

HOT BELLY DIET

HOT BELLY DIET (AN AYURVEDIC APPROACH TO LIFE)

CONCEPT OF "AGNI" = DIGESTIVE FIRE

DIGESTIVE FIRE (AGNI)

BODY'S METABOLISM

CONVERTS NUTRIENTS

FOOD INTO ENERGY

COMPLEX COMBINATIONS

BIOLOGICAL CHEMICAL INTERACTIONS

ENERGY FOR CELLS TO SUSTAIN LIFE

HEALTHY DIGESTIVE SYSTEM

CORNERSTONE OF WELL-BEING

WEAK DIGESTIVE FIRE

WEAK DIGESTIVE FIRE

RESPONSIBLE FOR:

LOW ENERGY

BODY-WEIGHT CHAOS

DIGESTIVE DISORDERS

POOR SLEEP

HEADACHES

CONGESTION

LOW LIBIDO

LOW-GRADE DEPRESSION

ANXIETY

BURN-OUT

ON-GOING INFLAMMATION

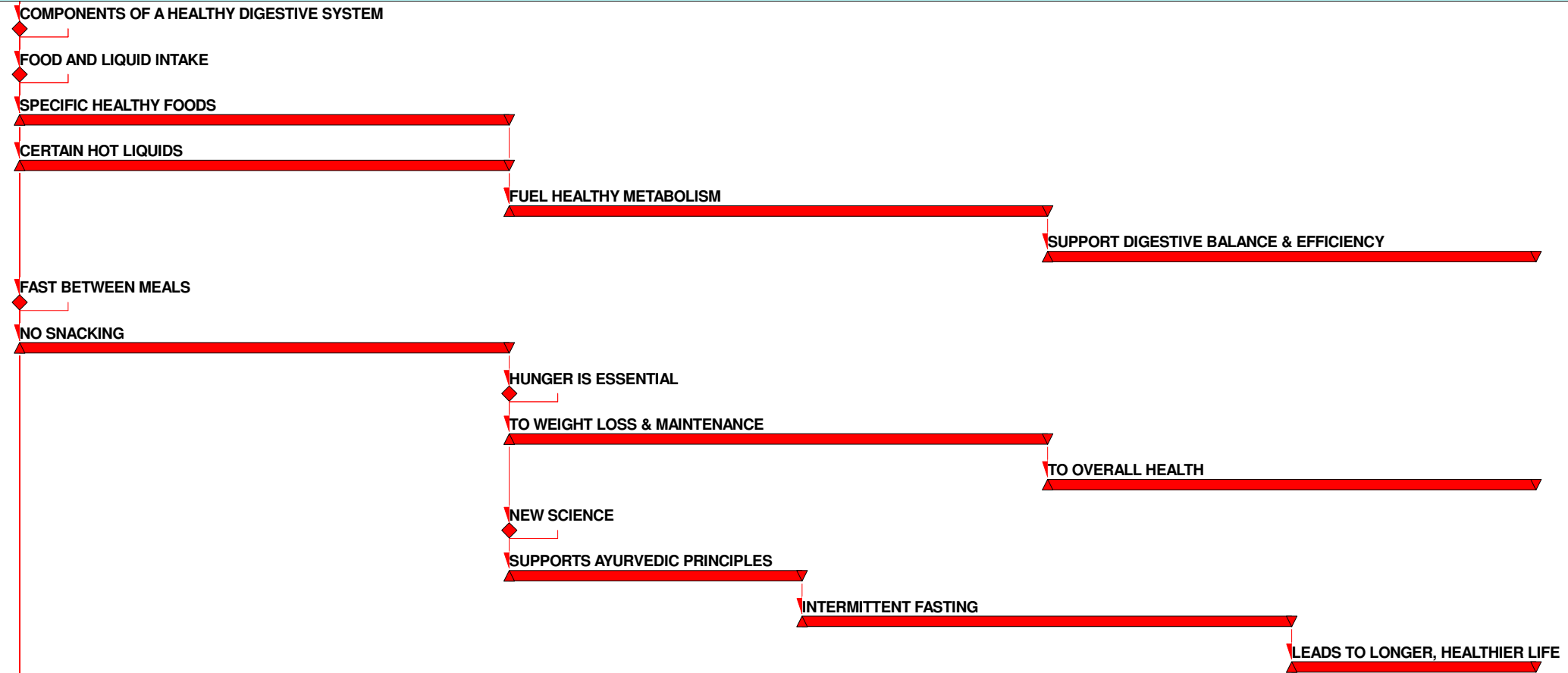
SORE JOINTS

RELENTLESS ALLERGIES

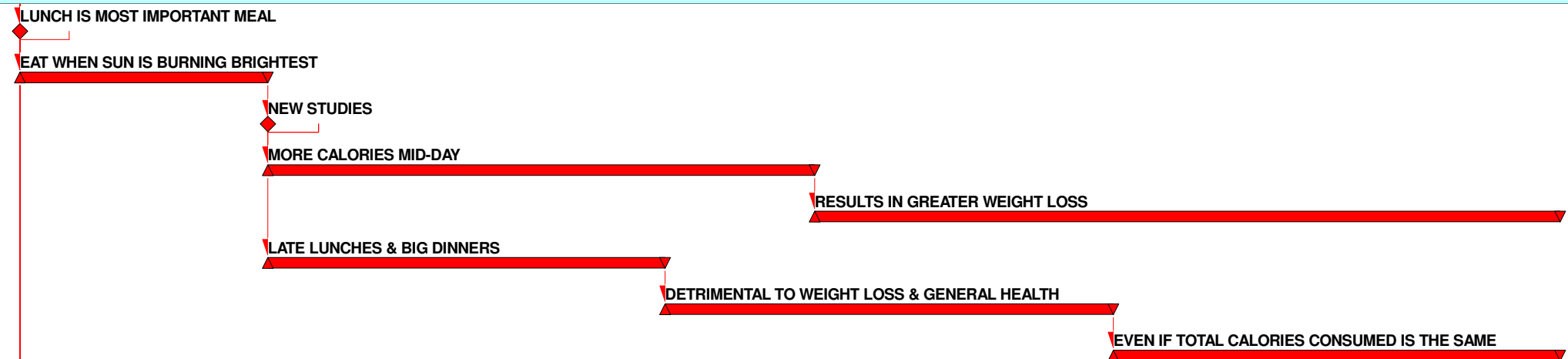
INEFFICIENT DIGESTION

CREATES DISEASE & DISORDER

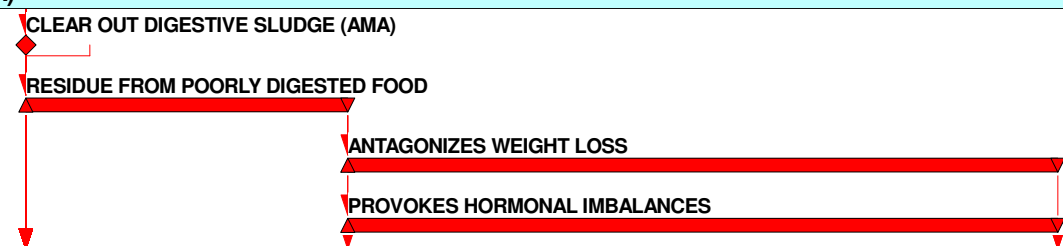
COMPONENTS OF A HEALTHY DIGESTIVE SYSTEM



