



BLOOD SUGAR SOLUTIONS

Bridging Ayurveda and Modern Nutrition

Presented by
Mary Sheila Gonnella, NC, BCHN
Occidental Nutrition, LLC



MY BACKGROUND



METABOLISM

Metabolism (noun) - The chemical processes by which a living organism uses food for energy and growth.

Merriam-Webster



METABOLISM

THE THREAD THAT CONNECTS US ALL

- Weight Loss
- Diabetes
- PCOS
- Cancer
- GI Health
- Women's Health
- Menopause
- Brain Health
- Autoimmunity

- Genetics
- Thyroid health
- Bone Health
- Chronic Fatigue
- Sleep
- Lymes
- Mold
- Other specialties?

DOWNSTREAM EFFECTS OF METABOLISM

Rising rates of chronic disease:

- Diabetes DX (12.1% of US adults)¹
- Cardiovascular disease (48% of US adults)²
- Alzheimer's (11% age 65 & older)³
- PCOS (10–13% of reproductive-aged women)⁴
- Obesity (32.7% of US adults)¹
- Autoimmune conditions (8% of US pop.)⁵

CCDC, Preventing Chronic Disease Trends, 2025

Alzheimer's Association 2025 Alzheimer's Disease Facts and Figures, 2025

World Health Organization, Polycystic ovary syndrome Fact Sheet, 2026

⁵ <https://orwh.od.nih.gov/OADR-ORWH>



METABOLISM THROUGH THE PRACTITIONER LENS

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- **Digestive** - how well we digest, absorb and assimilate our food
- **Mitochondrial function & ATP Synthesis** - on a cellular level
- **Hormone synthesis & receptivity** - how well do our cells respond to our hormone messengers
- **Lipid metabolism** - cholesterol - triglycerides - fat burning
- **Immune modulation and Inflammation** - over or under-reactive immune response
- **Detoxification/Liver Function** - detox pathways and modulating the stress response



WHAT CAN GO WRONG:

- Food System - Processed Foods
- Circadian Misalignment
- Chronic Stress

These behaviors create the metabolic environment where disease develops.

This leads to impaired metabolism & blood sugar dysregulation.

Our work begins at the table.

We address these conditions
through daily habits and dietary
strategy.

WHAT YOU'LL LEARN TODAY

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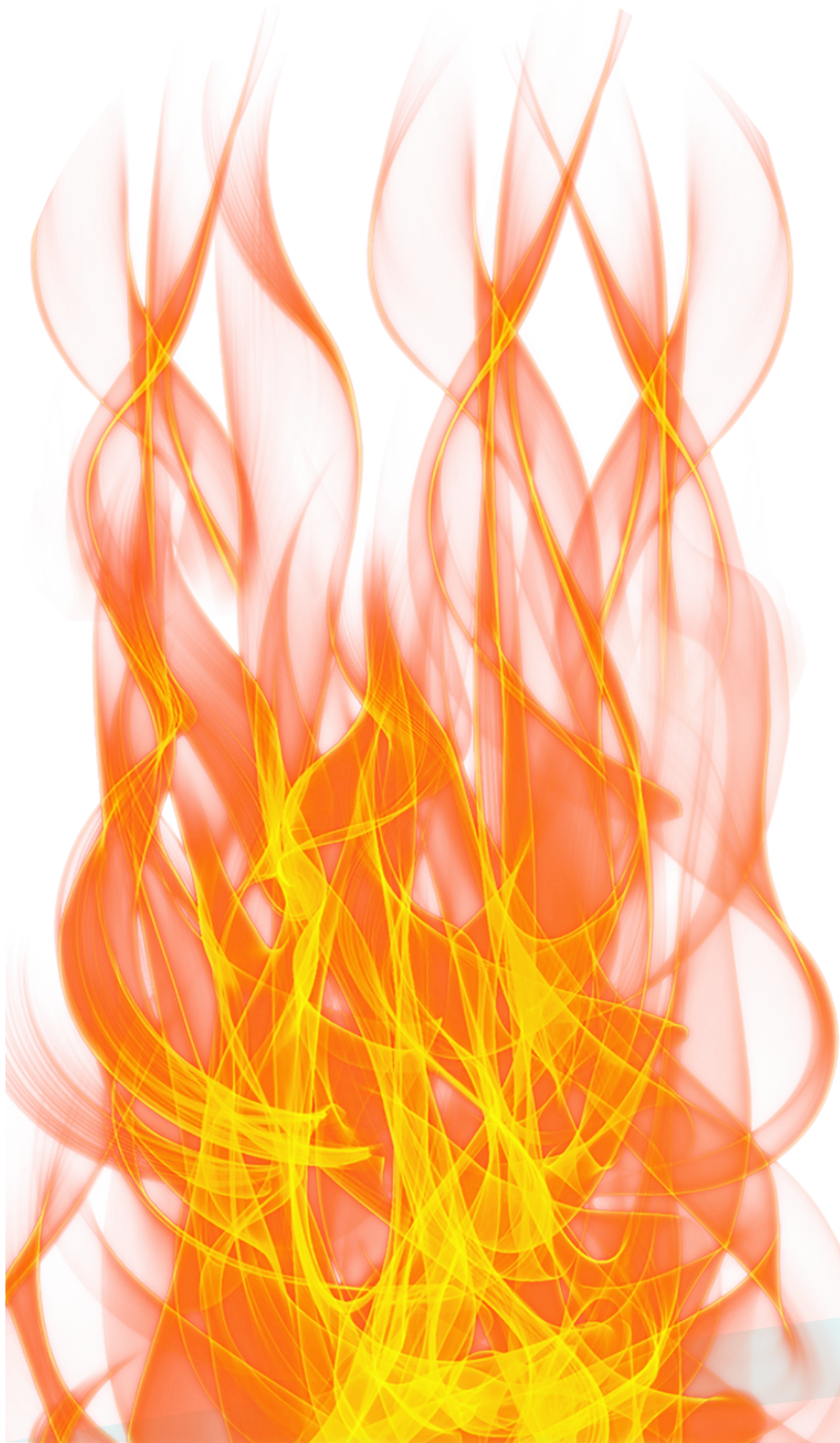
- **Connect** metabolism to Ayurveda's approach to healing, & look at AGNI, through the elemental lens.
- **Understand** blood sugar as the foundation of metabolic health.
- **Bridge** circadian biology with dinacharya (daily routines).
- **Explore** the link between insulin resistance, bone health, cardiovascular health, and cognitive decline, the conditions of aging that we see.
- **Gain** practical practitioner tools to support our clients to strengthen metabolism and reduce inflammation.

METABOLISM THROUGH THE AYURVEDIC LENS

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AGNI – FIRE

- The Latin word “ignis”, from which the English word “ignite” is derived.
- The sanscrit word Agni is also a common thread of language.
- Agni governs digestion, absorption, transformation, and metabolism at the physical and cellular levels.



DR. VASANT LAD

"Agni is the Fire element,
which governs all
transformation..."

If you worship Agni you will be
blessed with a long life."

Textbook of Ayurveda, Fundamental Principles, p.81





AGNI & THE GOLDBLOCKS EFFECT

Every tissue has agni.

In Ayurveda, we can quantify agni:

Is it too hot, too cold, or just right?

DHATVAGNI – TISSUE METABOLISM

Multiple agnis in Ayurveda:

- Dhatvagni (tissue metabolism)
 - Rasa (plasma/lymph)
 - Rakta (blood)
 - Mamsa (muscle)
 - Meda (fat)
 - Asthi (bone)
 - Majja (marrow/nervous tissue)
 - Shukra/Artava (reproductive tissue)



AYURVEDA ... AN
ELEMENTAL SCIENCE...

