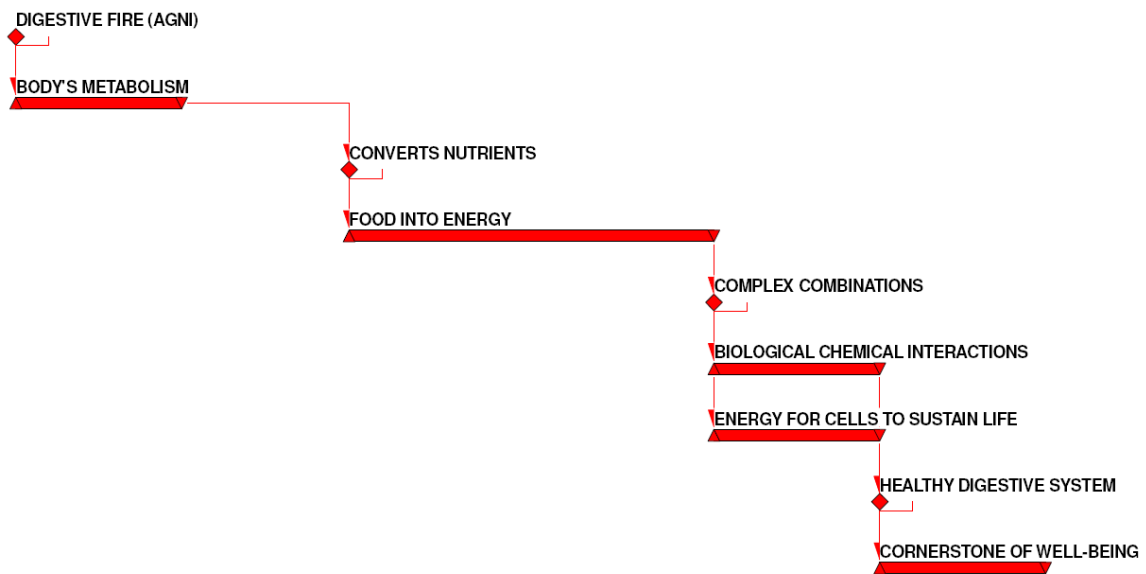


# THE HOT BELLY DIET: AN AYURVEDIC APPROACH TO LIFE

## CONCEPT OF “AGNI” = DIGESTIVE FIRE



# WEAK DIGESTIVE FIRE

WEAK DIGESTIVE FIRE

RESPONSIBLE FOR:

