

*Yasmin*   
FUDAKOWSKA-GOW

My General Ayurvedic tips &  
Biohacks for

*Well-being*



**Start your day with hydration - A Green drink full of phytonutrients, fibre & probiotics first thing in the morning balances blood sugar, supports elimination and boosts energy; Morning Greens Drink**

**Have a regular meal schedule - eat at the same times each day; Leave 12-16 hours between the last you eat at night & the first thing the next day (women should follow their cycle); Leave 3-4 hours between meals and avoid snacking;**

**Each meal should be composed of vegetables (fibre), high quality protein, good fat and spices / herbs, in this order. Carbohydrates are best at the end of a meal.**

- **VEGETABLES (8-9 servings a day) :** Zucchini, asparagus, green beans, broccoli, carrots, celery root, beets, cauliflower, cucumbers, swiss card, red cabbage, sweet potato, squash, etc.
- **PROTEIN (1.2 - 1.5 g x weight in kg a day) :** Eggs, goat & sheep dairy, Sardines in brine, wild caught salmon, grass-fed beef, organ meats, sprouted lentils & beans, some nuts & seed and only certain Protein Powders
- **GOOD FAT\*:** You need lots of Omega-3 and Omega-9 fats in your diet such as ghee (clarified butter), grass-fed butter, cold pressed olive oil, coconut oil, avocado, wild caught salmon and sardines;
- **SPICES / HERBS:** Sea salt or rock salt, rosemary, turmeric, ginger, oregano, cinnamon, clove, mustard seeds, basil, dill, nutmeg;
- **CARBS:** Fruit, sweet potatoes, squash, basmati rice, sprouted lentils & mung beans, sourdough bread, raw honey, maple syrup;

***\*AVOID all seed-oils and vegetable oil - these are high in omega-6 fatty acids, which we often have in excess, and are highly refined extracted with chemical solvents making them difficult to digest and even toxic;***



**Eat according to the seasons - When the weather is cooler, favour warm food, soups, stews, lightly steamed veggies with high quality protein; In summer, favour more salads, raw food and smoothies;**

**Exercise regularly - Movement is key! Take a short walk after each meal and aim for 10,000 steps per day; Yoga, stretching, strength training are also important. Women should follow their cycle adding more challenging workouts at the beginning of their cycle and lighter towards the end**

**Supplement fat soluble vitamins D, A, K and E for hormonal balance and good brain function and minerals like magnesium, selenium & trace minerals. Most people don't get enough - we can also do a Hair Tissue Mineral Analysis!**

**Manage stress with meditation, breathing exercises, fitness, writing, spending time in nature, cold exposure and/or therapy;**

**Aim to sleep by 11pm and take at least an hour to prepare the body and mind for sleep by dimming the lights, playing soft music, light stretching, meditation and/or reading;**

**Learn more about your ayurvedic dosha (your unique constitution) to discover how to tailor your routine with an individualized food and lifestyle plan.**



**For further support in boosting your health and well-being, I am offering private consultations.**

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