LOOKING THROUGH THE ELEMENTAL LENS

The Science of Life from India

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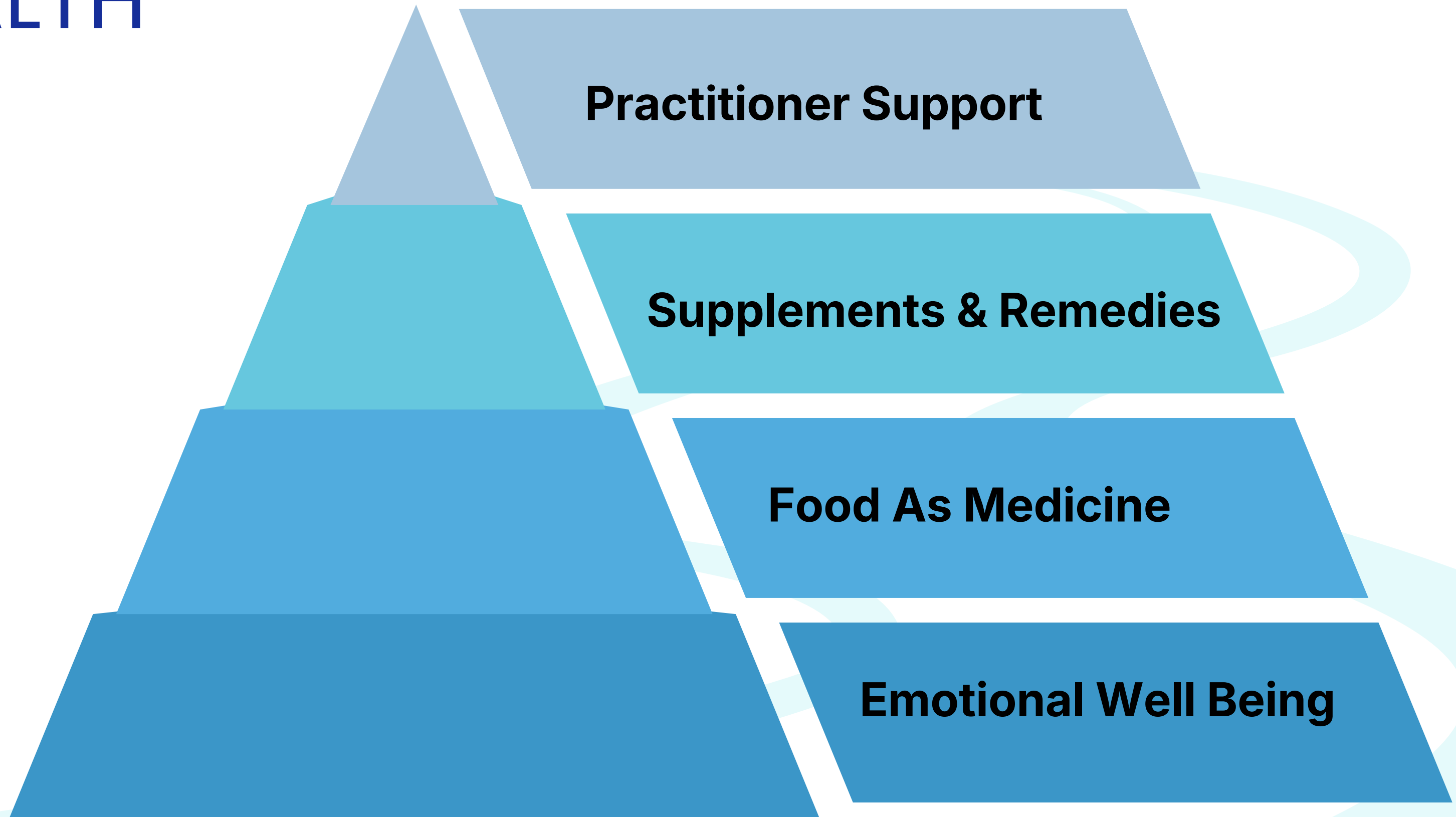


MY JOURNEY TO AYURVEDA

How it supported me as a practitioner

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AYURVEDIC TIERS OF HEALTH



5 ELEMENTS



Ether



Air



Fire



Water



Earth

ETHER

THE SPACE THAT EVERYTHING EXISTS IN

Ether or space is cold.

Where do we have space in the body?

- lungs - air moves in and out
- intestines - food moves through
- heart - blood moves through

AIR

DRY – MOBILE – WIND



Breath - Our First Food

Gases move through the hollows of the body to be exchanged and released.

Air creates the movement necessary to release chemicals from the body.

FIRE

AGNI – SUN – HOT – SPREADING

From our metabolic fire to our
mitochondrial fire

Fire transforms, and liquifies our food
for assimilation and absorption

Fire is hot - creating the fuel of energy
to process and assimilate

Fire Organs: stomach, liver, spleen



WATER

COLD – FLOODING



We are 70% water - like the earth

Our food gets liquified to be absorbed.

Lymph - Immunity

Blood - Cardiovascular

Secretions - saliva, digestive juices

EARTH CONTAINER



The elements within - housed in our
body, or our own inner earth

Our outer and inner ecosystem



Ether represent space and can be cold.

Air is movement; light, mobile, sometimes erratic.

Fire lives in your digestion and mitochondria; the inner engines keeping temperature steady and food transforming into fuel.

Water carries nutrients, and hormones, through your bloodstream and lymph.

Earth provides the container for it all.

Elemental theory, 5 elements, combine to create 3 doshas

VATA – MOVEMENT

ETHER & AIR



Ether (space) & Air (wind) represent space and movement; light, mobile, sometimes erratic.

Ether is Cold

Air is Dry

Hollow Organs for Gaseous Exchange -
Small and Large intestines, Lungs, Heart

PITTA – TRANSFORMATION

FIRE & WATER



Fire and Water - work together to heat up and liquify for absorption and assimilation

Organs that assimilate and absorb - Stomach, Liver, Gallbladder, Spleen

KAPHA – STRUCTURE

WATER & EARTH



Water carries nutrients, hormones, and emotions through your bloodstream and lymph.

Earth provides the container for it all.

Organs - Kidneys, Bladder, Pericardium, Cardiovascular System, Immunity

AYURVEDIC DOSHA'S

Dosha	Elements	Common Traits	In Balance	Out of Balance
Vata	Ether + Air	Light, dry, quick	Creative, adaptable	Cold, dry, anxious, constipated
Pitta	Fire + Water	Warm, sharp, driven	Focused, strong digestion	Irritable, inflamed, overheated
Kapha	Water + Earth	Heavy, slow, grounded	Calm, resilient	Sluggish, congested, low motivation

SYSTEM ASSESSMENT

Symptoms	Elements	Needs	Flavors to Balance	Foods
Cold?	Ether	Hot	Pungent, Sour, Sweet	Warming, Cooked, Spicy, Stews, Broths, Soups, Unprocessed
Dry?	Air	Wet/ Lubricate	Sweet, Salty	Wet, Cooked, Broths, Stews, Soups, Unprocessed
Hot?	Fire	Cooling	Bitter, Astringent	Cooling, Raw with Wet, Alkaline, Unprocessed
Wet?	Water	Cleansing	Sour, Pungent, Bitter	Cleansing, Raw, Motivating, Juicing, Spicy, Unprocessed

EVERYTHING IS ELEMENTAL

EACH FLAVOR IS ELEMENTAL



Sweet - Earth and Water -
heavy, moist, nourishing,
building
Grains, dairy, meats, fruits



Pungent - Fire + Air -
Hot, light, drying, sharp
Most spices - garlic,
ginger, black pepper



Sour - Earth and Fire -
heating, moist, sharp
Citrus, ferments



Bitter - Air + Ether -
light, cooling, drying
Leafy greens, turmeric,
dandelion



Salty - Water & Fire -
heating, moist, spreading
Salt, celery, sumac



Astringent - Air + Earth
drying, cooling, tightening
Beans, lentils, green banana,
unripe persimmon, sprouts

