



You Have The Power

To Take Your Health Into Your Hands

AYURVEDA:A SYMPTOMATIC APPROACH TO HEALTH

IN AYURVEDA and other cultural traditions there are five elements that compose life: Air, Fire, Water, Earth, and Ether. The elements do not stand separate in their functions, but work as a continual flow like the seasons in nature. When the elements are imbalanced they tell us by providing emotional and physical symptoms of Cold, Dry, Hot or Wet. Through these symptoms, the body communicates with us.

INSTRUCTIONS: Put a check mark next to any symptoms that are a regular part of your life. Add up your total in each column. The higher the number, the more imbalance. Then, choose the best actions for your symptoms.

MAPPING THE ENERGETIC YOU

COLD

@ ETHER

DRY

⊗AIR

HOT

(A) FIRE

WET

EARTH WATER

HEALTHY COOL:

Wise, Centered

HEALTHY DRY:

Creative, Flexible

HEALTHY HEAT:

Capable, Confident

HEALTHY WET: Giving, Stable

EMOTIONAL SYMPTOMS OF IMBALANCED COLD:

- Guilt
- Fear
- Difficulty trusting
- "What If" worries
- Sorry" syndrome
- Strict boundaries
- Fear of opening up to others
- Feeling energetically

VICE OF CHOICE:

Stimulants, "false passion"

TOTAL:

EMOTIONAL SYMPTOMS OF IMBALANCED DRY:

- Anxiety
- Indecision
- Hyper-activity
- Feeling depleted
- Changing mind often
- Mind overrides bodily needs
- Ungrounded
- Unable to follow

VICE OF CHOICE:

Smoking, "false expansion"

TOTAL:

EMOTIONAL SYMPTOMS OF IMBALANCED HEAT:

- Anger
- Resentment
- Avoiding emotional needs
- Difficulty trusting
- Making decisions only from intellect
- Crash and burn
- Fixed opinions

VICE OF CHOICE:

Alcohol/Sugar, "false play"

TOTAL:

EMOTIONAL SYMPTOMS OF IMBALANCED WET:

- Depression
- Attachment
- Low self-esteem
- Grief
- Overwhelmed by sympathy
- Giving energy away
- Lacking motivation
- Emotional eating

VICE OF CHOICE:

Food, "false contentment"

TOTAL:

EMOTIONALLY WARMING REMEDIES:

- Heavy, warm rocks on abdomen and in hands for grounding
- Soaking feet in warm water

EMOTIONALLY NOURISHING REMEDIES:

- Hands to heart to support trust
- Scalp and body oelation for stability

EMOTIONALLY COOLING REMEDIES:

- 15 min. power breaks
- Replenish
- Maintain energy by using mind and body together

EMOTIONALLY CLEANSING REMEDIES:

- Invigorating salt scrubs/ dry brushing
- Exercise daily
- Eat 3 small meals per day with spices

MAPPING THE PHYSICAL YOU

COLD

@ ETHER

DRY

⊗AIR

HOT

(A) FIRE

WET



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

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

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

PHYSICAL SYMPTOMS OF IMBALANCED WET:

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

TOTAL:

TOTAL: ____

TOTAL: _

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

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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,