

Dial In Your Morning Routine With Ayurveda For Kids



Ayurveda is a traditional Indian system of medicine that has been practiced for thousands of years. It is based on the belief that the human body is made up of three doshas: vata, pitta, and kapha. Each dosha is responsible for different functions in the body, and when they are in balance, the body is healthy. When the doshas are out of balance, it can lead to illness.



Good Morning Yogis, Big and Small: Dial in Your Morning Routine with Ayurveda for Kids by Cate Stillman

★ ★ ★ ★ ☆ 4.6 out of 5

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Ayurveda can be used to treat a variety of health conditions, including digestive problems, respiratory problems, and skin problems. It can also be used to promote overall health and well-being. One of the best ways to incorporate Ayurveda into your child's life is to establish a healthy morning routine.

Ayurvedic Morning Routine For Kids

An Ayurvedic morning routine for kids should be designed to help balance the doshas and promote overall health. The following is a sample routine that you can adapt to meet the needs of your child:

1. **Wake up early.** The best time to wake up is before sunrise, when the vata dosha is dominant. This is a time of transition, and it is important to start the day with a calm and peaceful mind.
2. **Drink a glass of warm water.** This will help to flush out toxins and hydrate the body.
3. **Tongue scraping.** This is an Ayurvedic practice that helps to remove bacteria and toxins from the tongue. It is also said to improve digestion and oral health.
4. **Oil pulling.** This is another Ayurvedic practice that involves swishing oil around in the mouth for 10-15 minutes. It is said to help improve oral health, reduce inflammation, and detoxify the body.

5. **Yoga.** Yoga is a great way to get the body moving and improve flexibility. It is also said to help reduce stress and anxiety.
6. **Meditation.** Meditation is a great way to calm the mind and focus the attention. It is also said to help improve sleep and reduce stress.
7. **Breakfast.** Breakfast is an important meal for kids, and it should be made with healthy, nourishing ingredients. Some good Ayurvedic breakfast options include oatmeal, quinoa, or fruit.

Benefits Of An Ayurvedic Morning Routine For Kids

An Ayurvedic morning routine can have a number of benefits for kids, including:

- Improved digestion
- Reduced inflammation
- Better sleep
- Reduced stress and anxiety
- Increased energy levels
- Improved overall health and well-being

An Ayurvedic morning routine can be a great way to help your child stay healthy and balanced. By following the simple steps outlined in this article, you can help your child get the most out of their day.



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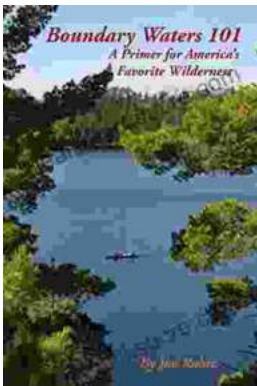
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