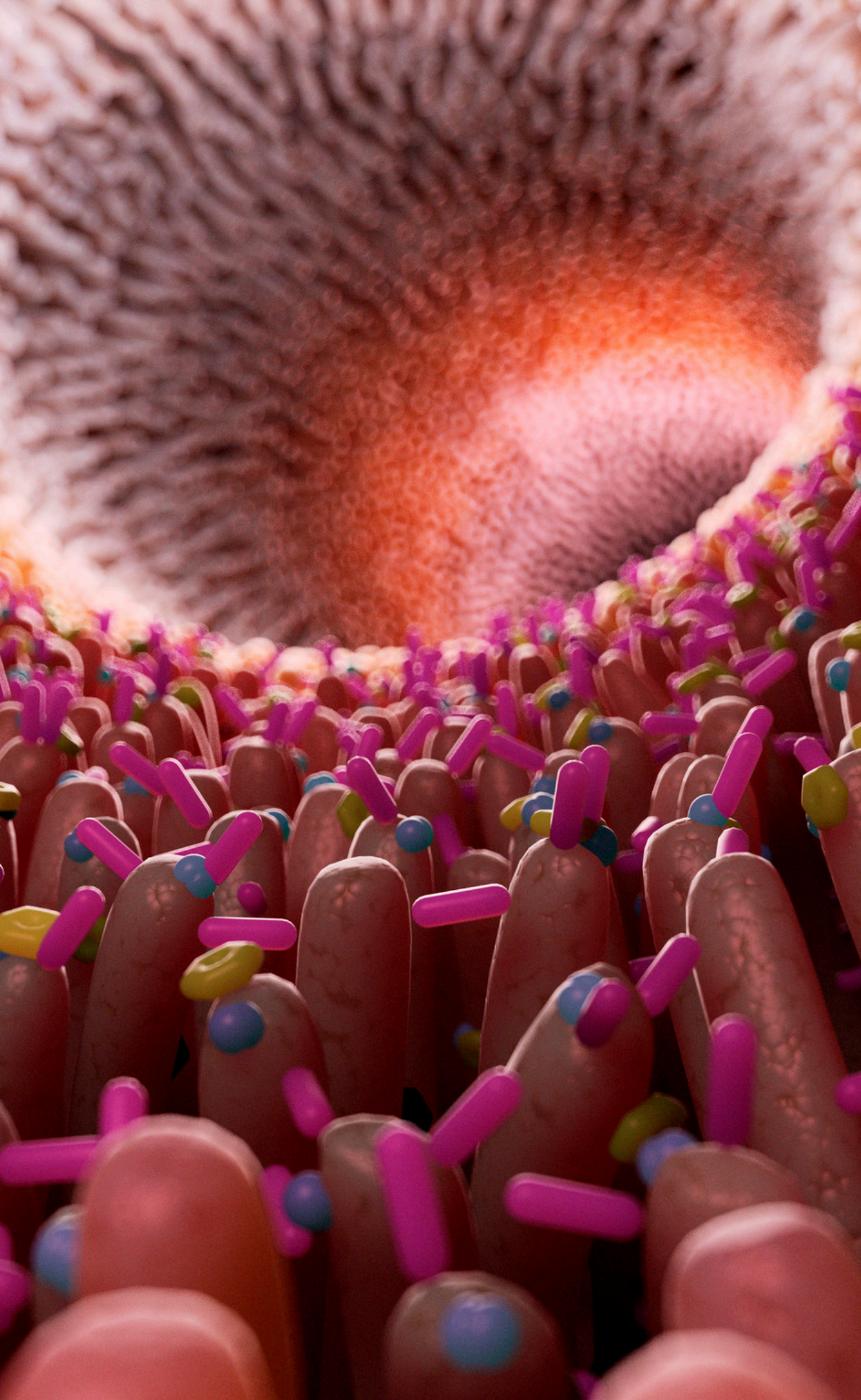


THE ELEMENTS IN ACTION IN THE STOMACH

Kapha (Water + Earth) prepares the food.
Musculage layer, first 90 minutes

Pitta (Fire + Water) transforms the food.
HCL, Pepsid

Vata (Ether + Air) moves the food.
Mechanical digestion, movement



YOUR GUT

THE ELEMENTS IN ACTION

Ether & Air - VATA

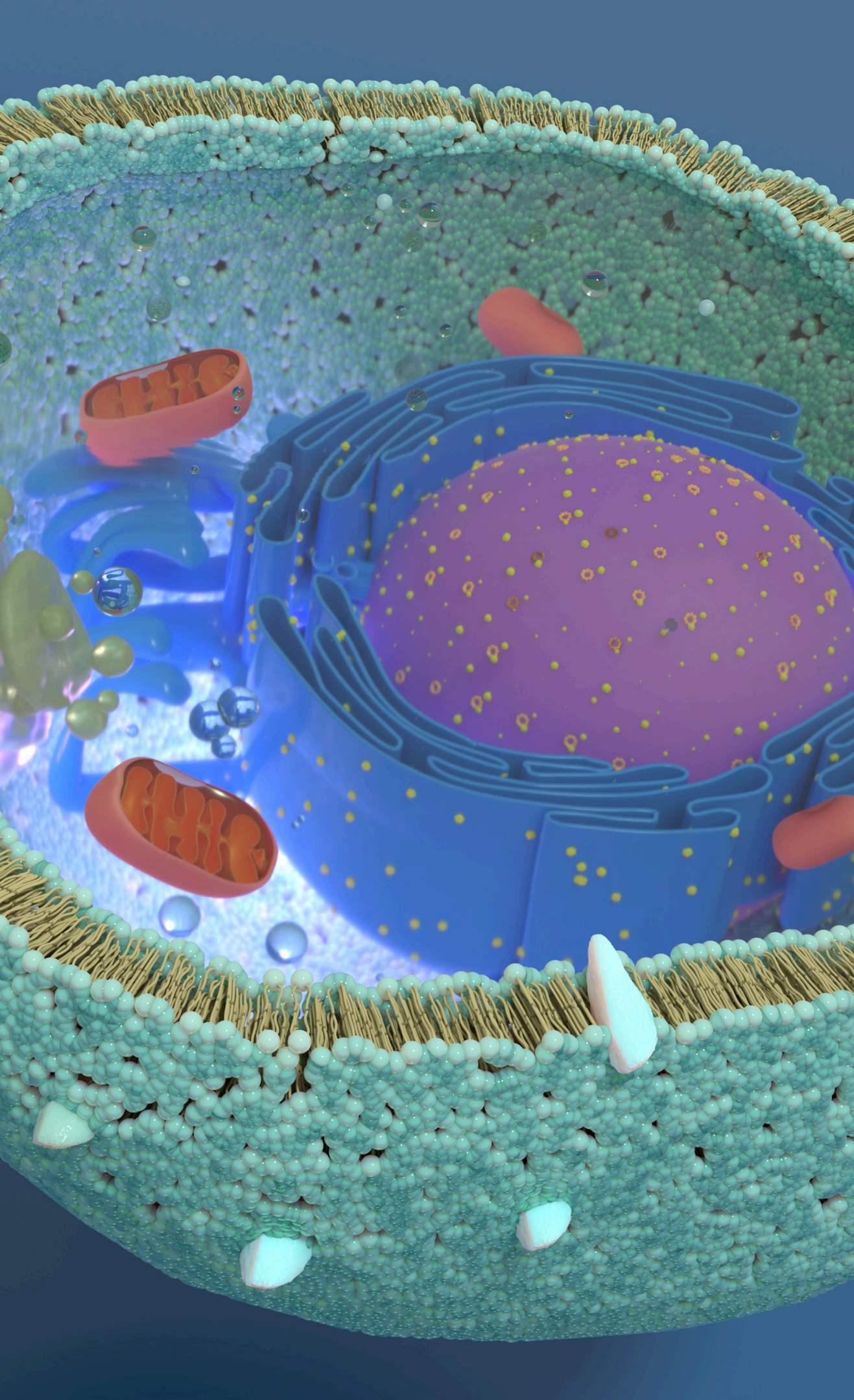
Nervous system (Vagus / "gut-brain") → signaling, motility, stress response

Fire & Water - PITTA

Digestion, microbial activity, enzymes
inflammation when excessive

Water & Earth - KAPHA

Immune lining (70% of immune tissue sits in the gut) → tolerance vs. responding
mucus, lubrication, structural integrity



THE ELEMENTS IN ACTION IN THE CELL

Kapha → structural integrity - cell membrane - healthy fats

Pitta → efficient transformation - mitochondria - nutrient dense foods for building blocks

Vata → proper delivery and signaling



Metabolism/Agni
kindles cellular &
body systems ...

