



## TAKING YOUR HERBS

You've just bought your herbs—an investment in your health and well-being. Now what? Here are some tips and answers to common questions that will help you get the most from your new products:

- 1. Take your herbs.** Too often, new herbs end up sitting on the shelf, forgotten. Too often, herbs end up sitting on the shelf, forgotten. If you want to experience the benefit of your herbs, it's critical that you take them consistently!
- 2. Set an intention with your herbs.** When you take your herbs, pause to set an intention for how you want the energy of the plants to affect your body. This serves as a reminder of why you're taking the herbs in the first place and prepares your body to receive their benefits.
- 3. When and how should I take my herbs?** If you've seen a practitioner, take your herbs according to their instructions. Otherwise, follow the directions on the bottle, starting at the lower end of the suggested amount and working up if needed.
- 4. When will I see an effect?** There are several variables that will impact the answer to this question:
  - Herbs are just one aspect of Ayurveda. You will see results faster if you support the herbs with the right diet and lifestyle.
  - Each herb, formula, and person is unique. With many herbs, subtle effects will start taking place within a few days of regular use. For others, results can take 4–6 weeks to appear.
  - The more chronic and deep-seated an issue, the longer it takes the body to respond. Ayurvedic wisdom says it can take the body about one month to improve for every year that an imbalance has existed.
- 5. How long should I take my herbs?** Ideally, herbs will awaken the body's inherent ability to heal. While you can often reduce your herb consumption after 3–6 months of use, it's safe to take most herbs for a longer time if they feel supportive.
- 6. Can I take more than one product at once?** In general, yes! Herbs like friends and it's fine to take products together. However, we recommend introducing one new product at a time so you can more easily see how the product is affecting you.



## CHOOSING THE RIGHT VEHICLE

The glorious science of Ayurveda recognizes that certain herbs and foods have a particular affinity to specific tissues or channels of the body. Taking your herbs with these substances can put them on the fast track to the part of the body you want to focus on.

TISSUE / CHANNEL	ACCOMPANYING SUBSTANCE
<b>Respiratory tract</b>	Hot milk with ginger Ginger tea Honey
<b>Lymph</b>	Milk Ginger tea Sugarcane juice
<b>Blood</b>	Pomegranate juice Aloe vera juice
<b>Muscle</b>	Ghee and honey Milk or almond milk
<b>Fat</b>	Honey and hot water Ghee
<b>Bone</b>	Milk or almond milk Sesame oil or sesame paste (tahini)
<b>Nerves</b>	Ghee Almond milk
<b>Male reproductive organs</b>	Milk Chyavanprash
<b>Female reproductive organs</b>	Aloe vera juice Hibiscus tea Milk Ghee Chyavanprash
<b>Mind</b>	Milk or almond milk Ghee



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.