

10 Ayurvedic Maxims for the New Year

1. You must poop every morning.
If you aren't pooping every morning we need to fix this ASAP.
2. You must meditate.
3. Never mix eggs and dairy. Just don't do it
4. Take your herbs
5. Do your oil massage
6. If you eat melon eat it alone.
7. Milk is a meal unto itself don't mix it except for with grains like oatmeal
8. Milk must be boiled and spiced if you take it alone. Cardamom is good for digestion, cinnamon is good if you are feeling run down. Turmeric is good if you have a dry cough

When to cleanse? When not to cleanse? How to cleanse?

Financial Health.

What are my attitudes towards money?

Money is energy. It is a reflection of your energy.