& blood sugar
regulation
IS
foundational to
metabolic health

BLOOD SUGAR METABOLISM

Foundational & influential to all body systems:

- Bone & Muscle Turnover
- Cardiovascular Health
- Brain Health
- Diabetes
- Obesity
- Autoimmunity
- Menopausal symptoms



BLOOD SUGAR REGULATION

My Personal Discovery

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BLOOD SUGAR REGULATION

I swapped out my "healthy" breakfast smoothie for a protein rich breakfast

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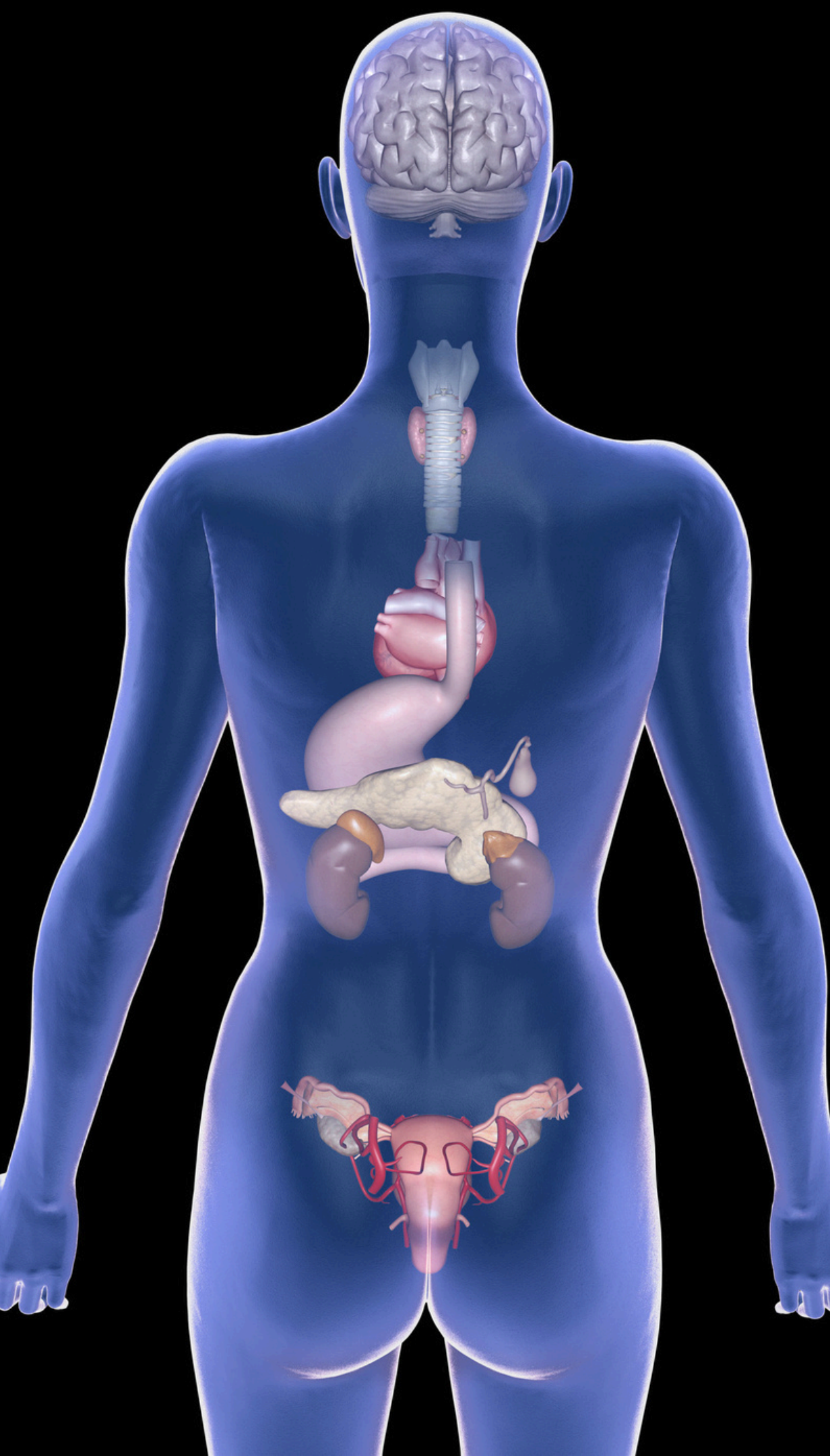
BLOOD SUGAR REGULATION

I dove into the science of blood sugar balance and soon realized it's just one part of a much bigger picture:

Our hormonal/endocrine system:

Your body's personal team of first responders.

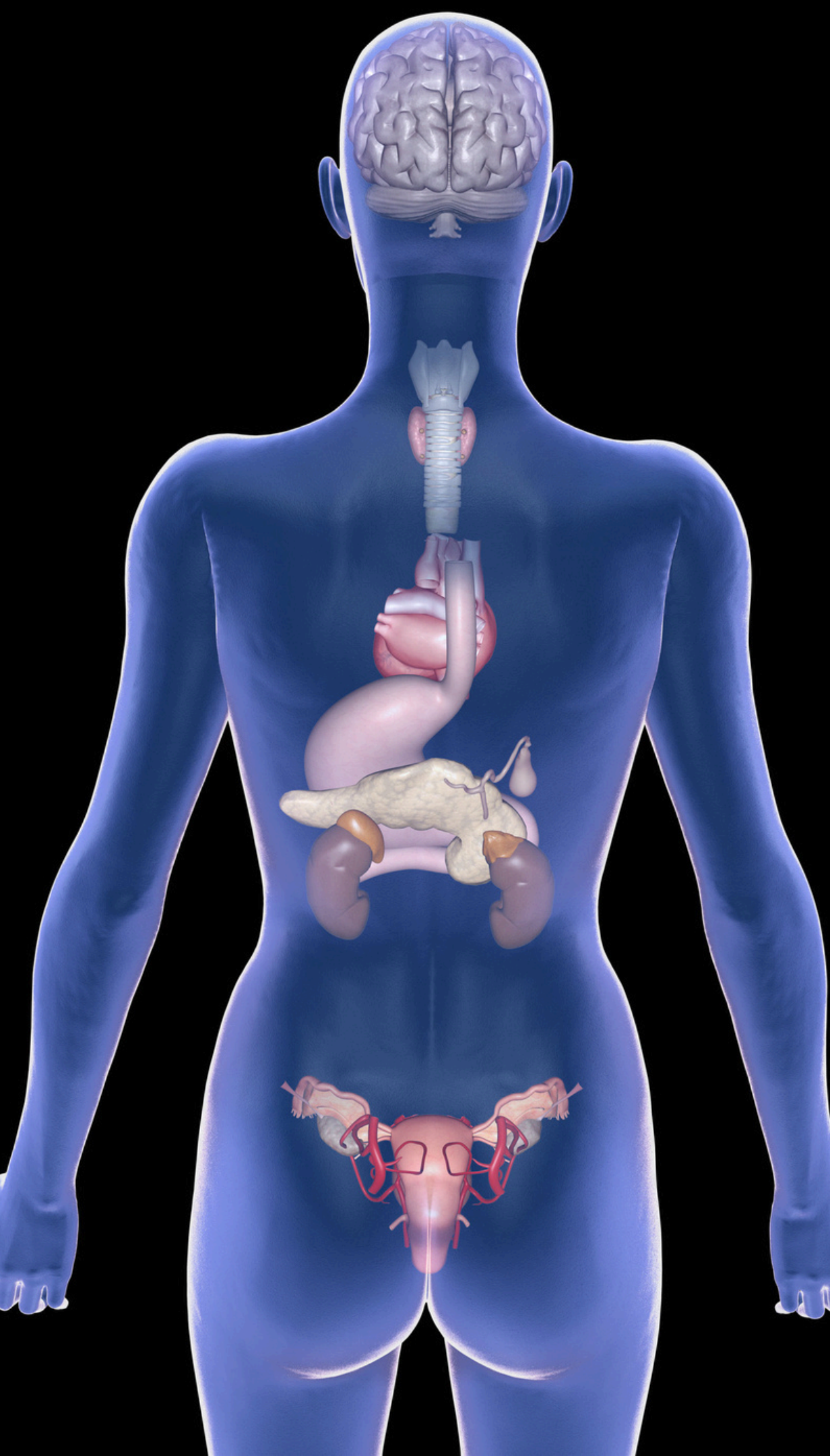




HORMONAL/ENDOCRINE SYSTEM AS A WHOLE

Your own personal team of first responders.