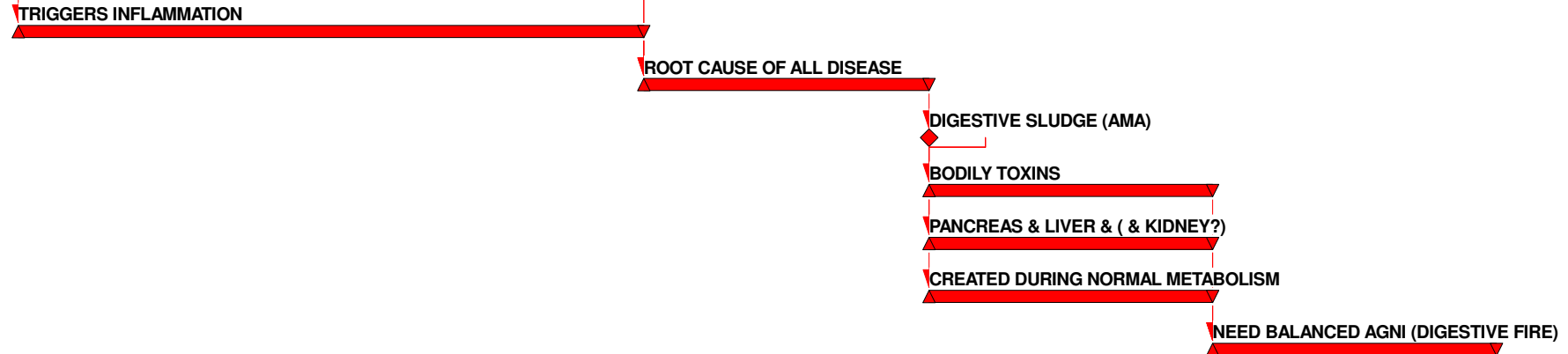
TIMING OF LUNCH AND DINNER



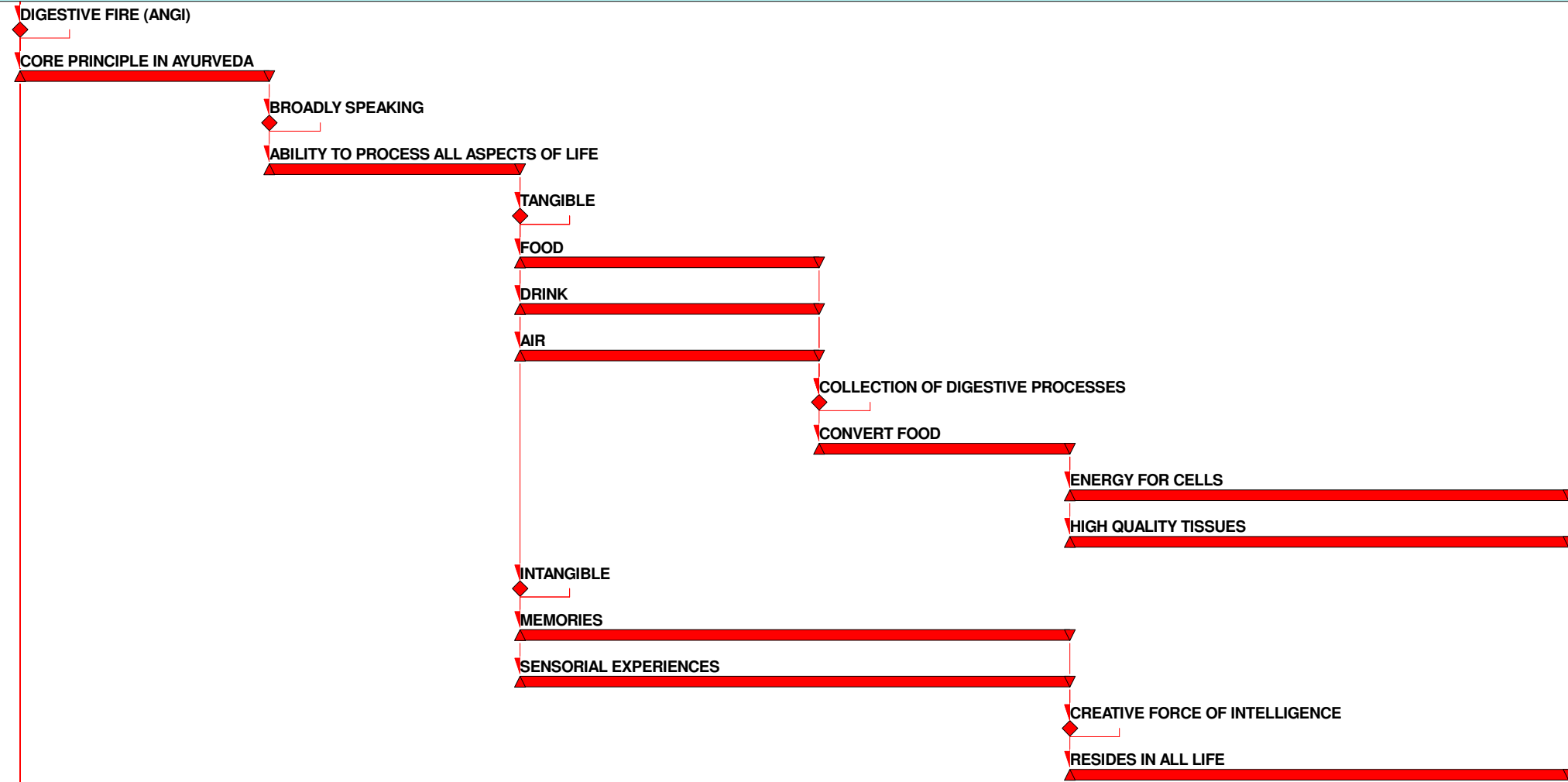
CLEARING OUT DIGESTIVE SLUDGE (AMA)



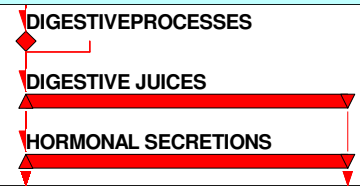
CLEARING OUT DIGESTIVE SLUDGE (AMA)



