



**By: Maria Carbonell, AHP & Holistic Health Coach**

## WELCOME!

Thank you for downloading this guide!

Living Ayurveda doesn't have to be complicated or overwhelming to start implementing healthier habits. Just think the more you're in tune with nature— the stars, the flowers, trees, skies, earth and even your own rhythmic nature, you're living Ayurveda. It is a nature based practice of living in harmony with oneself, relationships and environment; it is universal.

I wanted to share some of what I've learned, both from my personal journey as well as from my education, experience and mentors in the field of mind/body health, energy, fitness and nutrition.

In this e-guide, I share several important key tips to help you on your way to implementing healthier habits. It's important to understand that lasting change doesn't happen over night, even though we really want it to! Change is what happens when we decide we no longer want to settle for how we feel or look and we are truly ready to make a lifestyle shift (no crazy diets, pills, potions or "tricks"). The bottom line is, you have to DECIDE - not half heartedly, but with all your being, decide that you will start today and make it a priority.

Decide that your comfort zone is no longer serving you and you're ready to step out and find the old you...or maybe even the NEW you!

I'd love to hear from you!

Stop by my Facebook page with questions, comments or to share progress. You can find me under [Sama Ayurveda Wellness](#) or [Maria Carbonell](#).

## **Maria Carbonell, AHP** Ayurvedic Practitioner and Holistic Health Coach

Energy healer, aromatherapist, certified laughter yoga teacher/leader and Founder of Sama Ayurveda, Maria is passionate about helping women harness the power of their body's natural ability to self heal, restore balance and energy so she can thrive in her life. Please visit [www.samaayurveda.com](http://www.samaayurveda.com) for free resources.

## ARE YOU READY TO DIVE IN? GOOD! LET'S GET STARTED.

*The information provided is not a substitute for medical care or advice. Information provided is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Consult your integrative doctor about making diet and lifestyle changes that are right for you.*

**You probably know by now that there are no quick fixes when it comes to losing weight for the long term while also supporting your health.**

The most effective way to lose weight and keep it off is to focus on adding in healthy habits. A healthy lifestyle is not about being on a 'diet', it's about learning how to **nourish** your body with **nutrition** so you can thrive, live juicy - and never feel feel deprived.

It's easy to get overwhelmed, impatient and want results NOW, but by making **micro changes** you can live with for the rest of your life, the better your chances are for success. This is also the best way to get off of the diet roller coaster for good.

## WHY RESTRICTIVE DIETS DON'T WORK

According to Dr. Oz, “The problem with severely restricting diets is that they jolt your body into starvation mode, preventing your body from burning unwanted fat and storing more fat and calories for you to survive on. When the body can no longer get its calories from food it looks to get some of its calories from lean muscle. This results in muscle loss. Less muscle means a slower metabolic rate causing stalled weight loss or even worse - weight gain.”

It can be confusing to know where to begin, so I'm sharing 10 simple but effective, strategies you can incorporate to help you on the road to living a healthier, happier and more balanced life.

Start with 1 or 2 habits at a time then build on those successes by adding 1 or 2 more. Slow and steady really is the way to go so that you incorporate these habits as part of your lifestyle.

You can start with the simplest habit first and go from there if you like. **Don't get overwhelmed - just start with ONE thing. Write it down somewhere as a reminder.**

I simply use a post it note on my bathroom mirror; do what works for you.

Grab your smart phone, iPad, tablet or pad of paper as we get started. By the way, a great, free smartphone app for tracking your habits is called “Good Habits”. You can enter up to 3 habits and set it up so that you get a daily reminder. Awesome!

Check off the first 1-2 habits you want to start with this week. Imagine if you were to incorporate even 1 new habit each month for a year - amazing things would happen!

# 1. GET QUALITY SLEEP

This may seem like a strange place to start, but it's so important that I'm putting it on the top of the list. Why? Let's face it, when we're tired we tend to make fewer healthy choices throughout the day and reach for the quick-fix energy boost we need, often in the form of sugar-filled options and processed snacks.

Lack of sleep disrupts circadian rhythms and can lead to inefficient body regulation of energy balance, metabolism and appetite. Abnormal leptin and ghrelin levels - hormones that tell your body it's full - can go awry when your body isn't fully rested.

To get more sleep, set a goal of what time you need to be in bed each night to get the 7-9 hours you need. As a general rule: Vata, requires more sleep; Pitta, average sleep; Kapha, less sleep

Try it this week and see what difference you notice, both in how you feel and your appetite.