Blood sugar balance is just one part of the hormonal system ... but a very important part!



HORMONAL/ENDOCRINE SYSTEM AS A WHOLE

Your own personal team of first responders:

- Hypothalamus
- Pituitary
- Pineal
- Thyroid
- Thymus
- Pancreas
- Adrenals
- Ovaries
- Testes



HOMEOSTASIS

These hormones work like a team, constantly communicating to keep your body in balance, which is **homeostasis**.

Regulated by the Hypothalamus and Pituitary

CHAKRAS-ENERGY CENTERS

Our Inhale from Root up to Crown

GLANDS-ENDOCRINE SYSTEM

Our Exhale from Crown back to Root

Crown: release or manifest

Pineal: brain power

Third eye: forward thinking

Pituitary: governing all glands abilities

Throat: truths/communication

Thyroid: brain and gut connection

Heart: innate knowing

Thymus: stored immune functions

Solar plexus: gut instincts

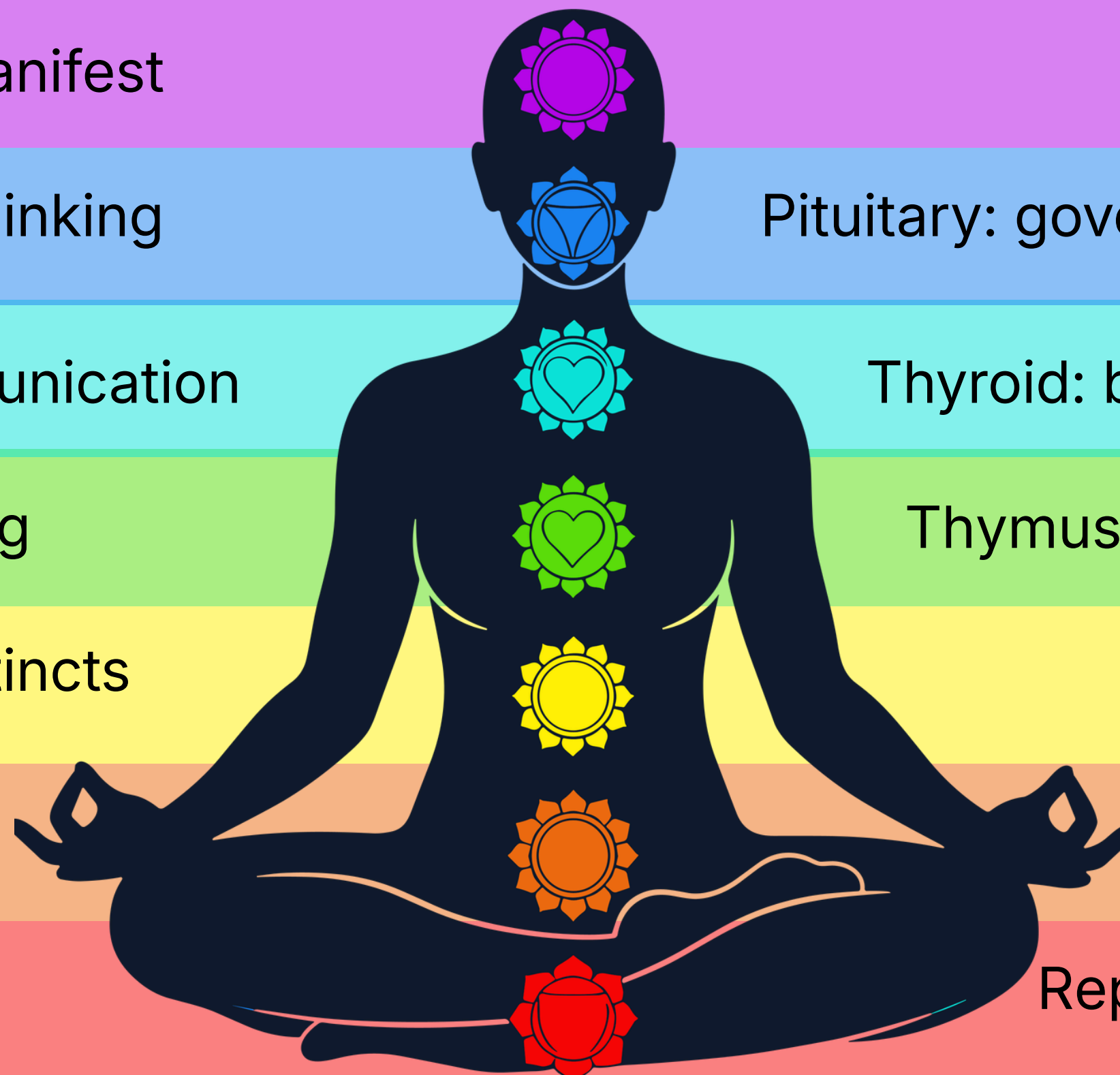
Pancreas: metabolic
& blood balance

Sacrum: passions/
desires

Adrenals: fight/flight

Root: foundational

Reproductive: fertile ground



CIRCADIAN RHYTHMS

Our everyday choices:

- What we eat
- When we sleep
- How we move

Either help our hormones to keep us in balance ...or add more stress to the system.

Blood sugar balance is ground zero/foundational.

Are we living in alignment with our rhythms?





BLOOD SUGAR BALANCE

We're 70% water.

The quality of our inner "rivers", our blood & lymph, determines how every nutrient and waste product move through our waters and nourish each cell.

Blood sugar regulation is foundational to endocrine/hormonal health.

When glucose and insulin are stable; **this is an anchor for all the other hormones**, supporting circadian alignment.



HOW IT WORKS

Insulin supports the delivery of glucose into the cells.

Glucose from carbohydrates provide the raw fuel for our cells.