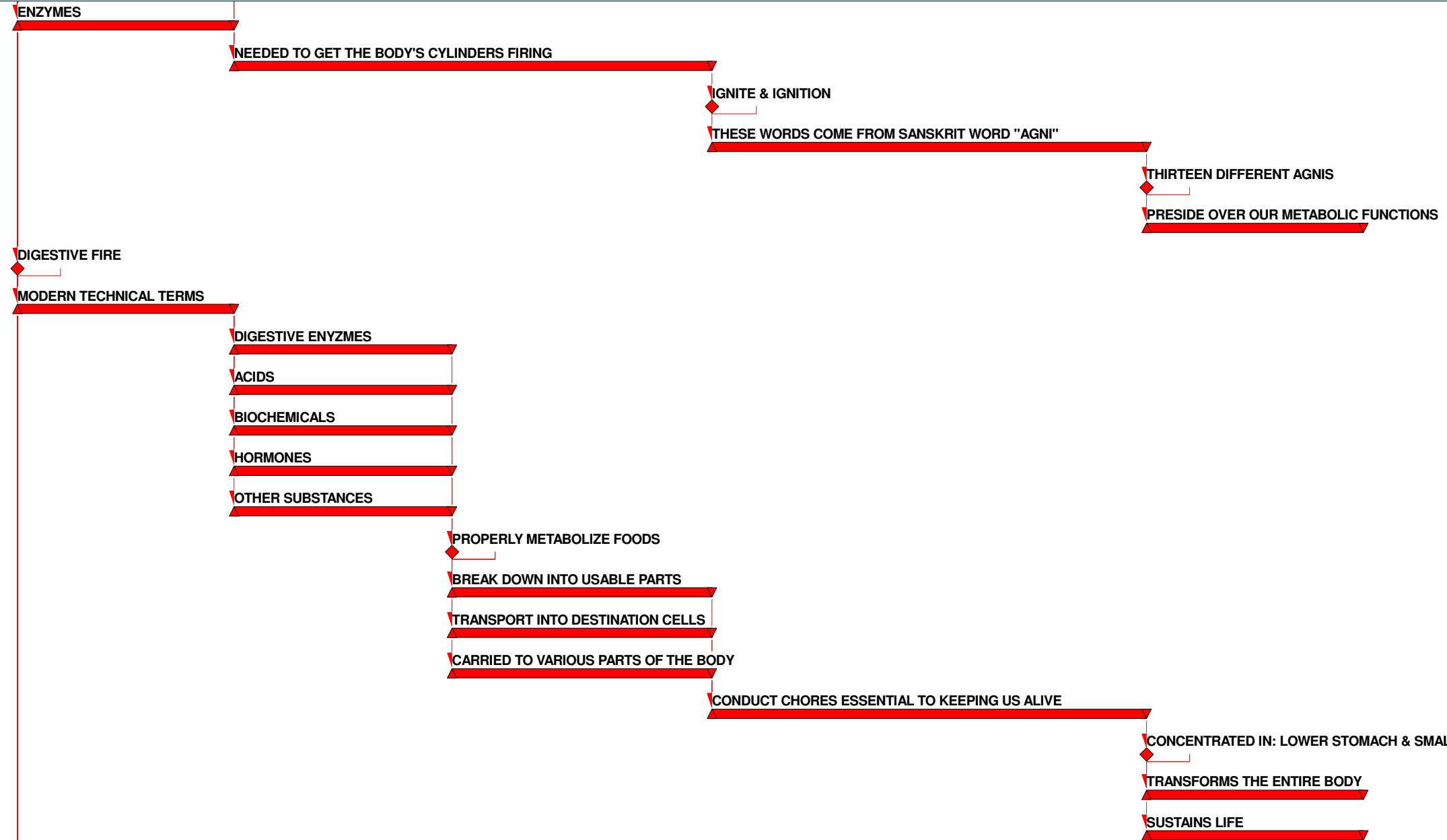
CORE PRINCIPLES OF DIGESTION



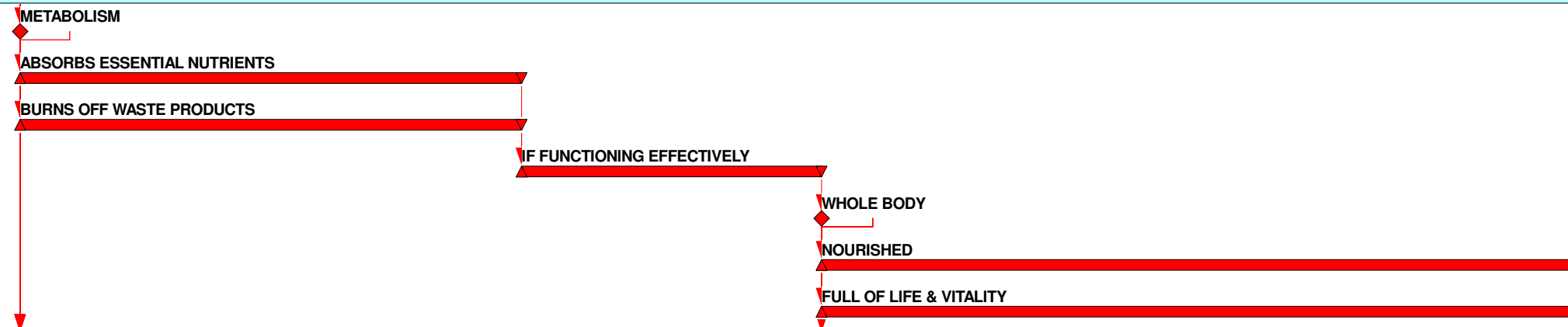
DIGESTIVE PROCESSES



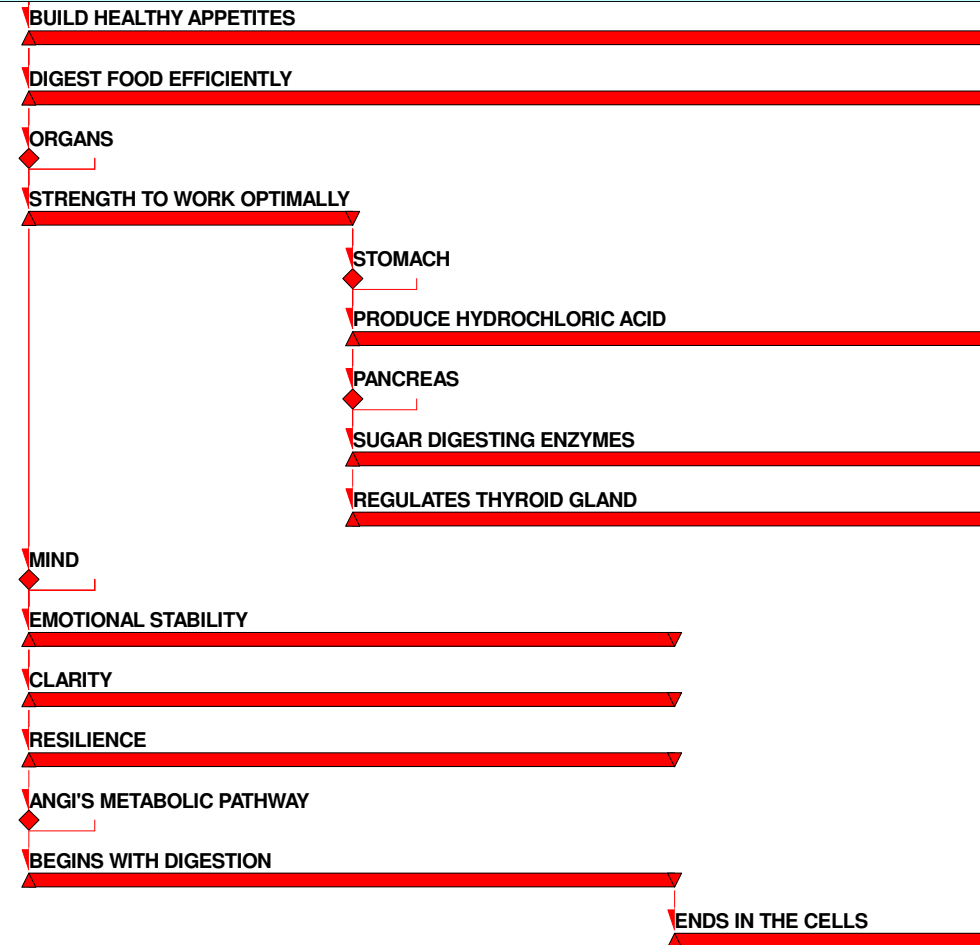
DIGESTIVE PROCESSES



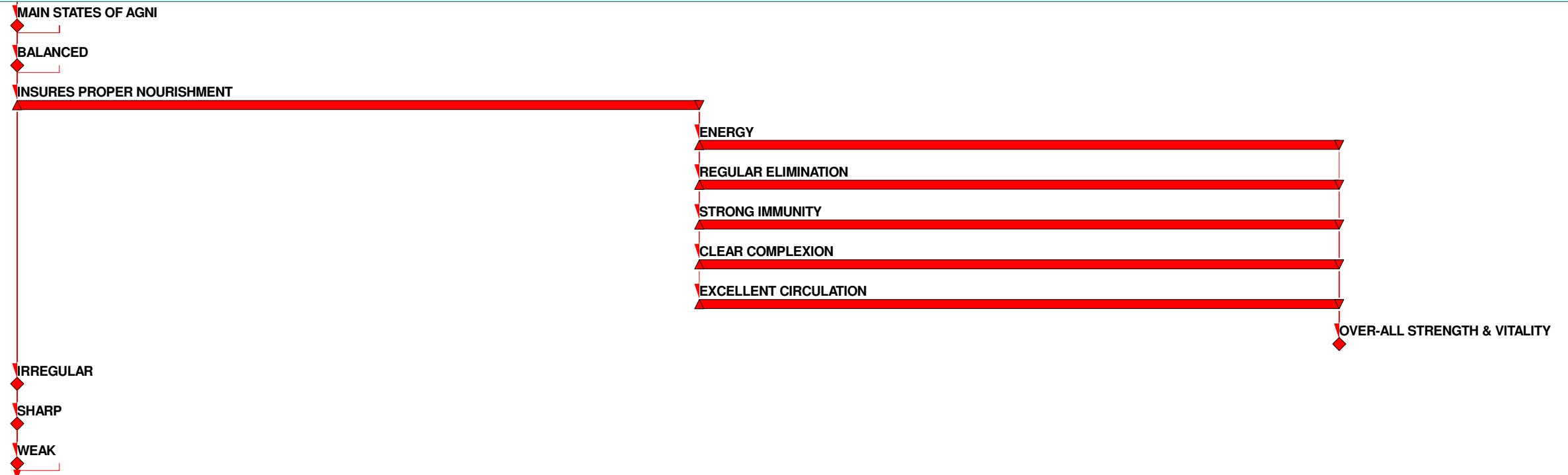
