



Lifestyle recommendation

Recommendations for: Patient name

Age: 30

The date of assessment:
10-02-2017

VedaPulse

Specialist: Full name

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General characteristics

All the Doshas are balanced, which means that there is no pathological excess or deficiency manifesting in the body. All the tendencies to increase or decrease of Doshas are functionally compensated, which shows a great adaptive resource for maintaining a good level of health. This condition allows the usage of wide range of products, herbs, essential oils, with no limitations that are usually required for the imbalance types. It is advised though to take into account the seasonal impact on Doshas – to prevent the imbalance of Vata Dosha in a dry cold season (late autumn); to take care of Kapha Dosha in a wet cold season (end of winter, early spring), and to help Pitta Dosha in a hot and humid season (mid-summer).



Day routine

Wake up early. Take a shower, exercise. Try to do more work in the morning, be active. Reduce the activity in the afternoon. Get some rest in the evening. Go to bed around 10:00-11:00 pm.



Diet

Breakfast should be light; sweet dishes and pastry are not recommended. Make sure that your lunch is full and nutritive, be moderate using spices, condiments and salty dishes. Avoid late dining, have dinner around 6:00 pm, it should not be as full as lunch; give preference to hot and nutritive dishes.



Physical activity

Since all Doshas of your type are balanced, you can exercise above average. Distribute physical activity throughout the day: in the morning - maximum activity, in the middle of the day - moderate activity, in the evening - minimal activity. It is useful to do yoga and Pranayama twice a day. Exercise regularly, daily, evenly. Work on balance and flexibility.



Body care

Full body massage with sesame oil and your favorite essential or aromatic oils added for a specific purpose (relaxation, stimulation, moisturizing, etc.) is recommended for you. Body care should be carried out with the consideration of the skin type (for example, when the skin is prone to inflammation, use oils with antiseptic properties, for dry flaccid skin use nutritious, moisturizing oils). Three times a week use a dry brush to remove dead epithelium.



Ideal day s hedule

Get up right after waking up.

- 6:00-8:00am** Engage into the morning routine. Massage the whole body with a massage brush; take a warm or cool shower. Do yoga and breathing exercises. It is important to charge the body with energy and vigor in the morning.
- 8:00am** Have a light breakfast, drink herbal tea.
- 9:00am-1:00pm** Time of maximum professional activity. Undertake tasks, communicate with people.
- 1:00pm** Have lunch, it is supposed to be rich, nutritious. Eat in a relaxed friendly atmosphere.
- 2:00-6:00pm** Continue the working day. It is recommended to slightly reduce the activity.
- 4:00-4:30pm** Drink herbal tea, distract yourself from work, take a break.
- 6:00pm** Have a light dinner with family or friends in a relaxed atmosphere.
- 7:00-9:00pm** Reduce physical activity, read, take a walk, make plans for tomorrow.
- 9:00-10:00pm** Relax before going to bed, meditate (pray), do breathing exercises.
- 10:00-11:00pm** Go to sleep.

NOTE: all recommendations are made for a 12-hour day and 12-hour night, dawn is around 6:00am and dusk is around 6:00pm.