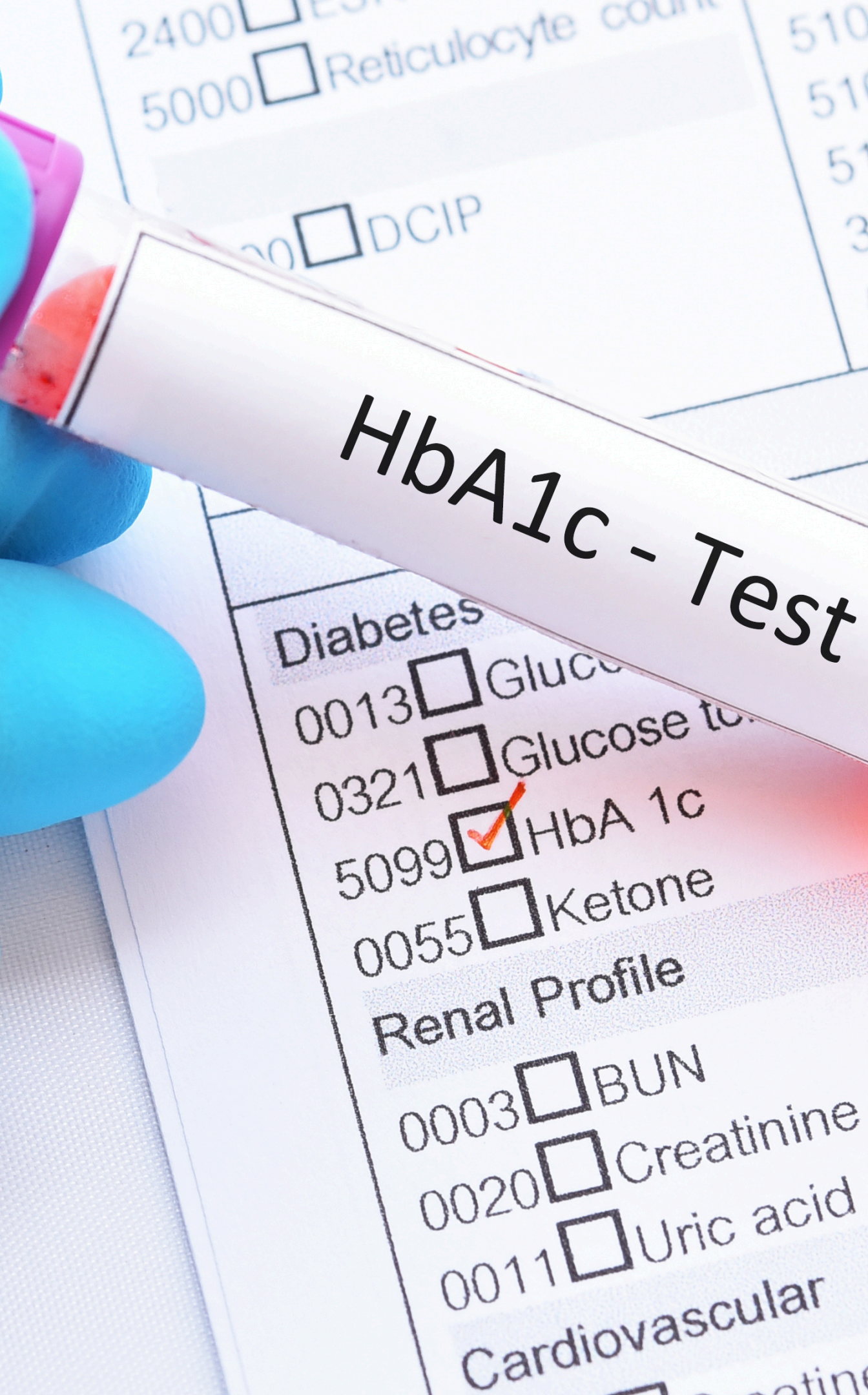
Cells convert the glucose into usable energy in the form of ATP.

WHAT CAN GO WRONG

Elevated A1C - Pre-diabetes or Diabetes
Kapha Stagnation
Insulin Resistance

How does this affect other systems?

- Bone turnover
- Cardiovascular system
- Brain cognition
- Conditions of aging



HOW IS BONE HEALTH COMPROMISED BY BLOOD SUGAR DISREGULATION?

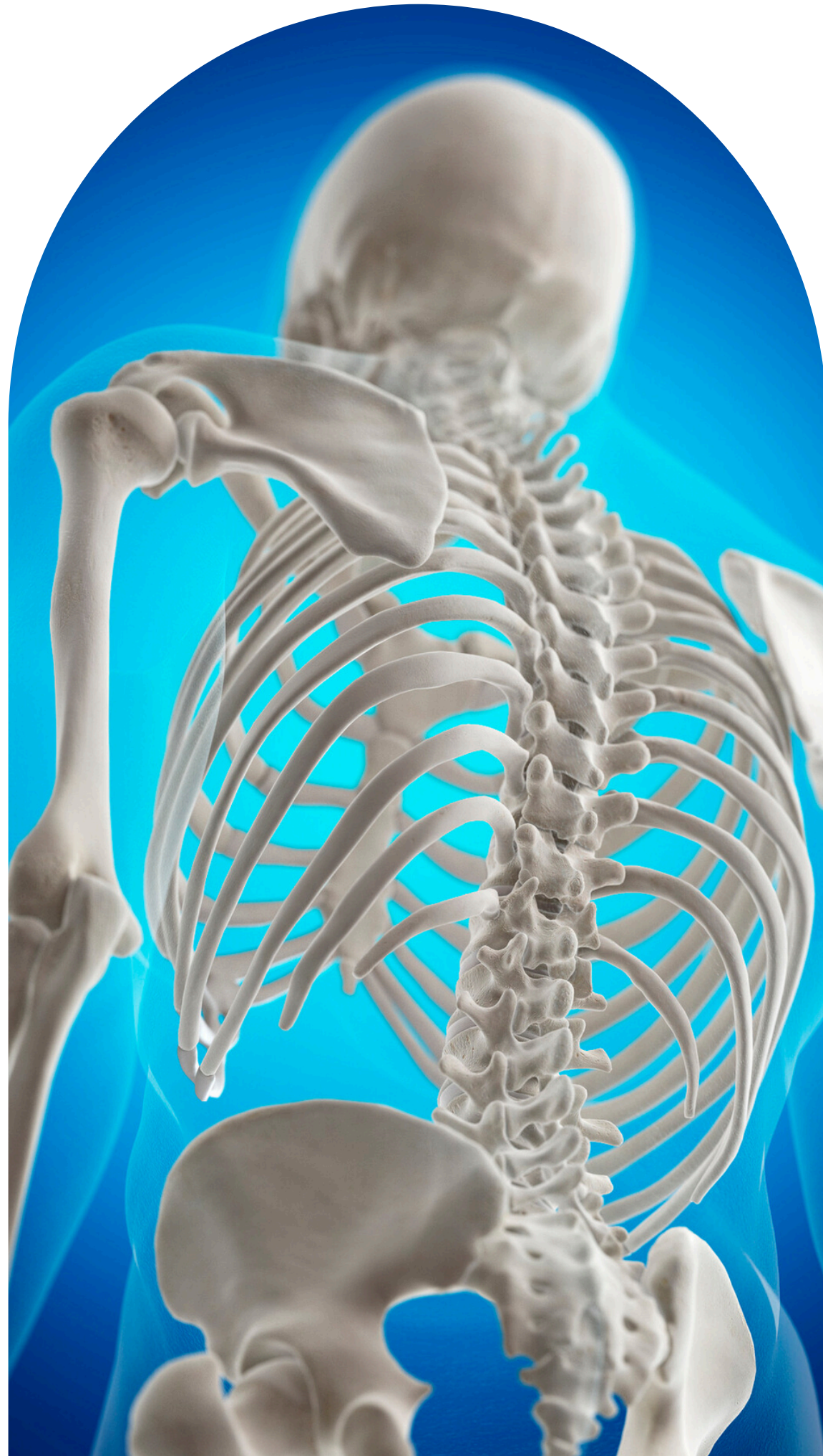
- Increased fracture risk in diabetes
- High blood sugar leads to more “glycation” of bone collagen
- Bone quality is impaired, not just bone quantity
- Impaired cellular bone metabolism

Valaca, et al, 2020

Vestergaard, P, et al 2007

Napoli, et al 2017

Ferrari, et al 2018



BONE HEALTH THROUGH THE AYURVEDIC LENS

Bones are ruled by Vata (ether and air)