METABOLISM / METABOLIC PATHWAYS



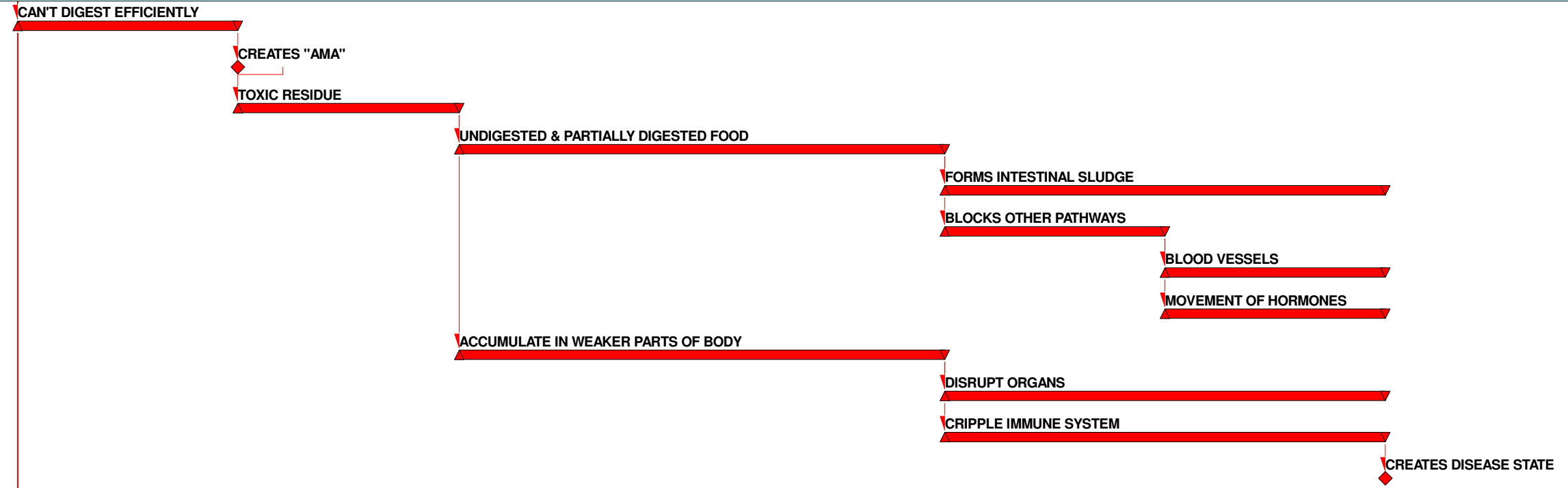
METABOLISM / METABOLIC PATHWAYS



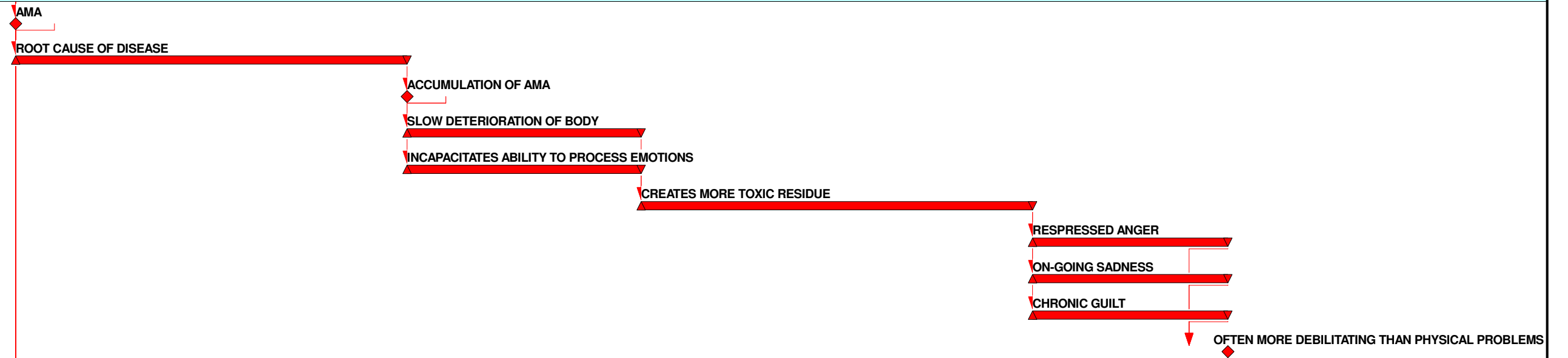
MAIN STATES OF AGNI



MAIN STATES OF AGNI



AMA: ROOT CAUSE OF DISEASE



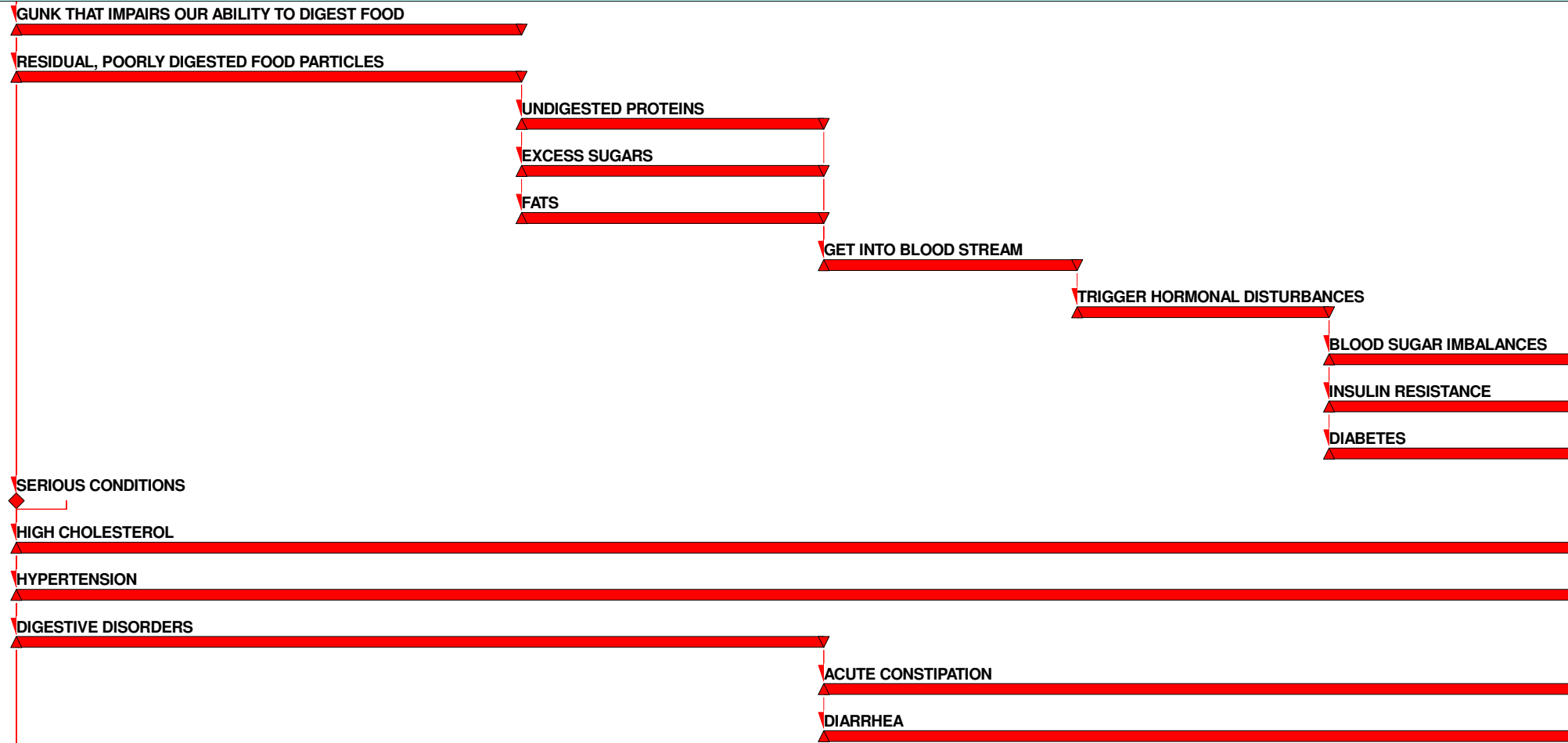
