



3 SECRETS TO UNLOCK

The Power of Ayurvedic Herbs



Herbal Foods or Supplements are a powerful way to support your health naturally. However, the way you use them can make all the difference.

Here is a short guide on herbs used in an Ayurvedic way to help you get maximum benefit from them.

THE INTENTION

It all begins with your purpose. The benefits, the commitment to be consistent and your choice of herbs. Are you taking a herb or a supplement as a general everyday tonic, is it part of a short term detox or is it a more specific support you are looking for, like digestion, elimination or sleep.

For example,

If you need gentle help with elimination, *Triphala* can help for a short duration.

If you are looking for better focus while also calming the mind, *Brahmi* would be a better choice.



THE TIMING

Timing is key in Ayurveda and driven by the intention. Taking herbs at the wrong time of the day might result in minimal benefits. For Instance,

Daily Rejuvenative tonics : These are best taken in the morning with or after breakfast to energise the body. Some examples of these would be *Chyvanprash* or *herbal teas* that set you up for the day.

Sleep or Elimination Support : These are ideally taken just before bedtime for optimal results. *Triphala* again is a great example here and for help with elimination, would be taken a little before bedtime. The same *Triphala* taken in the morning also helps to support digestive power and immune health.





THE FORMAT

Herbs and supplements come in various forms: capsules, powders, liquids or teas. The format you choose should align with your lifestyle.

On-the-go: Capsules are easiest to carry and use on a busy day.

At home : Teas could be a great start to your day or drinks made with premixed powders could be a nice wind-down routine at night. They also allow you to taste the herb which can enhance the benefits.

Example

Triphala powder in warm water is the traditional way to use it, but capsules might be easier when travelling or out and about.

BONUS TIPS

- Avoid taking herbs sporadically or for long times without guidance. This not only effects the intention but can have an opposite effect you weren't expecting!
- Buy your herbs from trusted sources to avoid unexpected side effects and reactions.

Herbs and Supplements are not food replacements. These are a powerful addition yet only one part of a healthy lifestyle meant to support you. Combine the power of natural herbs with a wholesome diet, good lifestyle practices and proper sleep for optimal benefit.

If you would like more personalized support with herbs and products or a complimentary session explore our [Wellness Support](#) options and let us help you tailor your journey with Ayurveda.

<https://www.earthenliving.uk/book-online>