



THE MISFITS

Health and Nutrition

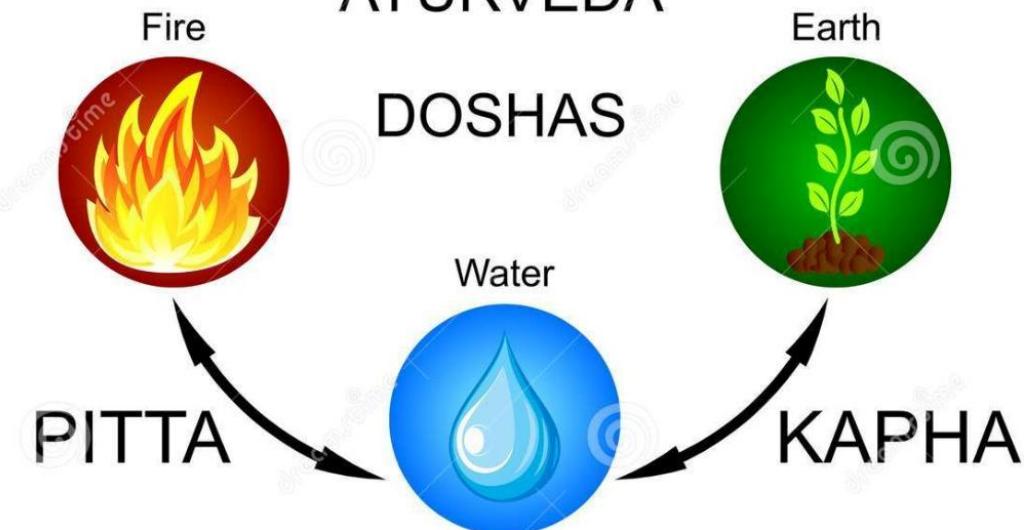


VATA



AYURVEDA

DOSHAS



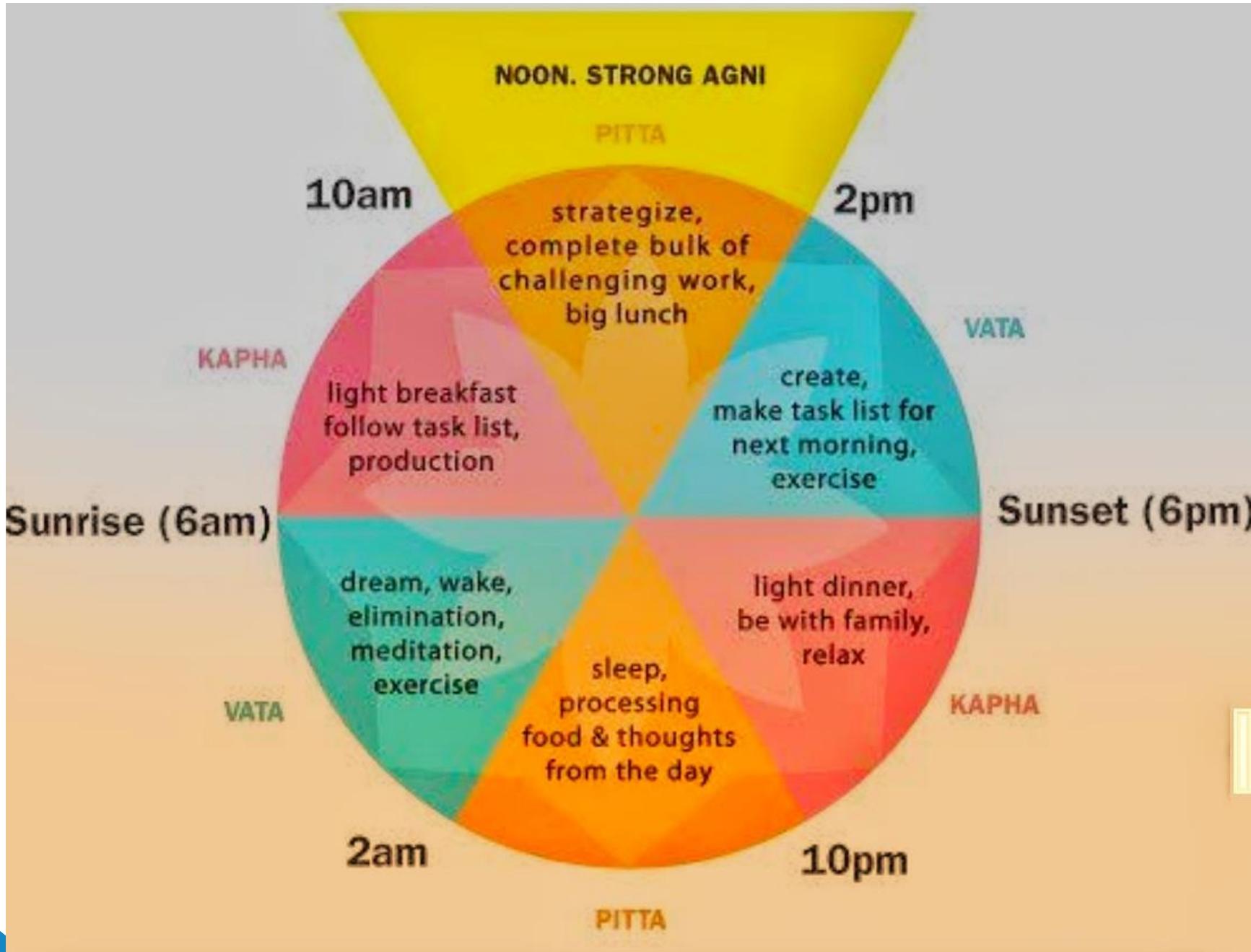
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healthy
body



healthy
mind



happy
human!