BODY FLUIDS



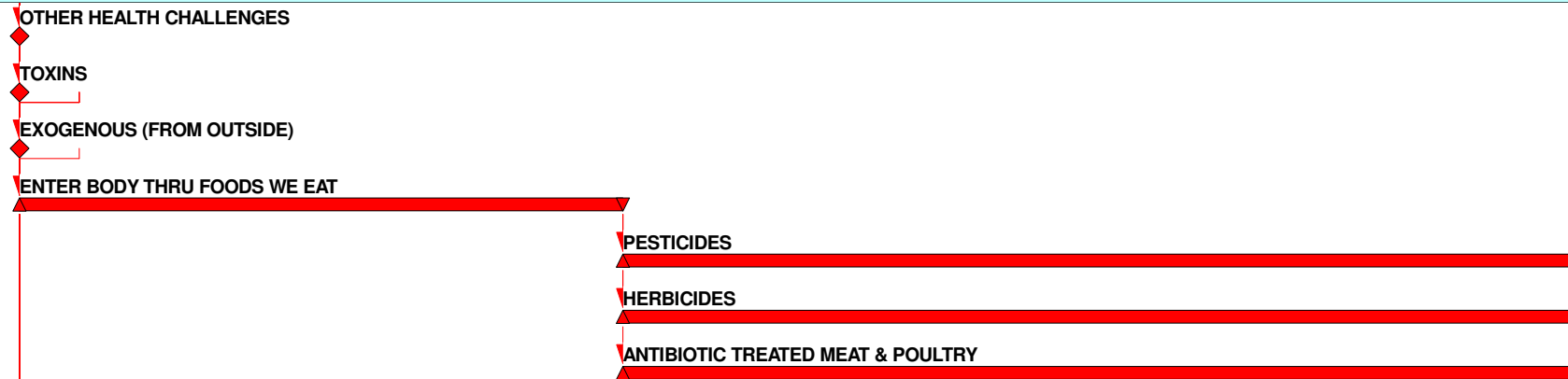
AMA



AMA



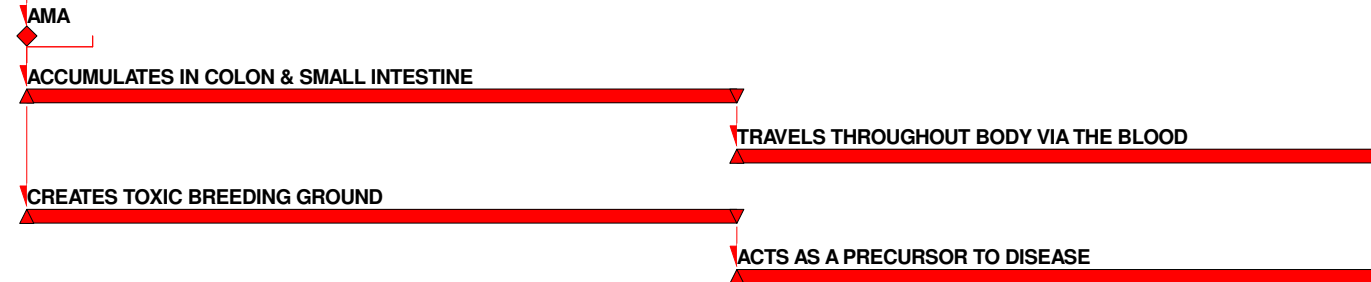
EXTERNAL TOXINS



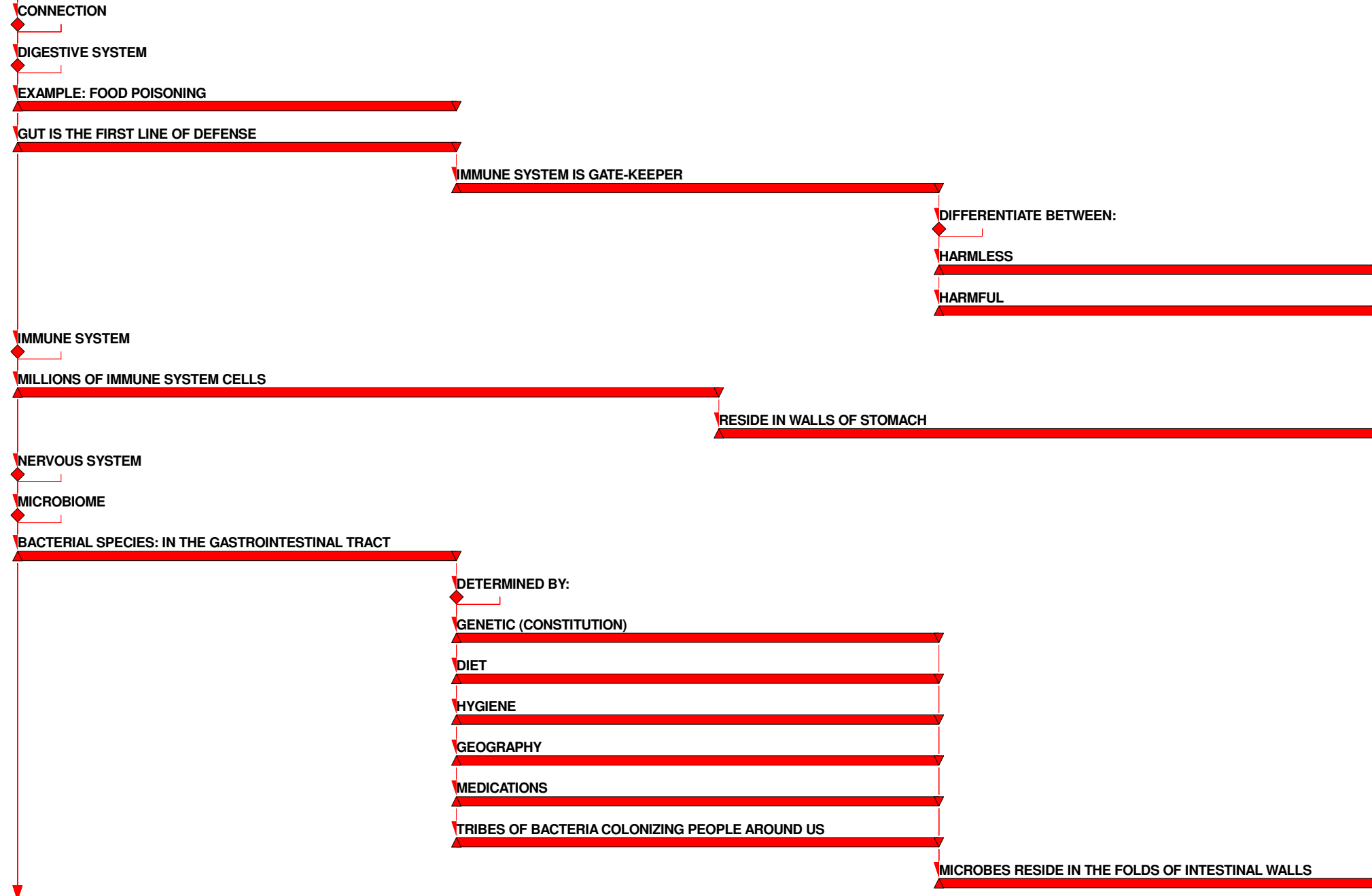
INTERNAL TOXINS



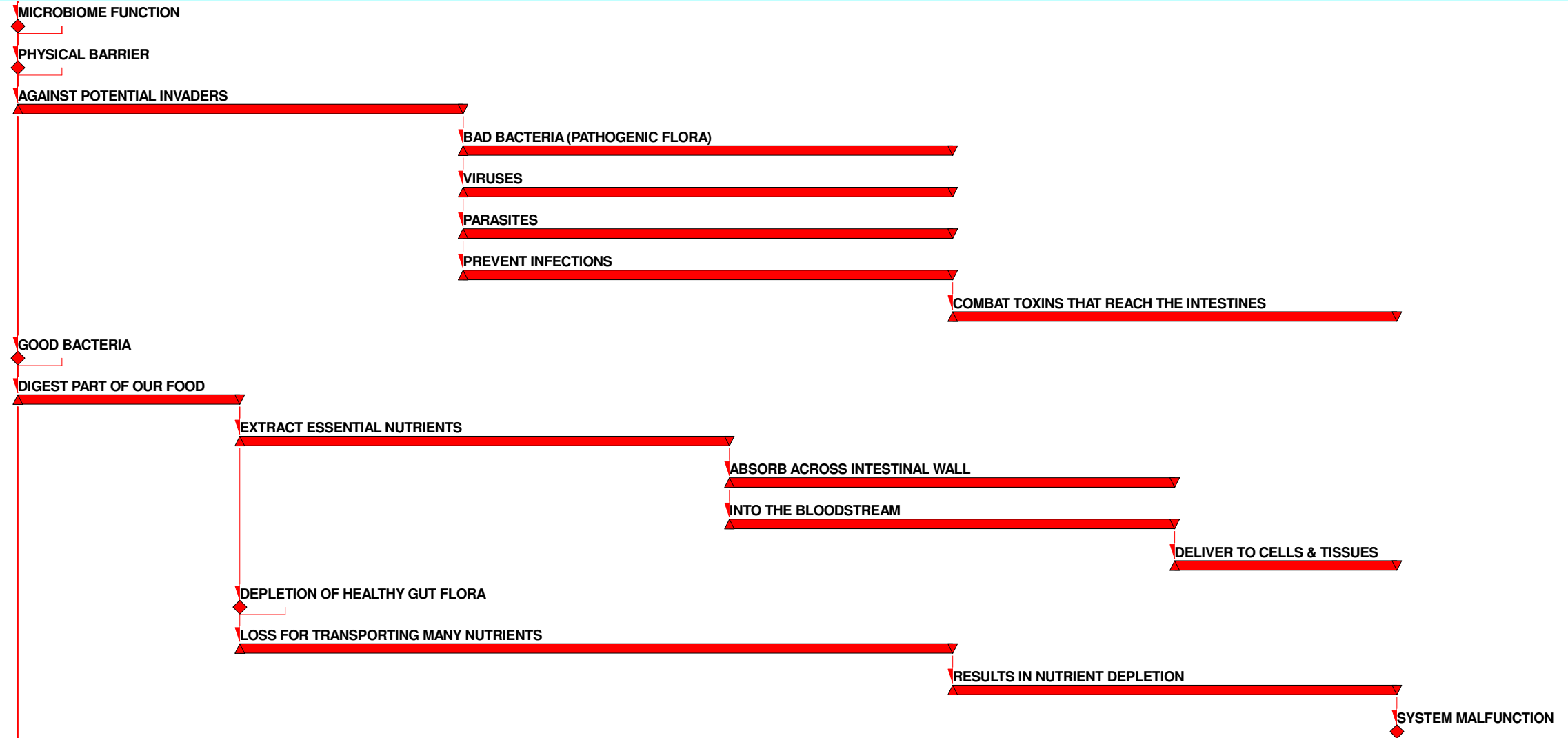