LOW ENERGY

BODY-WEIGHT CHAOS

DIGESTIVE DISORDERS

POOR SLEEP

HEADACHES

CONGESTION

LOW LIBIDO

LOW-GRADE DEPRESSION

ANXIETY

BURN-OUT

ON-GOING INFLAMMATION

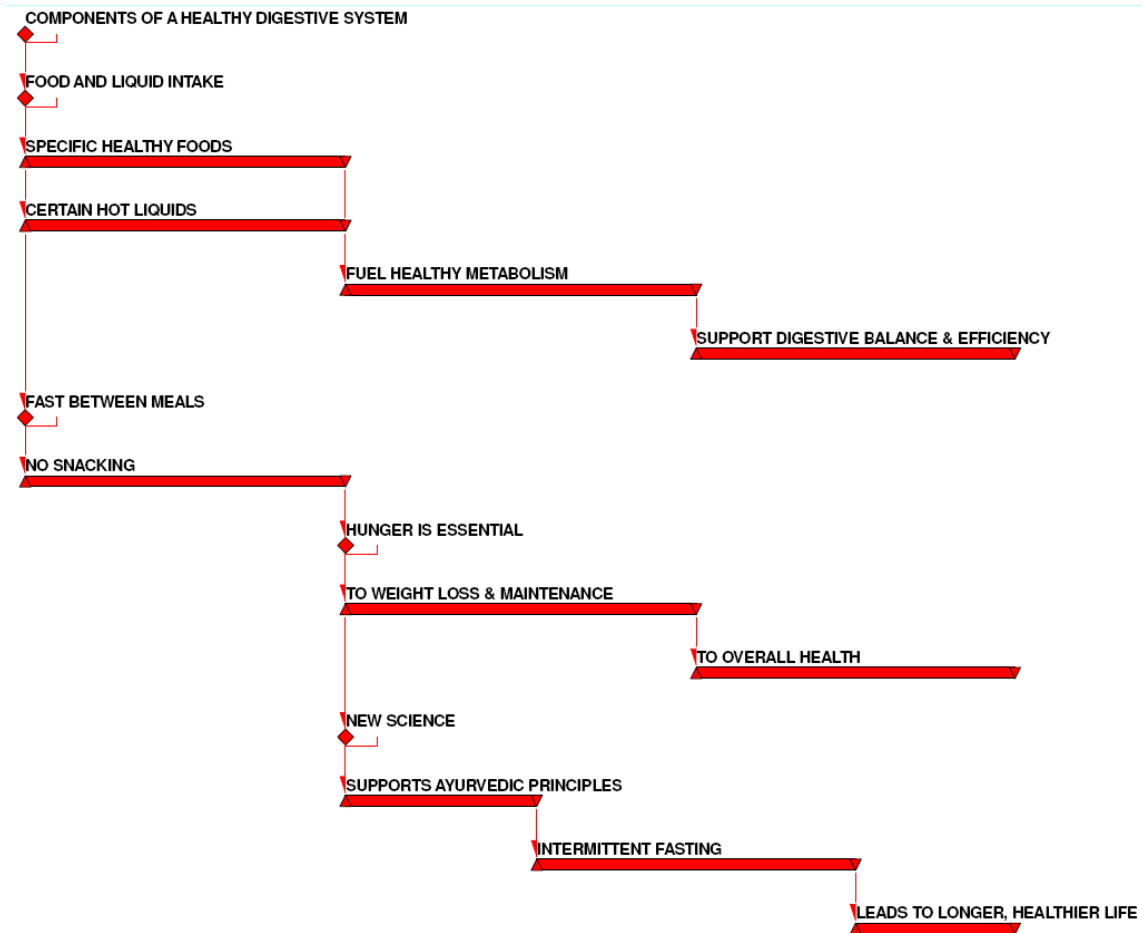
SORE JOINTS

RELENTLESS ALLERGIES

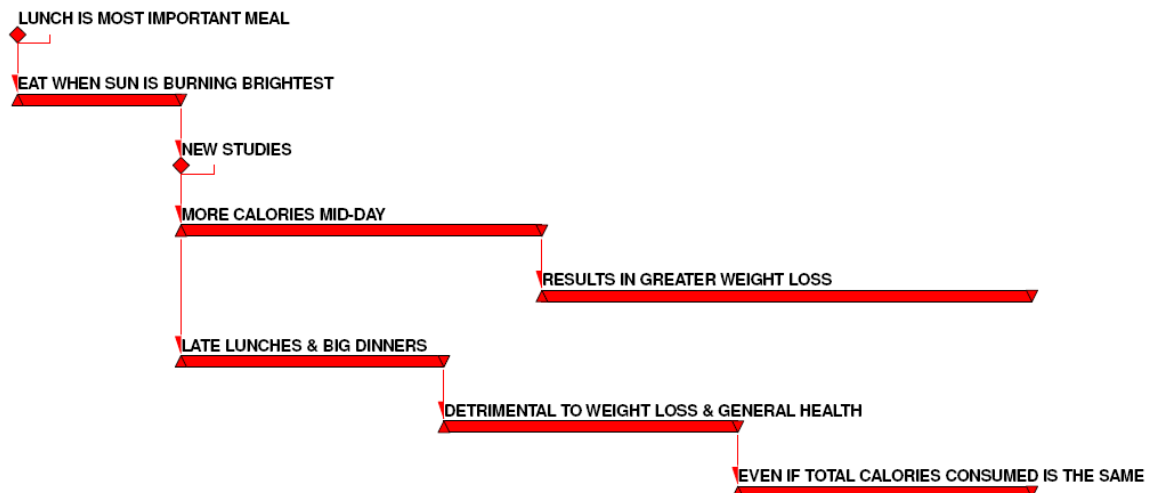
INEFFICIENT DIGESTION

CREATES DISEASE & DISORDER

# COMPONENTS OF A HEALTHY DIGESTIVE SYSTEM



# TIMING OF LUNCH AND DINNER



# CLEARING OUT DIGESTIVE SLUDGE (AMA)

CLEAR OUT DIGESTIVE SLUDGE (AMA)

RESIDUE FROM POORLY DIGESTED FOOD

ANTAGONIZES WEIGHT LOSS

PROVOKES HORMONAL IMBALANCES

TRIGGERS INFLAMMATION

ROOT CAUSE OF ALL DISEASE

DIGESTIVE SLUDGE (AMA)

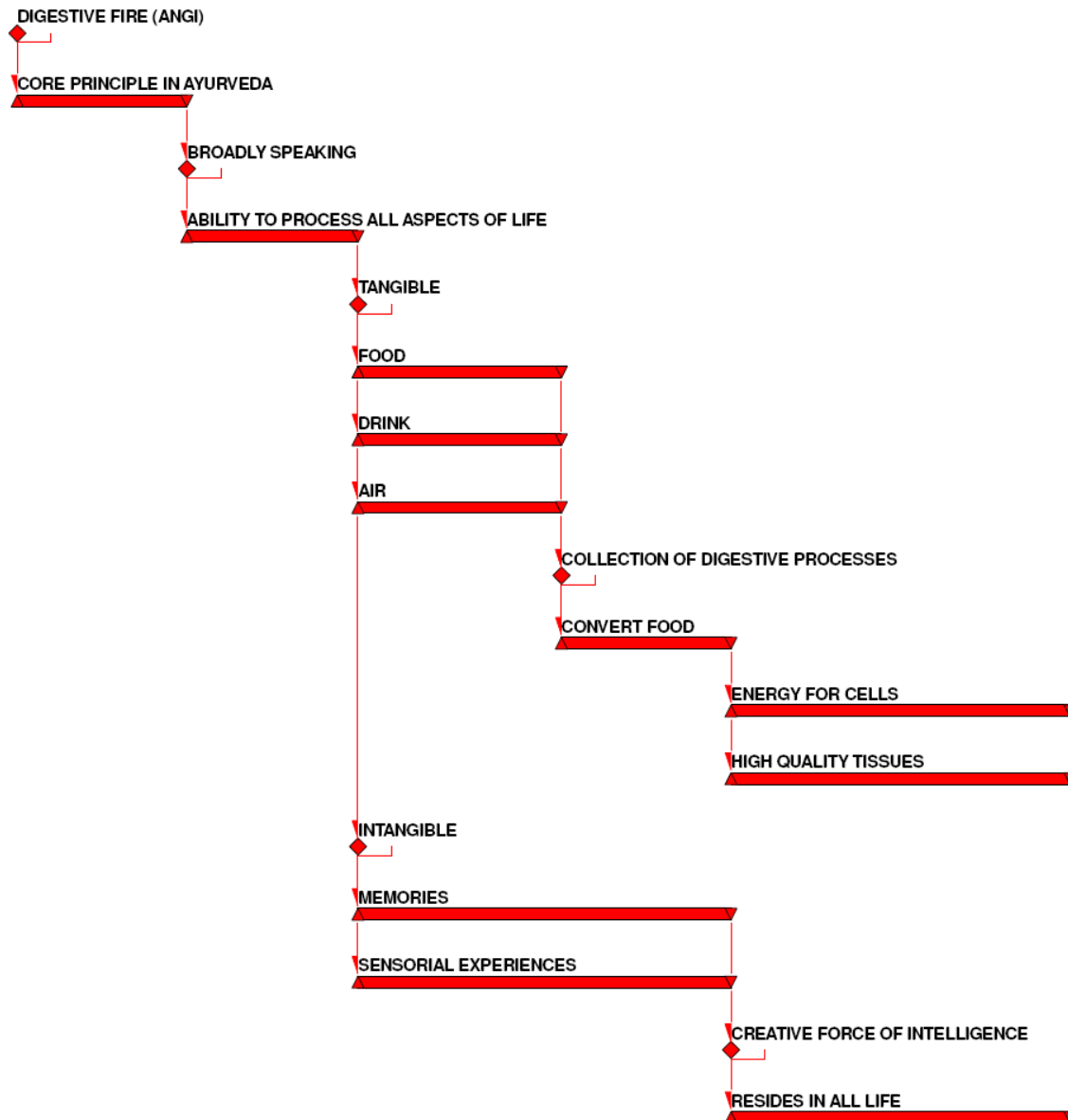
BODILY TOXINS

PANCREAS & LIVER & ( & KIDNEY?)