I'm committing to getting \_\_\_\_\_ hours of sleep each night this week.

Check out this wonderful Ayurveda resource, [The Ayurveda Experience](#) site and see how Ayurvedic Practitioners, including myself prepare for a good nights' sleep and rejuvenation.

## 2. MANAGE THE STRESS

I realize this is not always an easy thing to do. Most of us are juggling way too much and going through the day at high speed, trying to get more and more done. By having a high stress level, not only is it harmful to your health, it's harmful to your waistline as well.

When you are constantly under stress, hormone levels, like cortisol and insulin are elevated. The elevation of these 2 hormones can sabotage your weight loss efforts and actually cause weight gain.

'Feeling stressed can create a wide variety of physiological changes, such as impairing digestion, excretion of valuable nutrients, decreasing beneficial gut flora populations, decreasing your metabolism, and raising triglycerides, cholesterol, insulin, and cortisol levels.' - Mercola.com

So, while you may think you can "handle it" as far as your stress level goes, we aren't meant to be under constant stress and it takes its toll. If you are doing everything right as far as diet and exercise but you're under stress everyday, you're not going to see or feel the results you want.

Identify your stress. It could be emotional, mental or physical stress. What are some ways you can reduce your stress level? Is there something you can start with this week or this month?

## 3. IF YOU MUST SKIP A MEAL, SKIP DINNER

This usually applies if you're trying to lose weight or on a fast. Pitta metabolic types in general should not skip a meal, kappa – yes, and irregular vata should eat at the same time to regain routine. If you must skip a meal, make your lunch a large satisfying and nourishing one filled with nutrition. If trying to lose weight, avoid snacking in the evening unless your blood sugar level falls. You'll want to work on stabilizing it until you can go without it. Give yourself a fast from 7pm until 7am – then break the fast with a nourishing breakfast.

Having said this general rule, it is common for people to think that when they skip a meal, they are 'saving' calories. What happens though is it backfires and by mid afternoon or early evening, they're starving. Then they feel like they have no 'will power'. Our body needs fuel in the form of food to function, so when it's deprived, it screams out for what it needs - food! **More importantly, we over eat as our body's**

**sign it's screaming out for nutrition so we keep eating but not nutrition and the cycle continues.** This this simple awareness can be life changing.

Whatever you do don't deprive yourself. Make the goal of eating for nutrition and nourishment. Include the 6 tastes in your meals and satisfy your palette.

You'll notice you get through the day with more energy and when you plan your meals out during the day, you can make healthier choices. It's much easier to make unhealthy choices when you need to eat something now and you just grab the closest thing you can find.

Plan ahead; you're sure to notice a difference in how you feel and will usually end up eating fewer calories during the day.

## **4. TRADE OUT YOUR BEVERAGE**

A really easy way to improve your health and lose weight is to trade out your soda (regular or diet), flavored coffee drinks or other calorie or artificially sweetened beverage.

For most of us, it's just a habit we've formed. What is the trigger for you? Is it going by the cafeteria, fast food drive-thru or the stash in your fridge or pantry maybe?

Studies show that even diet soda increases our appetite. So, while the drink itself may be zero calories, you end up eating more food to go along with it.

If you're addicted to the caffeine, you may want to start out cutting your consumption in  $\frac{1}{2}$  for a week or so and see how you do.

Decide what you can drink instead. You can try unsweetened iced tea, water with fresh fruit or unflavored carbonated water with a splash of fruit juice if you just need some fizz in your drink.

By trading out your sugar or chemical-filled beverage for water you're giving your body what it needs - proper hydration.

## 5. EAT CARBS THAT FUEL YOUR BODY

Our body needs carbs, but just the right kind. Refined carbohydrates like white bread, pasta, cereal and processed snacks are lacking in nutrients and leave us hungry again a short time later. Complex carbohydrates from foods like fruits, vegetables, whole grains, nuts, seeds and legumes contain fiber and nutrients that fuel us and help us feel full longer.

If you can find it in nature (as opposed to a package with a long list of ingredients), it's a pretty safe bet it's a good choice. Ayurveda teaches us that eating according to your dosha is the baseline to working with your natural tendencies, than against it.

## 6. CHOOSE HEALTHY FATS

**FACT: Our body needs fat in order to function optimally and lubricate our tissues.**

The body utilizes dietary fat for energy, healthy hair, skin and nails, vitamin absorption and normal, everyday bodily functions.