Osteoporosis = Vata disorder - thinning, porous bones, crackling joints

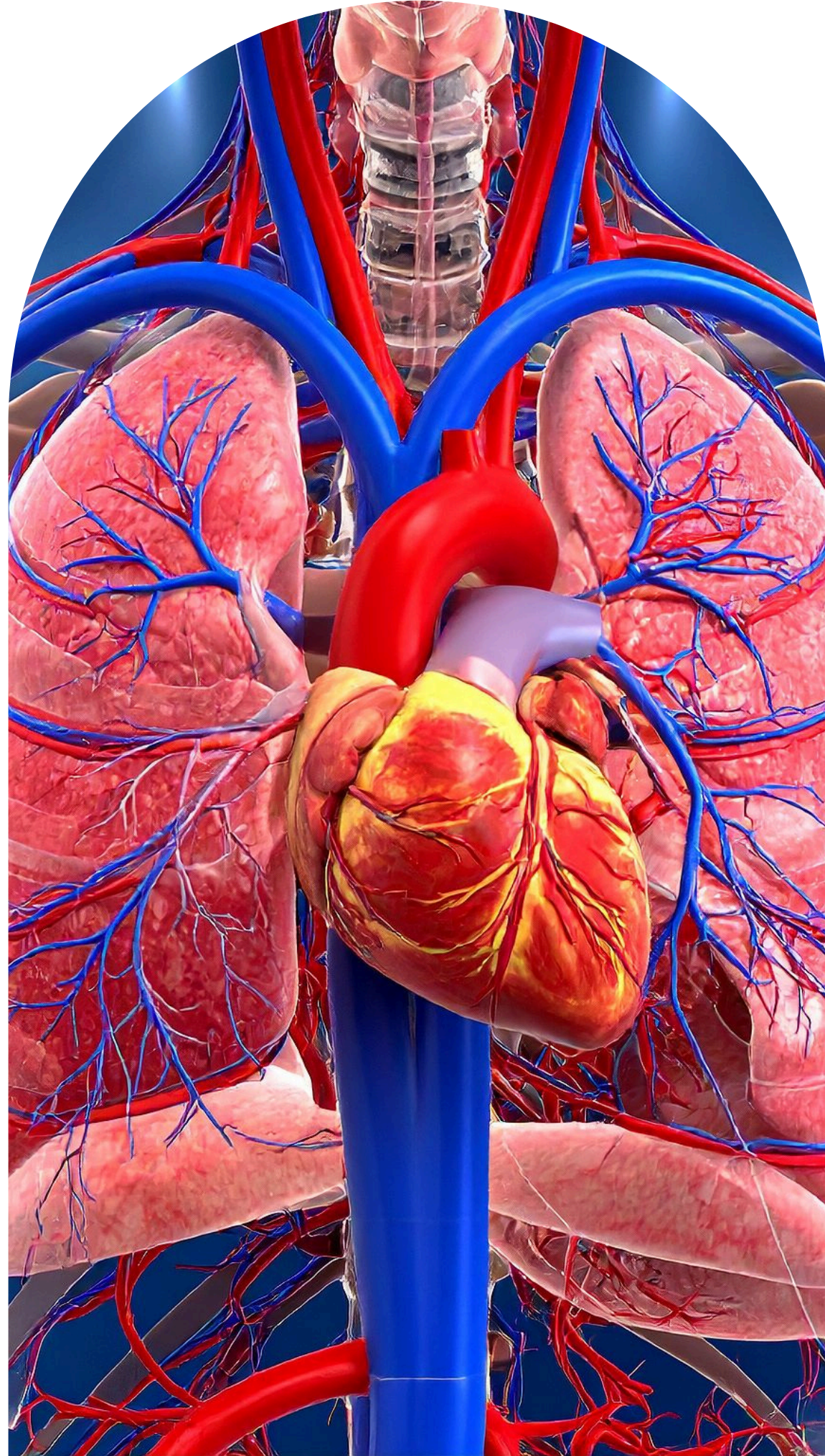
Blood Sugar = Kapha excess

Kapha accumulation blocks Vata in the bone tissue (Asthi Dhātu)

BLOOD SUGAR AND CARDIOVASCULAR HEALTH

- High glucose damages blood vessels & promotes plaque formation.
- Insulin resistance contributes to high blood pressure and dyslipidemia.
- These factors increase risk of heart attack, stroke, and heart failure.

Petrie, et al, 2017
Kosmas, et al, 2023



BLOOD SUGAR AND CARDIOVASCULAR HEALTH

In holistic nutrition, we talk about the cascade of:

- Insulin resistance
- Endothelial damage
- Inflammation
- Dyslipidemia
- Atherosclerosis

In Ayurveda, it's described as a similar progression through:

- Excess sweet rasa (blood)
- Kapha (water + earth) accumulation
- Meda (fat) dhatu expansion
- Ama (toxin) formation
- Srotas obstruction (blocked channels)
- Vata derangement in the heart channels

BLOOD SUGAR AND COGNITIVE HEALTH

- Insulin resistance in the brain
- Glycation & oxidative stress
- Increases Inflammation
- Damages blood vessels
- Reduces mitochondrial energy

Yu, et al, 2025

Raza, et al, 2025



BLOOD SUGAR AND COGNITIVE HEALTH

DR. DALE BREDESEN

Type 1 – Inflammatory - Pitta
Modern: Chronic inflammation
Ayurveda: Pitta excess + Ama

Type 2 – Atrophic (Deficiency - Vata)
Modern: Loss of hormones, nutrients, trophic support
Ayurveda: Vata depletion

Type 1.5 – Glycotoxic ("Sweet" Type) Kapha
Modern: Insulin resistance, high blood sugar
Ayurveda: Excess sweet rasa → weak Agni → Kapha + Ama

Type 3 – Toxic - Pitta
Modern: Mold, metals, environmental toxins
Ayurveda: Ama overload

Type 4 – Vascular - Vata
Modern: Reduced blood flow to the brain
Ayurveda: Srotas obstruction + Vata disturbance

Type 5 – Traumatic
Modern: Head injury (TBI, concussions)
Ayurveda: 🧠 Vata shock / Prana disturbance