INTERNAL TOXINS



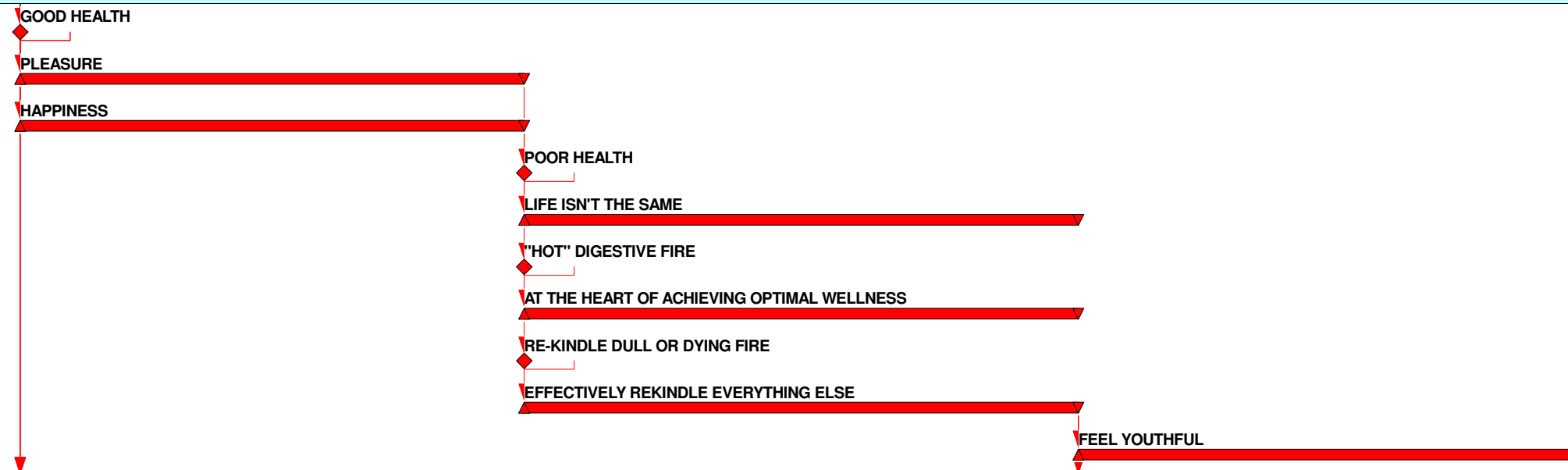
CONNECTION OF INTERNAL SYSTEMS



MICROBIOME FUNCTION



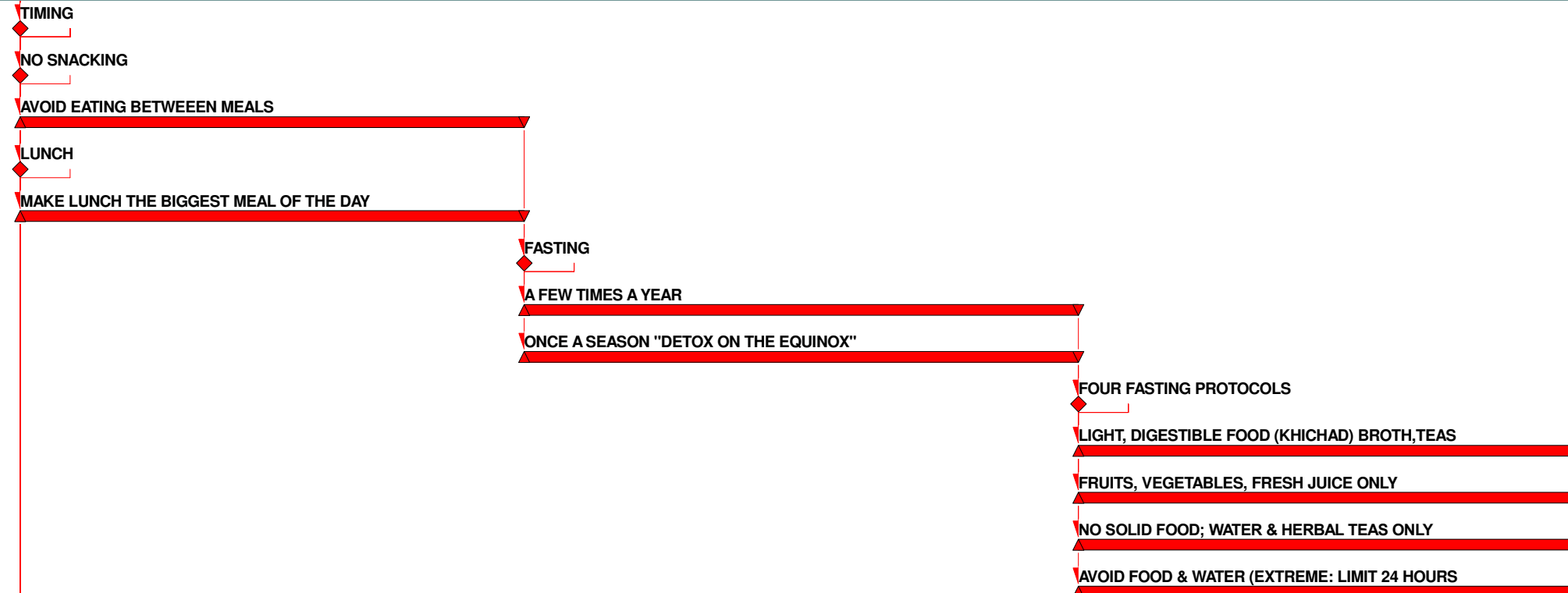
HEALTH STATUS



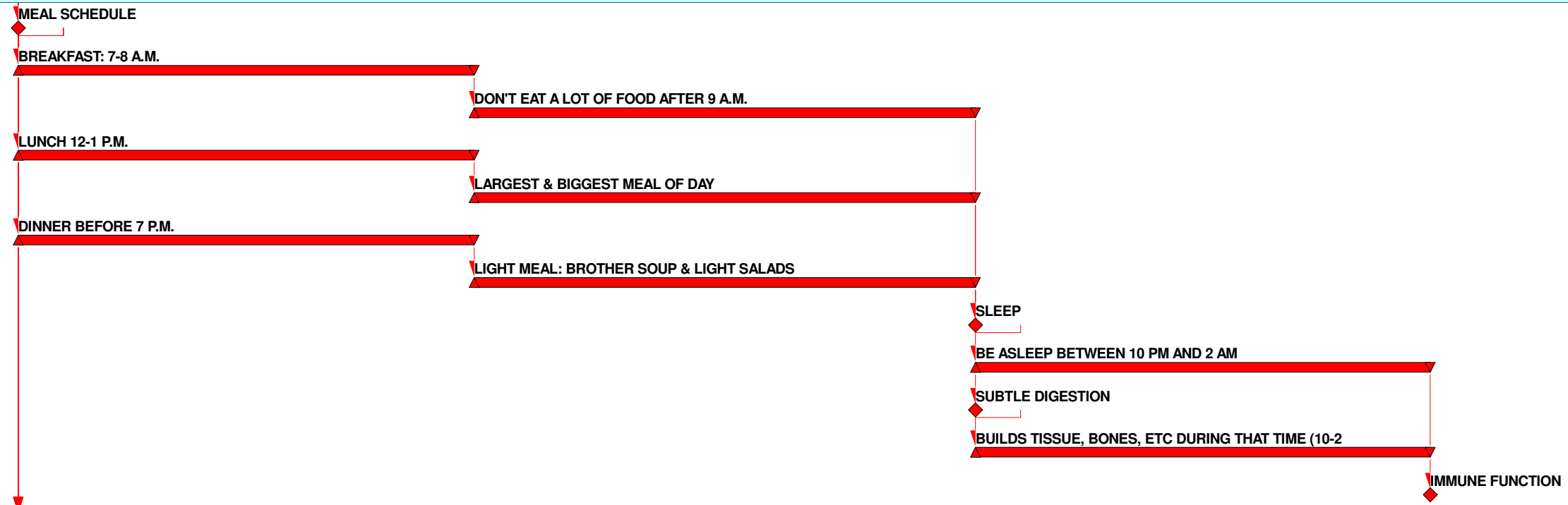
HEALTH STATUS

VIBRANT
FULL OF PROMISE

