



Balancing **KAPHA** Daily ROUTINE

Morning

- Arise early in the morning by sunrise. This is very important for you.
- Evacuate bowel and bladder
- Clean teeth and scrape tongue.
- First fluids: Mix the juice of ½ lemon with 1 tsp of honey in a glass of lukewarm water and drink
- Exercise, Exercise, Exercise. This is the most important activity for you to do most days.
- Give your body a **dry rub (Garshana)** with silk gloves or a soft body brush prior shower daily. Twice a week Apply **Kapha Massage Oil** to the full body then bathe or shower
Self Massage instructions>>
- Quiet Time - Meditation (**TM New Zealand or TM Australia**)
- Take a light breakfast - **Favour Kapha balancing foods** .
- Engage in work or study

Lunch

- Favour **Kapha balancing foods** for lunch. Sprinkle **Kapha seasonal spice mixture** over your savoury foods. Sip **Kapha tea** after lunch.
- Eat lunch with full attention without reading, working, driving, talking on the phone etc.
- Sit quietly for 5-10 minutes following lunch. Then take a 10 minute stroll to aid digestion.
- If you have a tendency to feel bloated after lunch take **Digest Tone 1** tablet prior meals 3x a day and **Be Trim 1**. One tablet after meals. **Drink Be Trim tea** 3-4 cups a day.
- Work or study
- Quiet Time - Meditation (**TM New Zealand or TM Australia**)

Evening

- Have your evening meal by 6.30-7pm. Use it as a time to connect with loved ones and friends to support social wellbeing.
- Take **Digest Tone 2** tablets prior evening meal as digestive strength is lower at this time of the day and needs support.
- Be in bed by 10pm light out for a good night sleep.
If you have difficulty falling asleep at times have a cup of **Slumber Time Tea** prior bed.