | All except peanuts. Seeds in small amounts   |
| <b>Spices, condiments</b> | Cumin, ginger, mustard seeds, fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anis, fennel, black pepper (small amounts), salt, lemon juice, tamarind. All others in small amounts   |
| <b>Fruits</b>             | Ripe, sweet and juicy fruits. Dried fruit is better soaked. Sweet grapes, pomegranate (sweet and sour), mango, papaya, sweet pineapple, banana, avocado, sweet and juicy apples and pears, sweet oranges, melons, plums, cherries, raisins, dates, prunes, figs, kiwifruit, peach, apricot |

## Avoid or Reduce the following foods

|                    |  |
|--------------------|--|
| <b>General</b>     | Light and dry food. Cold food and drinks. Pungent, bitter & astringent tastes.   |
| <b>Grains</b>      | Barley, millet, corn, buckwheat, rye, raw oats   |
| <b>Beans, dhal</b> | All except yellow mung beans and red lentils   |
| <b>Vegetables</b>  | Green leafy vegetables, orange pumpkin and squash, peas, potato, sprouts, mature eggplant and radish, broccoli, cauliflower, cabbage, celery |
| <b>Fruits</b>      | Unripe, dry, sour fruits. Guava, jambo, cashew, cranberries, persimmon (dried), chicory  |



## 6 ■ Digestion Tips

- **Eat in a settled environment, sitting down, with full attention.** Ayurveda explains that we digest what we taste, hear, see, touch and smell - in effect we digest every experience we have. When experiences compete for attention such as watching TV or reading while eating, then food digestion suffers.
- **Take a meal only when the previous meal is digested (from three to four hours).** If there is food sitting in your stomach when you eat again, the new mixes with the old partially digested foods disrupting healthy digestion, metabolism and elimination. You may also need to have a warm drink and snack mid morning and mid afternoon .
- **For your first helping take an amount of food that fills your two cupped hands.** Ayurveda makes a connection between the size of your hands and the ideal quantity of food to sustain you. This instruction makes it very easy to eat the right amount of food for you. For a snack take an amount of food that fills one cupped hand.
- **Eat at a moderate pace, not too fast and not too slow.** Being attentive to chewing your food before swallowing helps to keep the pace of eating at a comfortable rhythm and ensures the food is broken down properly for the stomach. If you swallow chunks of food mindlessly without chewing properly, this puts a strain on your food and drink moving through the intestines and can give rise to indigestion and problems with elimination.
- **Speak only after the food has been swallowed.** Otherwise wind will also be swallowed with your food creating imbalance in the gastrointestinal tract.
- **Sip warm or hot water with your meal** Cold drinks shock the body and disrupt how food moves through your stomach and intestines. Choose luke warm or hot drinks over cold.
- **Sit quietly after your meals for a few minutes.** At the end of a meal your body is busy as it gets to work breaking food down to be digested. Ayurveda suggests you sit quietly for a few minutes after eating to support digestion. This really helps digestion.
- **To aid digestion take a walk after lunch and dinner for 10-15 minutes.** After sitting quietly for a few minutes at the end of your meal, stimulate complete digestion with a 10-15 minute easy walk. This also helps to reduce feelings of heaviness or dullness after eating.
- **Reset your digestion every 4 weeks with a soup and juice day.** Day to day digestion is helped when we give the stomach and intestines a rest from solid food at regular intervals. Then the digestive fires burns brighter during the rest of the month.

## Programme Support

### How long will I need to follow the Worry Free Programme?

If your condition has been long term then you will need to follow this regimen for some time to help restore mind body balance. It will be worth the focus as peace of mind and ease in the body is a great gift to your long-term health and wellbeing.

### How will I know when I can stop following the programme?

Take note of how long it takes for your body to restore peace of mind and ease in your body. Then follow the programme for this amount of time again. For example, if it takes 4 weeks then follow the programme for a further 4 weeks. It is during this time that the deeper-rooted imbalance is being addressed. It is important to continue for this amount of time again to ensure that the root cause of your imbalanced elimination is adequately addressed.

### Maintaining Balance of Vata

The daily routine and dietary recommendations within this programme help to keep Vata in balance thus protecting you from worry and anxiety in the future. Therefore consider adopting the key elements that you noticed made a big difference for you. Key choices to maintain are

- Taking 2 tablets of Stress Relief at bedtime,
- Early to bed and early to rise,
- Morning walk
- Mini oil massage
- Warm food and drinks at regular intervals,
- Stress reduction with Quiet Time - TM daily.