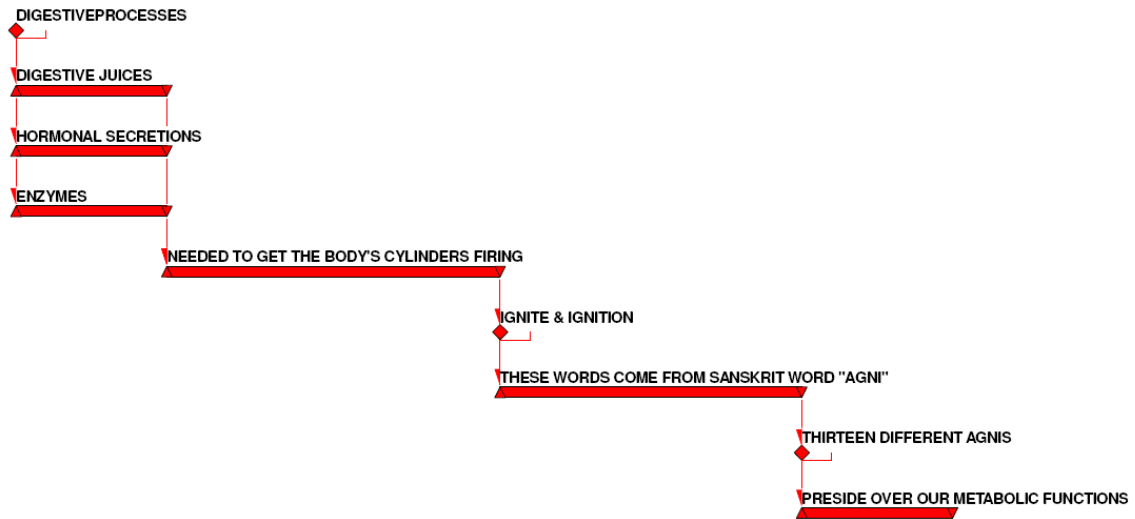
CREATED DURING NORMAL METABOLISM

NEED BALANCED AGNI (DIGESTIVE FIRE)

