



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. It is critical that you incorporate taking your herbs into your daily routine as the benefits accrue over time.
- 2. Set an intention with your herbs.** Set a specific intent for how you want the energy of the plants to take effect in your body.
- 3. When and how should I take my herbs?** If you've seen a practitioner, take your herbs according to their instructions. If you don't have instructions, look at the suggested amount on the bottle. It is good to start new products at the lower end of the guidance, taken after food, then work up to a higher amount over the course of 1-3 weeks if needed.
- 4. When will I see an effect?** There are several variables that will impact the answer to this question.
 - First, you will see clear results faster if you support the herbs with the right diet and lifestyle.
 - Second, the more chronic and deep-seated an issue, the longer it takes the body to reverse the course. With most herbs, subtle effects will start taking place within a few days of regular use. More obvious results can take 4-6 weeks to start appearing, and conventional wisdom often says it can take the body about one month to improve for every year that a chronic condition has existed.
 - And finally, as you grow in your own awareness of subtle shifts in your body, you will notice effects more rapidly.
- 5. How long should I take my herbs?** Ayurveda uses herbs to awaken the body's natural pharmacy, its own inherent ability to heal. When this natural intelligence has awakened and stabilized, often after 3-6 months (but maybe longer), you can slowly reduce your herb consumption.
- 6. Do I need a different product?** You may choose to slowly stop a particular herb when you have reached the desired effect and your body is able to support itself. If you find there are still other imbalances to address, you can assess those by taking our **Vikriti test** online.



CHOOSING THE RIGHT VEHICLE

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

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