### Self Massage Instructions

- Give yourself a massage prior your morning shower or bath This is an excellent way to balance Vata as it soothes the two master systems of the body - the nervous system and the endocrine system. And it feels great too!
- Perform the self massage in the morning prior to shower or bath. Store your massage oil in a plastic flip-top bottle and warm it by sitting the container in a cup of hot water for a few minutes, or by running it under a hot tap.
- Dip your fingertips into the warm sesame oil or **Vata massage Oil**, or place a small amount in your palm and apply it lightly to the body for 1-2 minutes or 5-10 minutes as below.

### Mini Massage 1-2 minutes

If your morning schedule does not allow the more leisurely massage then this mini massage is a great option to include in your morning routine.

- Take 1 tablespoon of warm [Vata massage Oil](#) and rub the oil into your scalp as if you were shampooing. Using your palm to massage the forehead from side to side with circular motions to massage your temples. Then gently rub the outside of your ears.
- Next take 1 tablespoon of warm oil and massage both feet. Use your fingertips to massage between your toes, and then briskly rub the soles of your feet back and forwards with the palm of your hand. Lastly, sit quietly to allow the oil to soak in as you relax. Then shower or bathe as normal.

### Full Body Massage 5-10 minutes

- Massage the head and ears as described above and also include the face.
- Use the flat of your hand to next massage your neck (front and back) and shoulders.
- Then vigorously massage your arms with back and forward motions on the long parts and circular motion at the shoulders and elbows.
- On the trunk of your body use large, gentle circular clockwise motions on the chest, stomach and lower abdomen. Use a straight up and down motion over the breastbone.
- Reach around without effort to massage your back and spine (as best you can)
- Then vigorously massage your legs with circular motion at the ankle and knees and back and forward strokes on the long parts.
- Lastly massage your feet and toes.
- To wash off the oil use warm (not hot) water and a mild soap. Use shampoo on your hair.



## Be Active - Sun Salutation

Being active in some way that you enjoy each day is important for your wellbeing.

- As a minimum take an easy walk for 30 minutes most days at a comfortable pace.
- Consider making the Sun Salutation exercise part of your daily routine in the morning prior your shower. It stretches all the main muscle groups, tones the internal organs and uses your body weight to provide resistance training. It is a good way to gently stretch and kick-start the metabolism in the morning. Traditionally this exercise is also used to help balance emotions and moods first thing in the morning.

### Incidental Exercise

Consider what you really enjoy doing and look for opportunities to add incidental exercise. Incidental exercise includes walking up stairs, parking the car a little further away from the shopping centre, getting off the bus a stop or two earlier so you can walk some of the way, or having a walking meeting or catch up with a friend at the park or beach. How can you include incidental exercise into your day or week?



## Sun Salutation Instructions

1. The optimal time to perform this exercise is just prior to morning yoga asanas - ideally in the early morning, facing the rising sun. If it is performed at other times during the day, the guideline is at least 1/2 hour prior to meals or at least 3 hours after meals.
2. The diagram below illustrates one full cycle of the Sun Salutation exercise.
3. A maximum of 12 cycles per session is advised.
4. There are 2 Equestrian positions per cycle. Use the same knee forward throughout each cycle. Switch to the opposite knee forward for the next cycle. Alternate the knee forward as you progress through several cycles.
5. Once in a position, hold that position for 5 seconds.
6. Please note the breathing patterns recommended for this exercise. The inhale or exhale is often completed before the end of the 5 second hold period; hold your breath until the inhale or exhale of the next position is started.
7. As you assume the 12th position, exhale for 5 seconds. If you continue into another cycle, neutral breathe for 5 seconds in position #1 before moving into position #2.
8. After completing the last cycle, lie down on your back, arms at your sides, palms facing up, resting eyes closed for 2 minutes.



## About Us

Ayurveda is a 3000 year old system of natural healthcare. The uniqueness of Ayurveda is in the remarkable ability to restore balance in the mind-body system, using simple dietary and lifestyle changes together with amazingly efficacious and side-effect free herbal remedies.

Long ago Ayurveda had identified what herbs and in what combinations would have the desired balancing and restorative effect for the mind and body. The uniqueness of Maharishi Ayurveda is in the restoration of the purity of the diagnostics, herbal preparations and treatments, that together create a state of balance, or perfect health.

Here at Maharishi Ayurveda products we take great joy in helping people from all walks of life with our complete range of natural, authentic, health-balancing remedies.

It was back in the mid 1980's that the Vedic rishi Maharishi Mahesh Yogi gathered together some of the top traditional Ayurvedic families in India with the goal of restoring purity and effectiveness to Ayurveda, by making these traditional healing remedies available to the world.

The products you will find in our shop are a direct result of this revival in Ayurvedic health wisdom over 30 years ago.

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To be in touch with us go to our Facebook page at:  
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