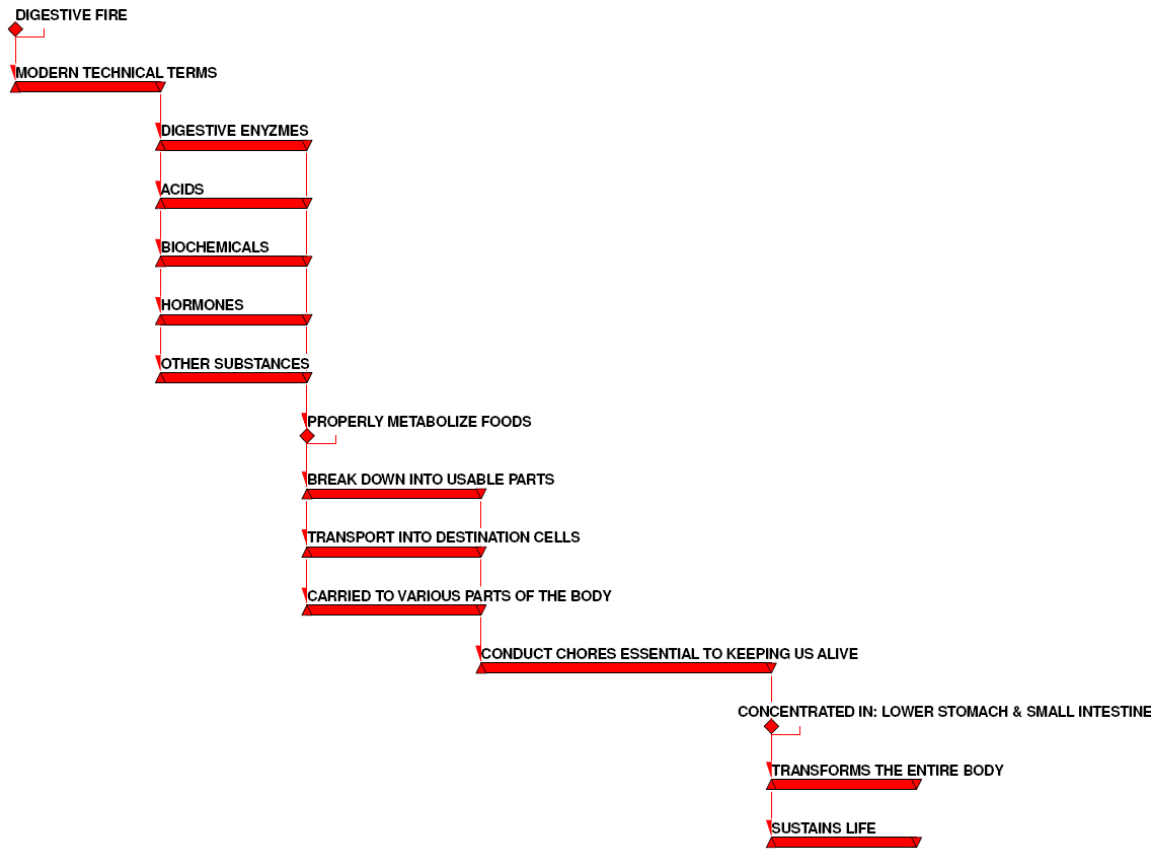
# CORE PRINCIPLES OF DIGESTION



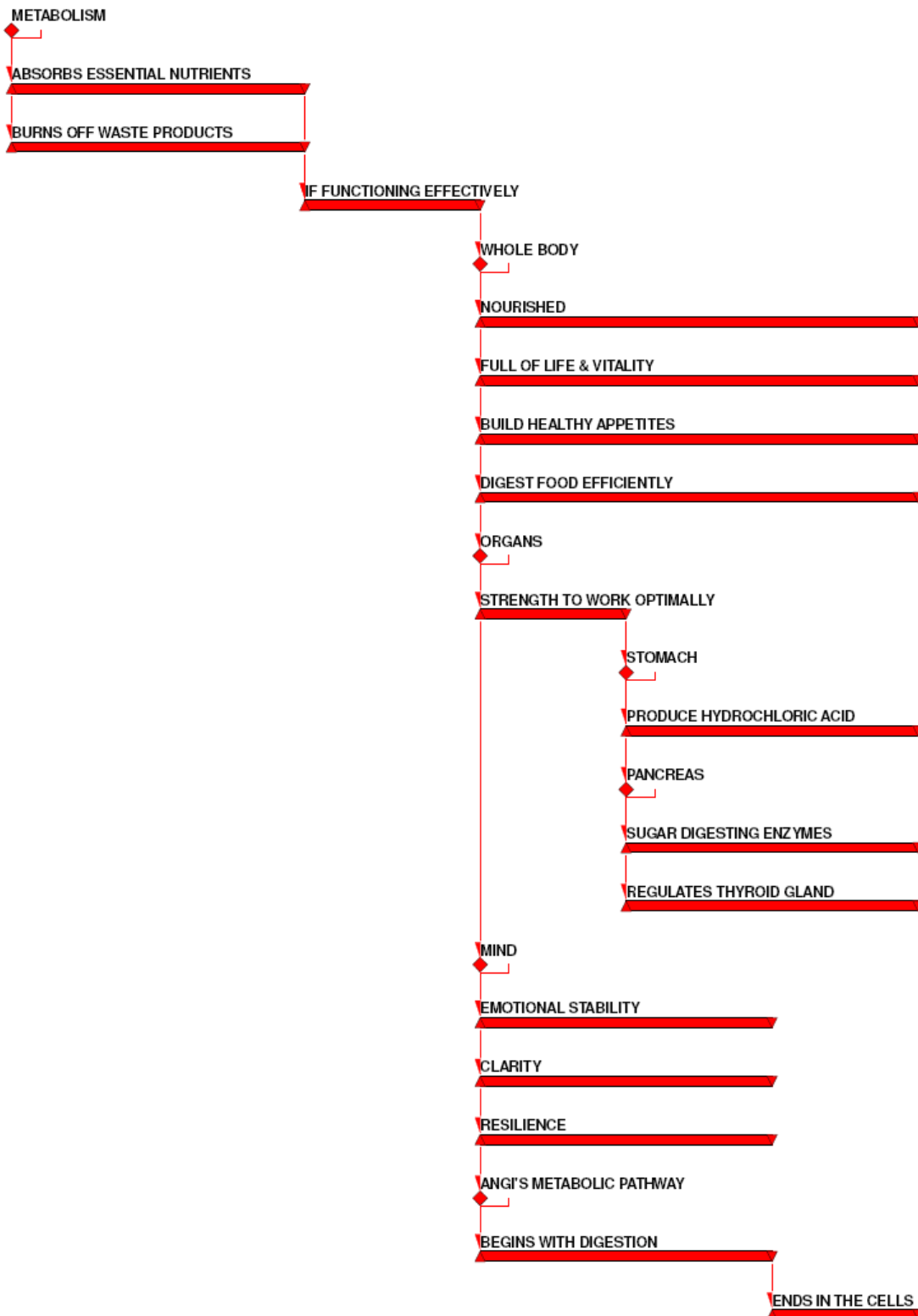
# DIGESTIVE PROCESSES



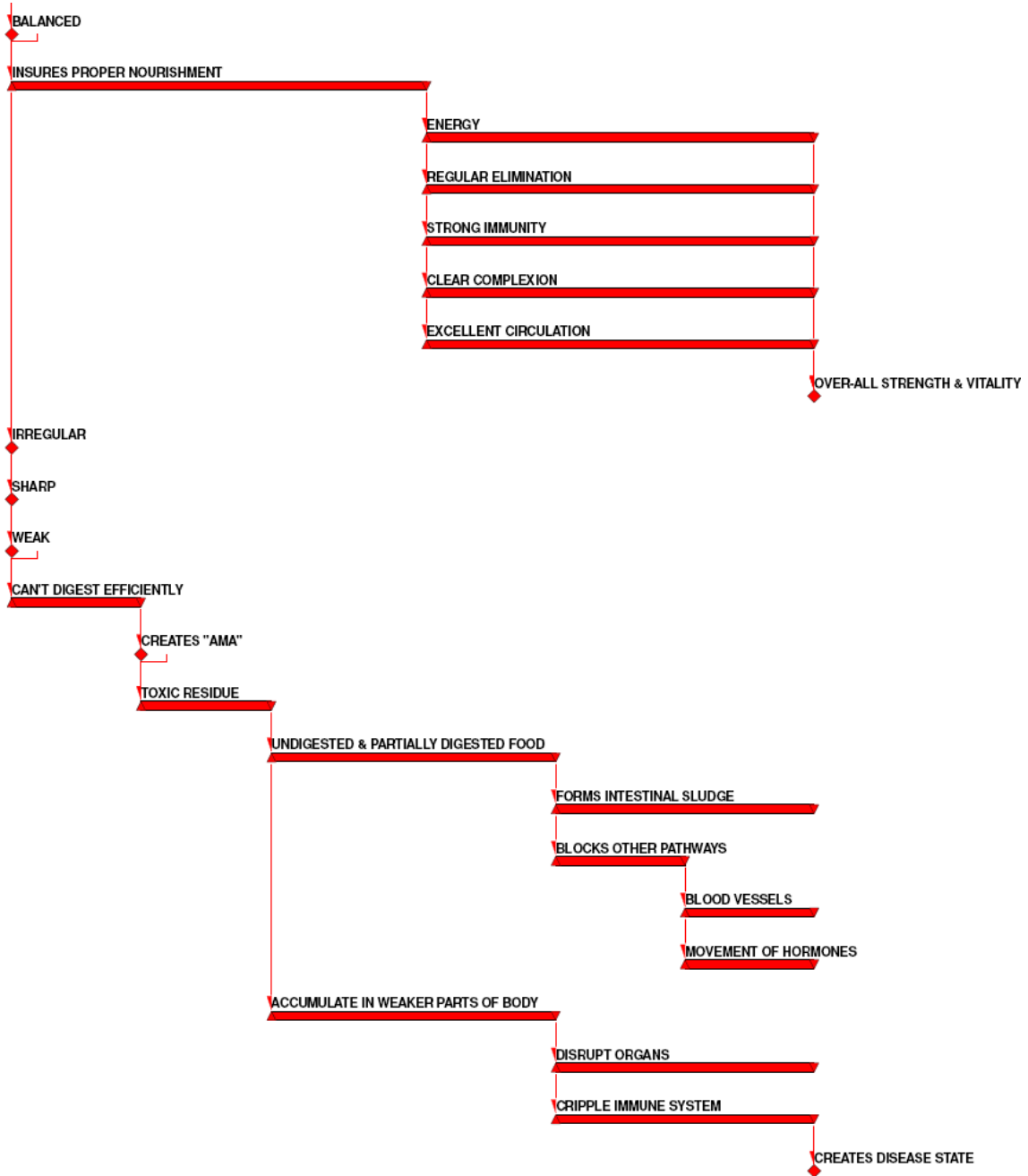
# DIGESTIVE FIRE



# METABOLISM / METABOLIC PATHWAYS

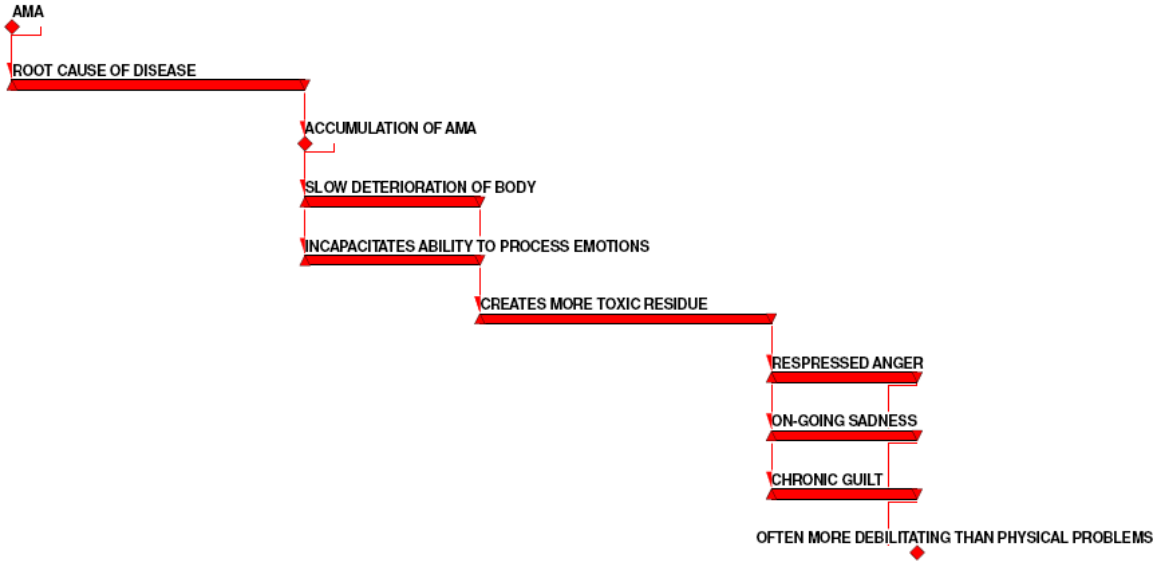


# MAIN STATES OF AGNI





# AMA: ROOT CAUSE OF DISEASE



# BODY FLUIDS



# AMA: DIGESTIVE GUNK

AMA

GUNK THAT IMPAIRS OUR ABILITY TO DIGEST FOOD

RESIDUAL, POORLY DIGESTED FOOD PARTICLES

UNDIGESTED PROTEINS

EXCESS SUGARS

FATS

GET INTO BLOOD STREAM

TRIGGER HORMONAL DISTURBANCES

BLOOD SUGAR IMBALANCES