Good fats promote several health benefits such as protection against heart disease, cancer, Alzheimer's, and depression, as well as reduced blood pressure and lower cholesterol. Choose sources such as nuts, seeds, fish, avocados and extra virgin olive oil. - Institute for Integrative Nutrition

Another good source of healthy fat is coconut oil, which can be used for cooking and baking and it's also great in smoothies.

The low fat diet craze caused most Americans to fear all sources of dietary fat, even the ones that we need to thrive. During this time, fat was replaced with sugar and other additives to give foods the flavor and consistency they needed. Unfortunately,

this period of time was also when the rates of obesity, diabetes and heart disease skyrocketed in this country.

A little goes a long way, so don't over do it. Just include a little fat at each meal to help you stay satiated longer.

## **7.FOCUS ON LEAN PROTEIN**

Consuming enough protein is another way to improve your energy and stay satiated longer after your meal.

Our bodies require protein for cell renewal, stabilizing our blood sugar, and providing us the energy we need. Many foods contain protein, but some of the best sources include: fish, dairy, meat and eggs, as well as plant sources like seeds, nut and beans.

Be aware of your protein consumption and observe how you feel when you have more vs. when you have less to determine what works best for you. Also, be aware that quality matters - grass-fed beef and free-range chicken are healthier protein sources than feed-lot meats. Choose organic when possible.

**“Let food be thy medicine and medicine be thy food.”**

***-HIPPOCRATES***

## 8. GET MOVING

Exercise gives us energy! Think about how you feel after sitting around for hours, versus how you feel when you're up moving around. You just feel better when you're active. My laughter yoga teacher, Dr. Madan Kataria, told me at the time I was going through so many life changes including a divorce – Maria, whatever you do just keep moving; motion creates emotion. I needed to feel more to get on the path to heal.

### MOTION CREATES EMOTION

You don't have to spend countless hours at the gym, rock wall or high intensity sports to reap significant benefits from exercise.

You can start with something simple like a 20-minute walk if you're just getting back to an exercise routine. Look at ways you can add more activity into your day - a short walk during lunch, another walk after work perhaps. Maybe two 10-minute walks each day would work better for you, than one 20-minute walk.

Having an activity tracker like a Fitbit or pedometer is a great way to see how active you are and get an idea of how many calories you burn during the day. It's fun and motivating to see how many steps you take in a day.

Find a friend or coworker that has similar goals and figure out something you can do together to help keep each other accountable.

Do you prefer to workout at home? Great! There are endless options of workouts to choose from for every fitness level. Options include exercise DVD's, online workouts, simply yoga online membership, fitness apps and more. Let me know if you need suggestions.

Join a gym or yoga studio. The gym is nice because your routine is not affected by the weather. If you can invest in a personal trainer to get you started, that can be helpful to boost your confidence and knowledge in how to use the machines as well as making sure you're using proper form. I've invested in a couple over the years and they helped me use my time optimally to get results I can see and feel faster.

If you have taken a long break from exercising, don't set yourself up for disappointment - have realistic expectations and be okay with feeling like a beginner again. It's okay - just start where you are right now and build on it.

## 9. PREPARE MORE MEALS AT HOME

Cooking meals at home allows you to control the quality, calories and portion sizes, of your food. Do you notice how much food you're served when you go to a restaurant? Crazy! When we have more food in front of us, we'll eat more without realizing it.

Bonus: preparing meals at home saves money too. Plan your week out in advance and see which nights you can cook at home. The crockpot becomes my best friend on busy days. I look at my calendar for the week ahead and whichever days are hectic, those are crockpot nights - easy breezy!

Caution with left overs; they do lose their prana. Say away also from microwaves and prepared foods. Take pleasure in preparing your meals.

## 10. KEEP TRACK

When you're starting out with new your new habits, create a schedule and keep it visible. New clients this year receive templates for exercise and meal planning, recipes guides, Ayurveda guidelines, food combining no no's, ideal schedules and a vision worksheets – all for their success. Local clients, receive a binder to keep all their paperwork for the 6-9 months organized.

At the grocery store, look for foods that have the shortest list of ingredients and those that you recognize. If it's a long list of ingredients with words that are difficult to pronounce or you don't know what they are, put it back on the shelf and look for something else. If you have access to farmers market, make it your weekly schedule to engage with the farmers and try a new vegetable in season.

