



a place for all people to learn, heal and grow.



You Have The Power

To Take Your Health Into Your Hands

MAPPING THE PHYSICAL YOU

COLD
ETHER

DRY
AIR

HOT
FIRE

WET
EARTH WATER

HEALTHY COOL:
Moderate Energy,
Clear Skin

HEALTHY DRY:
Good Metabolism,
Healthy Immune System

HEALTHY HEAT:
Good Muscle Tone &
Color in Complexion

HEALTHY WET:
Stable Nervous System,
Kidneys & Adrenals

PHYSICAL SYMPTOMS OF IMBALANCED COLD:

- Shallow breathing
- Pellet-like constipation
- Cold hands & feet
- Cracking joints
- Fragile bones
- Colorless skin
- Forgetting to eat
- Eating too small of portions
- Chewing on ice

TOTAL: _____

PHYSICAL SYMPTOMS OF IMBALANCED DRY:

- Irregular breathing
- Compacted constipation
- Dry lips & skin
- Insomnia
- Hip and sacral pain
- Weight loss
- Thirst with frequent urination
- Erratic eating habits
- Hyperactive when hungry

TOTAL: _____

PHYSICAL SYMPTOMS OF IMBALANCED HEAT:

- Holding breath
- Loose, pasty stool
- Skin rashes
- Inflammation
- Muscular tension
- High blood pressure
- Allergies
- Headaches
- Skipping meals
- Frustrated when hungry

TOTAL: _____

PHYSICAL SYMPTOMS OF IMBALANCED WET:

- Mouth breathing
- Pressurized stool
- Flatulence
- Bloating
- Fatigue & oversleep
- Weight gain
- Edema
- Mucus congestion
- Overeating
- Heavy meals

TOTAL: _____

PHYSICALLY WARMING REMEDIES:

Spices: Ginger, Sumac, Asafoetida, Pink Salt
Herbs: Licorice, Bilva
Oils: Mahanarayan, Sesame
Self Care: Salt scrubs, Steam inhalation
Beverages: dhyana Chai, Warming tea

PHYSICALLY NOURISHING REMEDIES:

Spices: Cardamom, Sumac, Fenugreek, Atlantic Grey salt
Herbs: Ashwaganda, Shatavari
Oils: Mahanarayan, Ashwaganda Bala
Self Care: Oleation
Beverages: dhyana Chaga Cocoa, Nourishing tea

PHYSICALLY COOLING REMEDIES:

Spices: Methi leaf, Cilantro, Dill, Atlantic Grey Salt
Herbs: Aloe, Brahmi
Oils: Neem, Brahmi, Castor
Self Care: Neti pot
Beverages: Mint tea, cucumber water, Cooling tea

PHYSICALLY CLEANSING REMEDIES:

Spices: Black pepper, Asafoetida, Sumac
Herbs: Triphala, Amchur
Oils: Bhringraj, Sunflower
Self Care: Salt scrubs, Silk gloves
Beverages: Lemon water, Cleansing tea

#SELFCARE IS THE BEST HEALTHCARE

Your Elemental Profile

The first step in taking your health into your own hands

Thank you so much for joining me today. I'm honored that you would spend time learning from me to improve your own wellness. I like to say, "self-care is the best health care we have". And these days our health is front and center!

Trust me when I say that when you take a moment to check in to your self, it makes everything else you need to do a little easier.

Take A Breath

Tune in to natural breathing to bring down your stress response. Take an inhale for a count of four. Hold it for a count of four. Exhale for a count of six. Repeat as enjoyed.

Check In

What comes up for you when you ask yourself how you feel? Taking the time to listen to what your body tells you about your emotions and accepting them gives them permission to be there and to move on!

Get Physical

Note any physical messages your body is sending. Digestion feeling off? Headache forming? A few blemishes on your face you hadn't noticed before? Parched and craving water?

What's It All Mean?

Use these worksheets to tally up what you're experiencing and then see what to do about it!



Your Next Step

The **MyBody Mapping** course teaches you the tools to understand what your body is telling you and how you can bring your body back to balance. Become your own health detective in just seven weeks.

Your Body Is Speaking To You

There are easy ways to understand what your body needs. I break this process down for you to make it fun and the results lasting.

Imagine joining a group of like-minded individuals for a month and a half adventure. This is a retreat of hope where you'll have connection, support, laughter, and inspiration.

[Click here to see all the details about our courses.](#)

Life is a Balancing Act

Learn how to listen to your body. And come back to a balanced **state of being**.

The MyBody Mapping course includes:

- Elemental Science —Learning your unique blend of elements—Earth, Air, Fire, Water, and Ether and how to use this knowledge to increase vitality.
- Self Care Remedies—Learn the techniques and practices to feel better, restore a youthful glow, and strengthen your immune system. They're easy, fun, and relaxing!
- Plant Medicine—Cultivate a relationship with key plant allies as you learn what herbal preparations serve you best.
- Ayurvedic Medicine & Cooking—Food is the most delicious medicine and the foundation of your best health. Learn new recipes as you expand your understanding of beneficial nutrition.



The elements are your Guide to health. You can learn to make tiny changes that give back big rewards and I will be with you every step of the way.

You'll visit with me live every Saturday, virtually surrounded by your fellow students on the path. And in between these classes you'll have access to the recording and all the lesson material for each new week. Review it again and again. Print out handouts and make them into your own handbook. Don't forget to tab the sections so all the answers are at your fingertips.

Take the next step and check out all the features of MyBody Mapping and all the courses DeAnna has to offer.

This is your moment.

Hari Aum,