INSULIN RESISTANCE

DIABETES

SERIOUS CONDITIONS

HIGH CHOLESTEROL

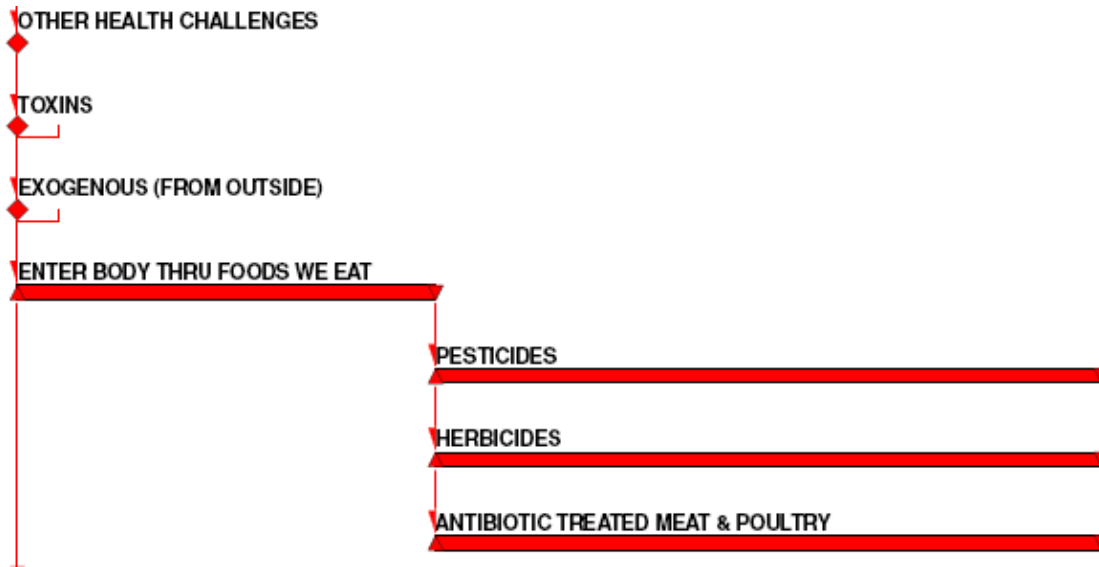
HYPERTENSION

DIGESTIVE DISORDERS

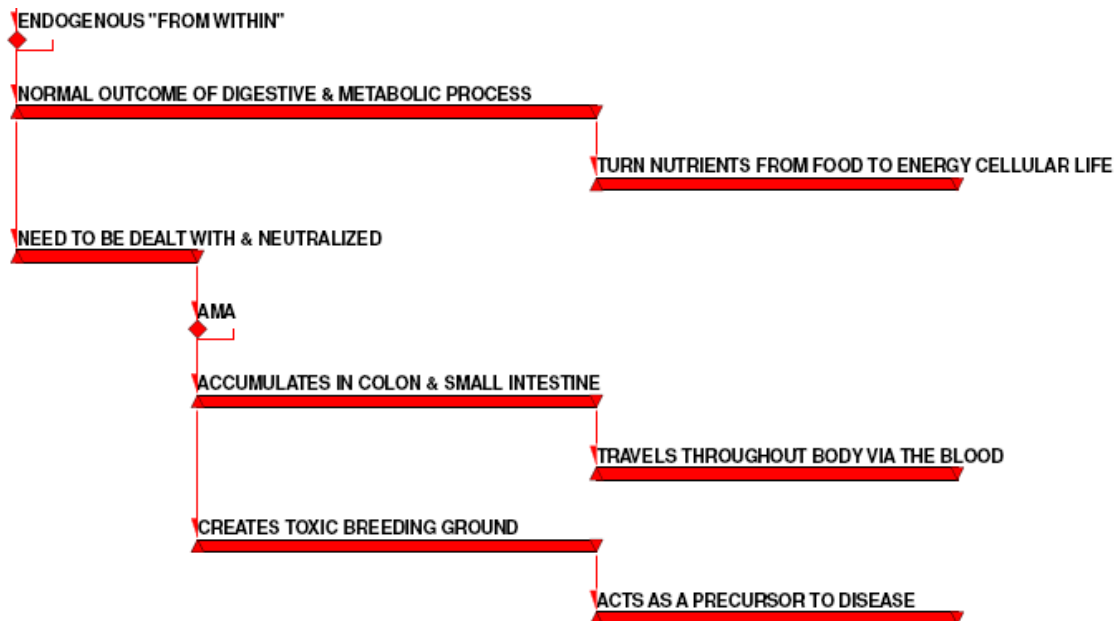
ACUTE CONSTIPATION

DIARRHEA

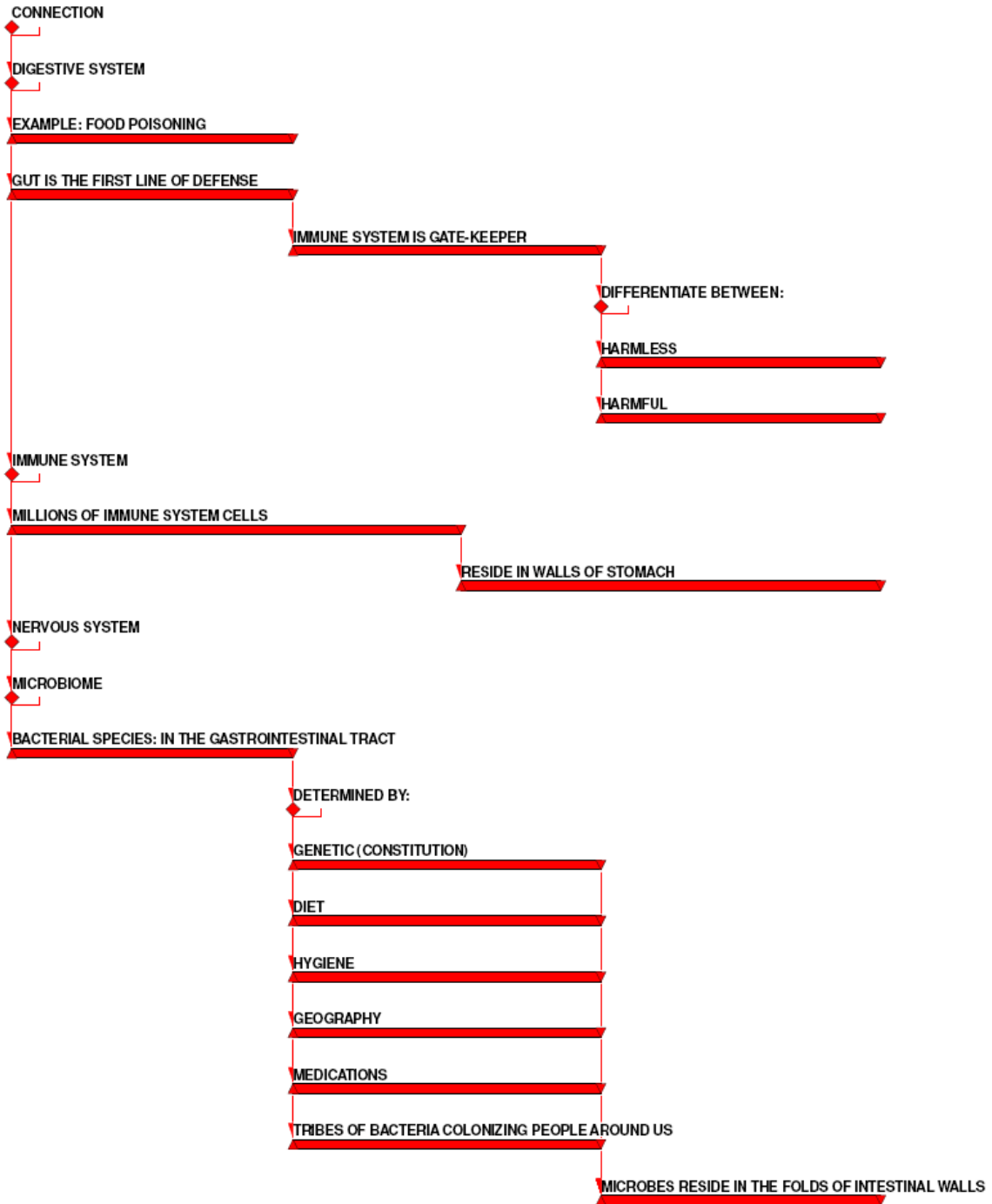
# EXTERNAL TOXINS



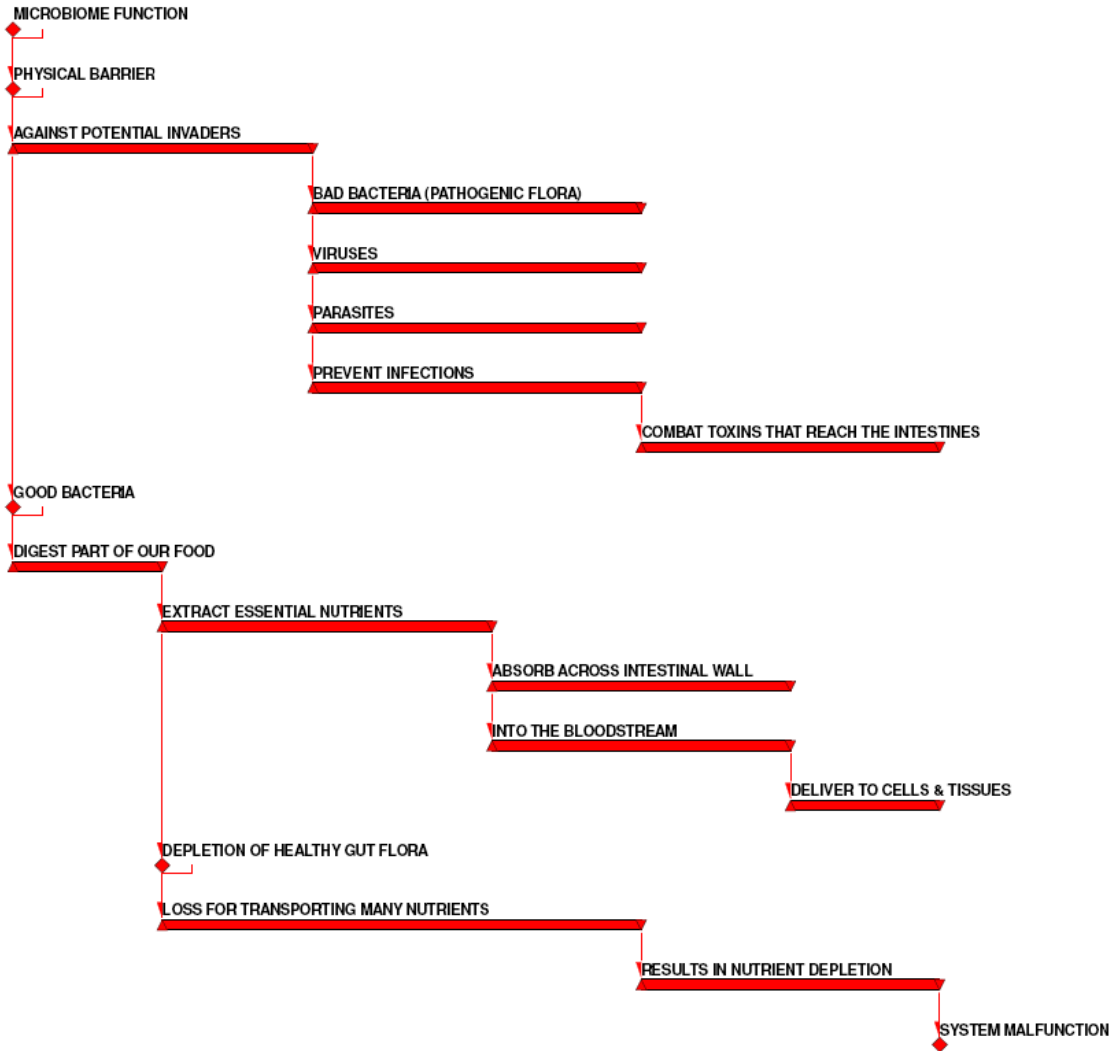
# INTERNAL TOXINS



# CONNECTION OF INTERNAL SYSTEMS



# MICROBIOME FUNCTION



# HEALTH STATUS

GOOD HEALTH

PLEASURE

HAPPINESS

POOR HEALTH

LIFE ISN'T THE SAME

"HOT" DIGESTIVE FIRE

AT THE HEART OF ACHIEVING OPTIMAL WELLNESS

RE-KINDLE DULL OR DYING FIRE