RAJAS



*movement
energy
desires
passion
anxiety*

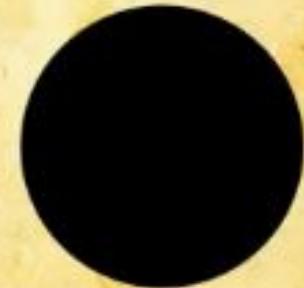
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SATTVA



*positive
pure
balance
peace
harmony*

TAMAS



*dull
inactive
negative
depression
ignorance*



SATVICK

Fresh fruits and vegetables
Whole food (unprocessed, unrefined)
Juicy (water-rich)
Freshly cooked
Lightly seasoned.
Living food with life energy.



RAJASIK

Too bitter
Too sour
Too Salty
Pungent
Dry and Hot
Excess flavoring of spices



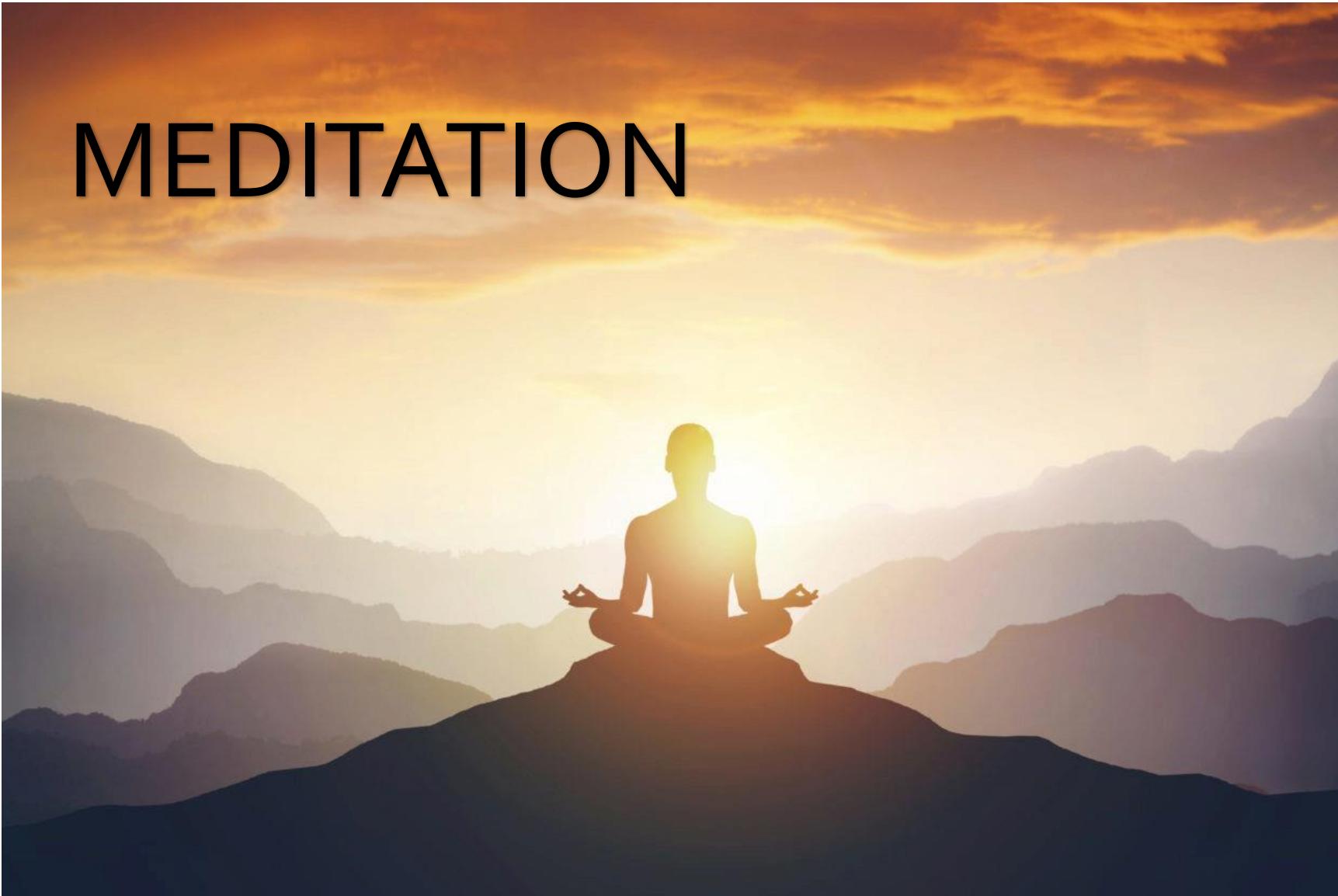
TAMASIK

Stale
cooked after 3 hours
rotten (meat& sea food)
Foul
Liquor

- Tamasic food is dead food. When we eat dead food the same death is transferred to our body in the form of disease.

NO KARMA FOOD

MEDITATION



**Life gives you both
positive & negative.**

**Focus on the good
& move ahead
with commitment.**

- Sri Sri Ravi Shankar

