

Making Ayurveda Digestible (Pun Intended)

You see, I finally figured out that Ayurveda can be simple or it can be complex. It's your choice. If you want to dive deep into it like I did (and still do), go for it. But you don't have to know all the terminology. And guess what You don't even have to like Indian food! So many people say to me "I just don't get Ayurveda". They're curious, but think that all of the dosha-specific food lists are intimidating (they are) and that they have to know without a shadow of a doubt what their constitution is in order to understand the concepts (they don't).