DIETARY TIMING



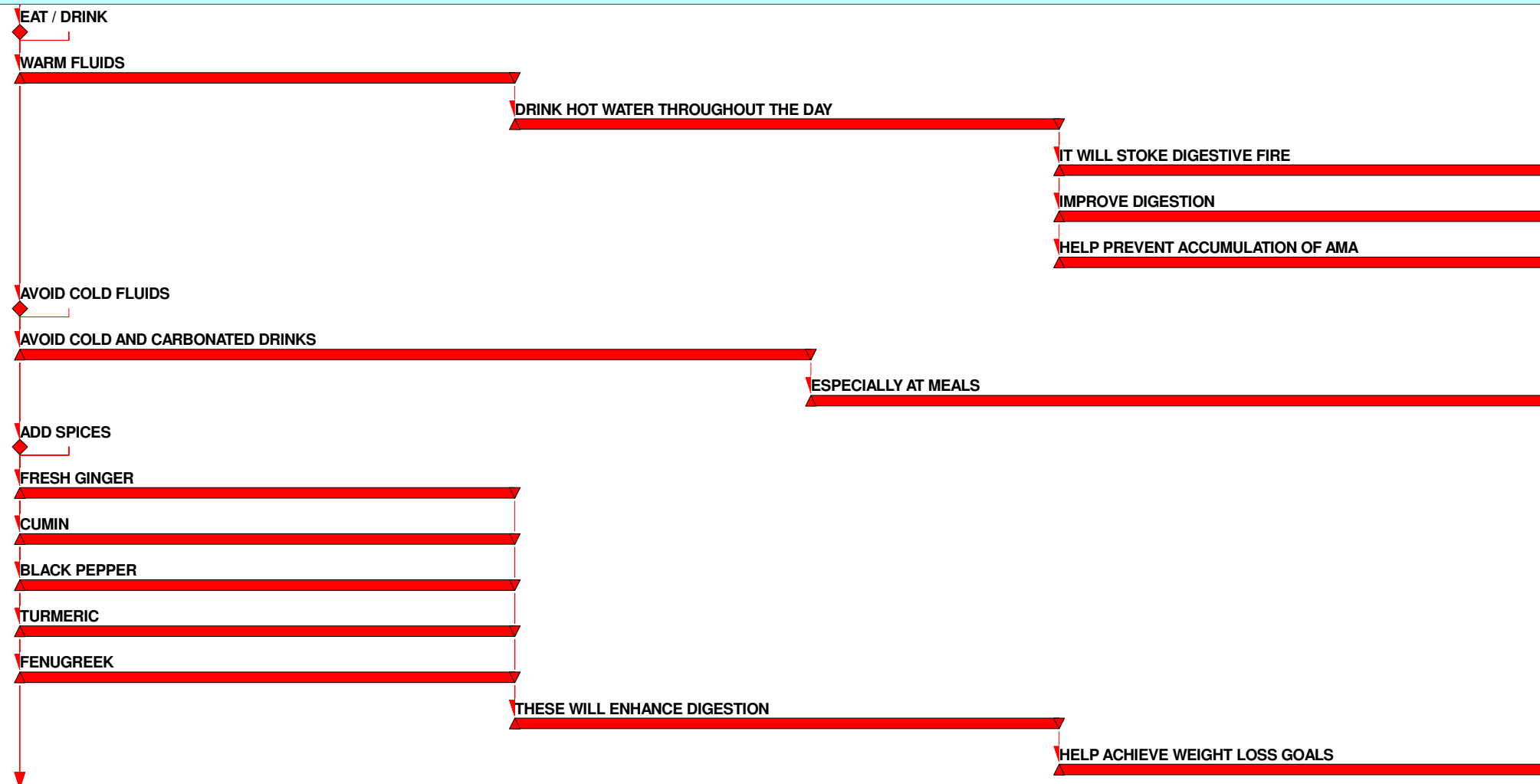
MEAL SCHEDULE TIMING



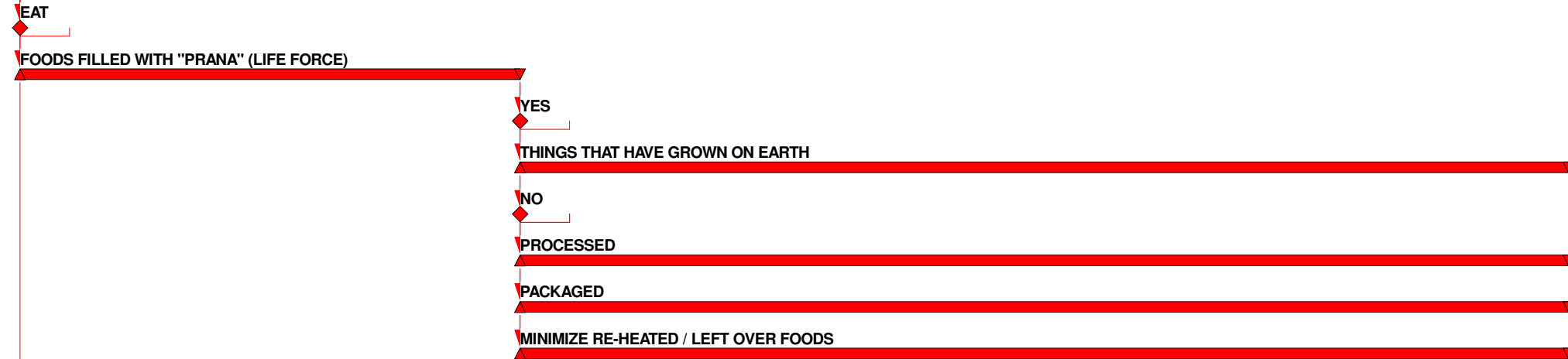
HUNGER / REDUCED PORTIONS



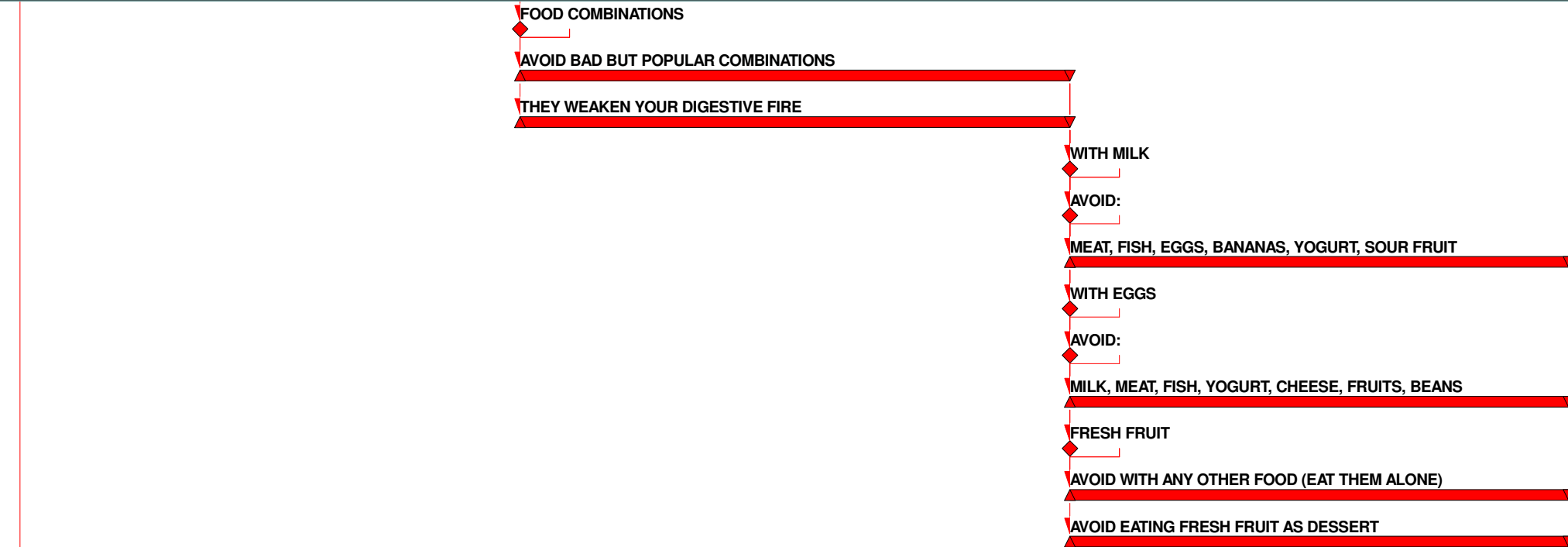
FLUIDS / SPICES



FOOD TYPES



FOOD COMBINATIONS



LIFE STYLE / LAUGHTER



LIFE STYLE / LAUGHTER

FUN & LAUGHTER

MAKE ROOM FOR FUN & LAUGHTER

IN WHATEVER JOB YOU PURSUE

THE ACT OF LAUGHTER

WILL MAKE YOU FEEL LIGHTER

HEIGHTENS YOUR SENSE OF AWARENESS

A BELLY FULL OF LAUGHS

IS A HOT BELLY INDEED