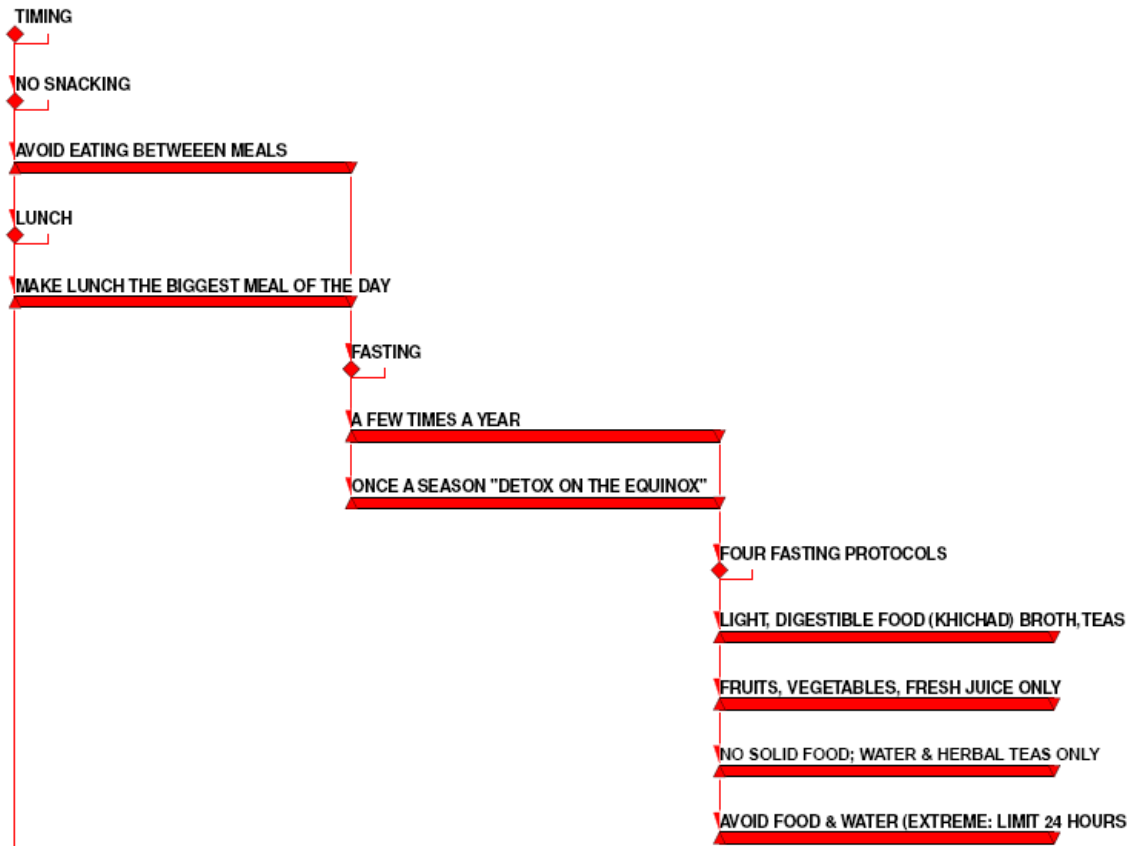
EFFECTIVELY REKINDLE EVERYTHING ELSE

FEEL YOUTHFUL

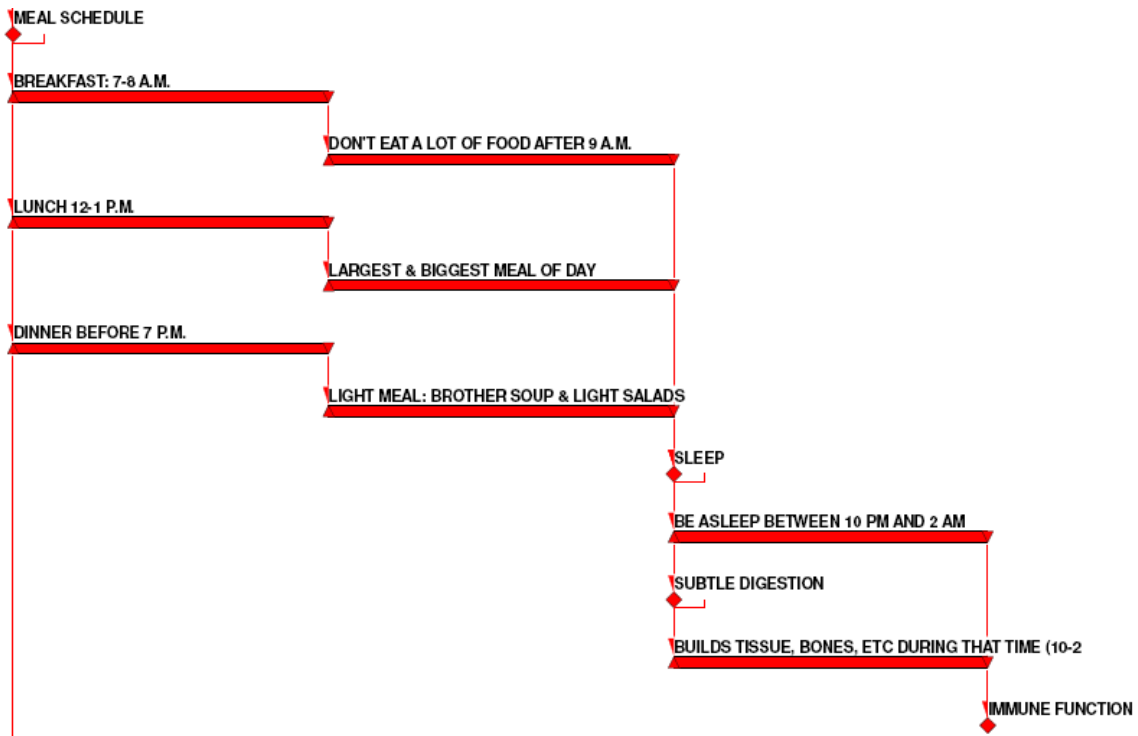
VIBRANT

FULL OF PROMISE

# DIETARY TIMING



# MEAL SCHEDULE TIMING



# HUNGER / REDUCED PORTIONS

ENJOY HUNGER

INTERMITTENT FASTING

EAT LESS

EAT RIGHT

KEY TO LONG & HEALTHY LIFE

EAT LESS, LIVE LONGER

WATCH YOUR PORTIONS

SKIP 2ND OR 3RD HELPING

PUSH AWAY FROM THE TABLE

BEFORE YOU REACH MAXIMUM FULLNESS



# FLUIDS / SPICES

EAT / DRINK

WARM FLUIDS

DRINK HOT WATER THROUGHOUT THE DAY

IT WILL STOKE DIGESTIVE FIRE

IMPROVE DIGESTION

