

Bone & Joint Health Tipsheet

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LIGHT YOUR FIRE

Seasonal cleanses are a good way to support your metabolism and prevent the build up of toxins (ama) that is responsible for flare ups and inflammation. They also ensure proper tissue nutrition & development.

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OFFER HERBAL SUPPORT

A traditional Ayurvedic formula for directly supporting the colon is *Triphala*. This mix of 3 plants (*Haritaki*, *Amalaki*, *Bibhitaki*) support Vata, Pitta, and Kapha respectively. Good for short term use during cleanses due to its drying nature.

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DAILY JOINT ROTATIONS

Preventative measures include a series of gentle joint rotations on a daily basis, first clockwise then counter-clockwise. Play around with the number of repetitions and move every joint in the body. This should only take 5 minutes.

REQUEST A FREE CHAT



EAT FAT AT BREAKFAST

Bone tissue has a close relationship with nerve and fat tissue. When we break our fast with high quality fats like nuts, seeds, avocados, coconut, or ghee, we ensure long-burning fuel for the tissues and the best lubrication for slowing down daily wear and tear on the joints.

SELF-MASSAGE WITH WARM OIL

Nourishing the mind-body with daily touch and unctuous substances, make for steady concentration and strong tissues. Herbal formulas like *Ashwaganda*, *Bala*, or *Mahanaryan* oils are especially known for their rejuvenating effect on bone, cartilage, tendons and muscles. Give yourself a 15 min. massage before your a.m. shower.

SIT IN SILENCE

Schedule regular periods of silence to sit and breathe anywhere from 5-20 minutes. By giving your sense organs a rest, you slow down the aging process and degeneration that naturally occurs to tissues, organs, and body systems.

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