**“The key to making healthy decisions is to respect  
your future self.**

**Honor him or her. Treat him or her like you would  
treat a friend or a loved one.”**

**- *A.J. Jacobs***

## **START TODAY**

**Decide on 1 or 2 healthy habits to start with today.**

**Start with the easiest one if you want.**

When you start making choices based on the answer to the question “Is this going to feed my body what it truly needs?” instead of “What’s the quickest thing I can find right now” and ask yourself “Will this get me closer to or further from my goals?” on a regular basis, decisions shift, behaviors are changed and you will feel much better.

The best part is once you’re on the road to that healthier lifestyle, knowing it will be for the rest of your life, you WILL lose the weight and it won’t feel like deprivation.

I find that so often, people want to live a healthier life, but they just aren’t sure how to fit all the pieces together to make a plan or they don’t know where to begin. It can be quite overwhelming!

In those instances, it’s great to have a knowledgeable advisor, like a health coach, to walk you through a step-by-step plan to implement healthier eating and lifestyle habits.

Contact me today to schedule your free Holistic Health Strategy Session to explore how I can assist you in achieving your health goals. Use the contact form on the website to make your appointment or to reach me.

**In health and happiness,**

**Maria Carbonell, AHP**



**You can do this! I'm your biggest advocate!**

If you're ready to take your health another level, there are 2 ways to go: (1) a 90-min Ayurvedic Lifestyle Consultation with me or (2) head directly to the 30-Day Healthy Living Kickstart Program Challenge.

You can read more and register [here](#). Consultations can be booked online, using the contact form at [www.samaayurveda.com](http://www.samaayurveda.com)

Lastly, a couple of Recipes for you.

### **Curried Tuna or \*Mock Tuna Muffins**

Serves 4-6

Ingredients:

- Three (6 oz.) cans chunk white albacore (dolphin free) tuna OR if looking to make vegetarian you can use one (16 oz.) can of chick peas/garbanzo beans, drained and mashed with a fork or masher
- 6 oz. shredded Swiss cheese or vegan cheese
- 12 slices whole wheat or multi-grain bread, crusts cut off
- 2-3 tablespoons olive oil OR organic butter, room temperature
- 2-3 vegan mayo
- 1 1/2 teaspoon curry powder (a little more or less depending on taste)
- Mineral salt & pepper to taste
- optional raisins



To Prepare:

- Preheat oven to 375 degrees. Coat muffin tray (for 12 muffins) with drop of oil or ghee.
- Drizzle or lightly brush one side of bread with olive oil or a little butter and press oil/buttered side up into muffin cups.
- In a bowl combine tuna or mashed chickpeas, 1 tablespoon ghee, coconut or sunflower oil, mayo, cheese, curry powder, and salt & pepper to taste. Mix well. (Add more mayo/curry etc. to taste.)
- Divide mixture into each bread-lined muffin cup.
- Top with shredded cheese.
- Bake for 15 minutes or until filling is bubbly hot and top browning.

*Idea: Serve with a summer green salad on the side*

## Oatmeal Breakfast Bowl

Serves: 2

Ingredients:

- 1 cup steel-cut oats cooked according to package directions.
- Sprinkle of nuts or seeds (about 1 tablespoon) - pumpkin, sunflower, almonds, chia, walnuts (any nuts/seeds you like or have on hand)
- 1/8 to 1/4 cup warmed, unsweetened almond, coconut or organic milk for each bowl (optional)
- Jaggery or a little honey to taste (optional)
- Dash of cinnamon or cardamom (optional)

To Prepare:

- Combine all ingredients in a bowl and serve warm.
- Pour on extra milk if adding
- Top with a drop of honey or jaggery; dash of cinnamon or cardamom.

## Sautéed Baby Bok Choy with Garlic and Ginger

Serves: 4

Ingredients:

- 4-5 bunches of baby bok choy OR 2 large bunches, chopped and rinsed well (*they can be gritty so make sure to pull apart leaves and rinse well.*)
- 1 tablespoon olive oil
- 4 garlic cloves, smashed
- 2 slices of fresh ginger, peeled and smashed
- Sea salt and pepper to taste
- 1 tablespoon (splash) of organic low-sodium soy sauce like Tamari (or liquid aminos or gluten free soy sauce)



To Prepare:

- Heat the oil in heavy bottom skillet or wok pan.
- Add garlic and cook for 4-5 minutes.
- Add bok choy and ginger and cook until tender, stirring and coating all.
- Add a splash or two of the soy sauce.
- Season with sea salt and pepper to taste.

On a plate, arrange salmon, bok-choy and brown rice/quiona, and add lemon wedges for garnish.

*The information provided is not a substitute for medical care or advice. Information provided is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor about making diet and lifestyle changes that are right for you.*