HELP PREVENT ACCUMULATION OF AMA

AVOID COLD FLUIDS

AVOID COLD AND CARBONATED DRINKS

ESPECIALLY AT MEALS

ADD SPICES

FRESH GINGER

CUMIN

BLACK PEPPER

TURMERIC

FENUGREEK

THESE WILL ENHANCE DIGESTION

HELP ACHIEVE WEIGHT LOSS GOALS

# FOOD TYPES

EAT

FOODS FILLED WITH "PRANA" (LIFE FORCE)

YES

THINGS THAT HAVE GROWN ON EARTH

NO

PROCESSED

PACKAGED

MINIMIZE RE-HEATED / LEFT OVER FOODS

# FOOD COMBINATIONS

FOOD COMBINATIONS

AVOID BAD BUT POPULAR COMBINATIONS

THEY WEAKEN YOUR DIGESTIVE FIRE

WITH MILK

AVOID:

MEAT, FISH, EGGS, BANANAS, YOGURT, SOUR FRUIT

WITH EGGS

AVOID:

MILK, MEAT, FISH, YOGURT, CHEESE, FRUITS, BEANS

FRESH FRUIT

AVOID WITH ANY OTHER FOOD (EAT THEM ALONE)

AVOID EATING FRESH FRUIT AS DESSERT

# LIFESTYLE / LAUGHTER

PURSUE YOUR PASSIONS

LIVE TO THE FULLEST OF YOUR UNIQUE SELF

GOALS & VALUES

ALIGN TALENTS & PASSIONS

IN A JOB THAT SUPPORTS YOUR LIVELIHOOD

ALLOWS YOU TO FEEL APPRECIATED

FEEL NEEDED IN THE WORLD AT LARGE

FUN & LAUGHTER

MAKE ROOM FOR FUN & LAUGHTER

IN WHATEVER JOB YOU PURSUE

THE ACT OF LAUGHTER

WILL MAKE YOU FEEL LIGHTER

HEIGHTENS YOUR SENSE OF AWARENESS

A BELLY FULL OF LAUGHS

IS A HOT BELLY INDEED