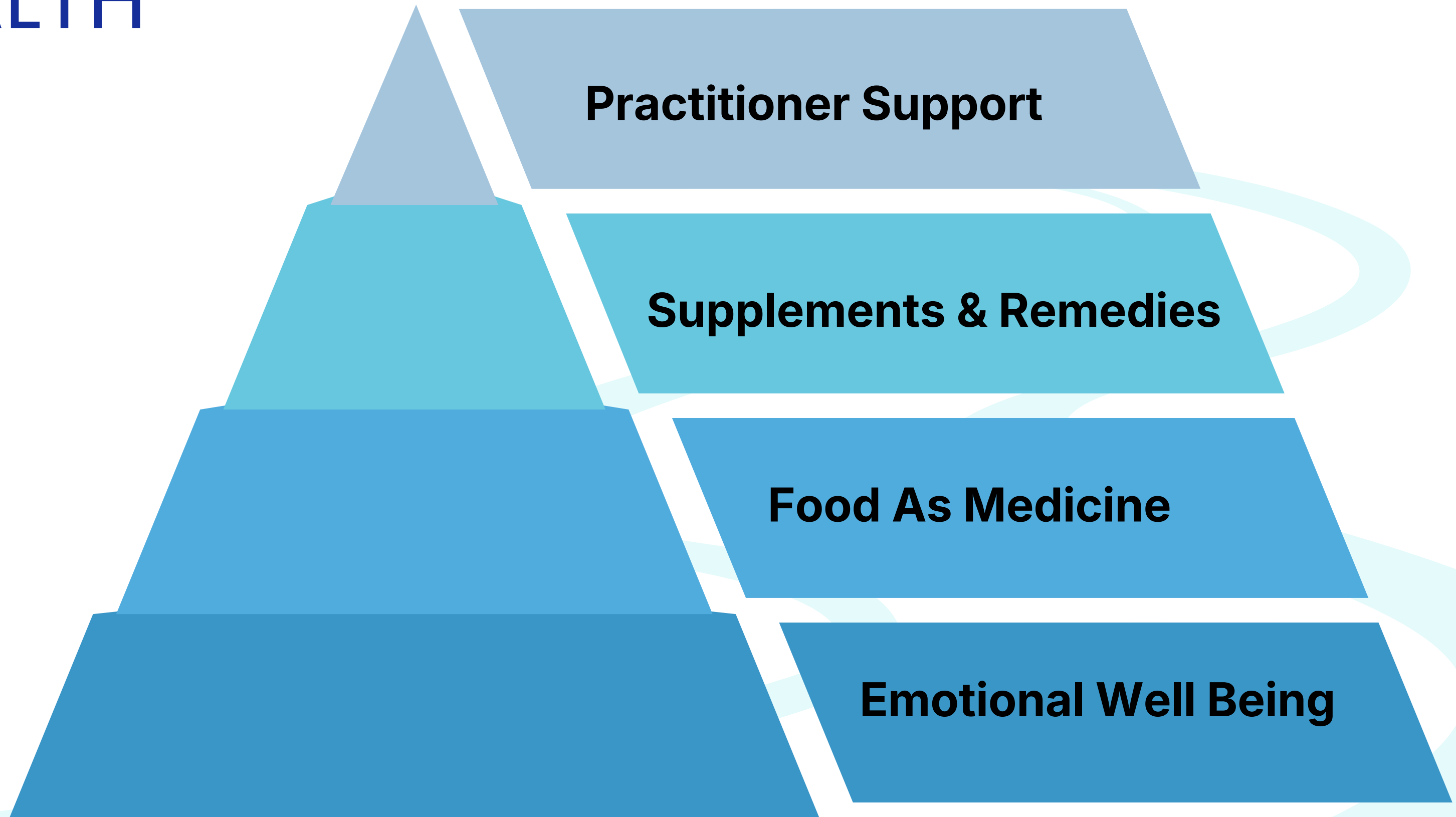


How can we support metabolic health from the ground up

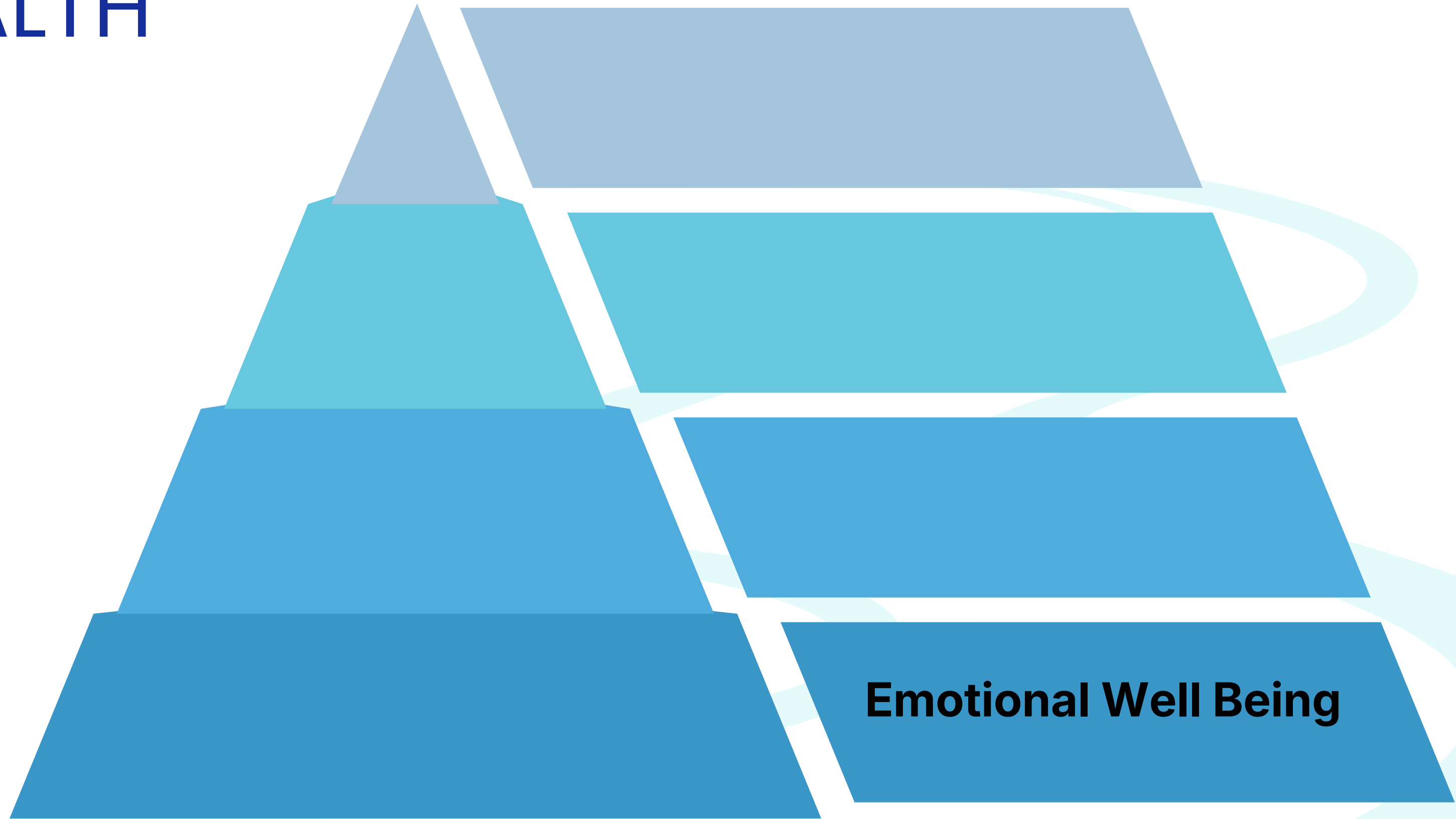
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AYURVEDIC TIERS OF HEALTH



AYURVEDIC TIERS OF HEALTH





EMOTIONAL WELL BEING NERVOUS SYSTEM SUPPORT

Routine & Rhythm = Dinacharya

Dinacharya is daily routine aligned with the chronology of the day.

Intermittent Fasting vs Dinacharya

Early time-restricted eating (ETRe) mirrors Dinacharya

NERVOUS SYSTEM REGULATION DINACHARYA

- **Routine** - in rhythm with the day
- **Mindful Eating** - Gratitude
- **Prioritize Sleep** - in bed by 10
- **Stress Management** - breath, breaks, balance
- **Meal Timing** - consistency, during the day
- **Meal Spacing** - 3-6 hours
- **Daily movement** - throughout the day, intentional
- **Hydration with electrolytes** - between meals



DAILY AWARENESS SLOWING DOWN TO ASSESS

Is my mind scattered and restless, or still and grounded? (circular thoughts, mind racing, uneasy)

Am I dry - skin, digestion, mood, (anxious)

Do I feel hot? (inflammed, annoyed, angry, itchy)

Or too damp and heavy? (congested, low energy, feeling sluggish, depressed)

NERVOUS SYSTEM SUPPORT FOR BLOOD SUGAR REGULATION

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Dosha	Presentation	Nervous system support	General food	General lifestyle
Vata	TOFI	Abhyanga Sleep Routine	Protein breakfast 3-4 hour meal timing	Walking, stretching, movement post meal
Pitta	Inflammed	Breaks Sleep Routine	4-5 hour meal timing	time in nature, Avoid overworking, movement post meal,
Kapha	Sluggish	Breathwork Routine	4-6 hour meal timing Light breakfast	Morning Movement, Dry brushing movement post meal,

DINACHARYA STRATEGIES FOR NERVOUS SYSTEM REGULATION & BRAIN HEALTH FOR ALL

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1. **Eat your last meal 3–4 hours before bedtime.**

This allows digestion to complete before your brain's detox cycle begins.

2. **Aim for an 8–12 hour eating window aligned with the sun.**

Try eating between 6–8 AM and 4–6 PM to match your body's metabolic rhythm.

3. **Break your fast with a protein-rich, balanced meal.**

This stabilizes blood sugar and supports neurotransmitter production (like dopamine and serotonin), helping you feel focused and calm.

4. Limit caffeine after 10–11 AM and avoid alcohol at night.

Both interfere with sleep quality and glymphatic function.

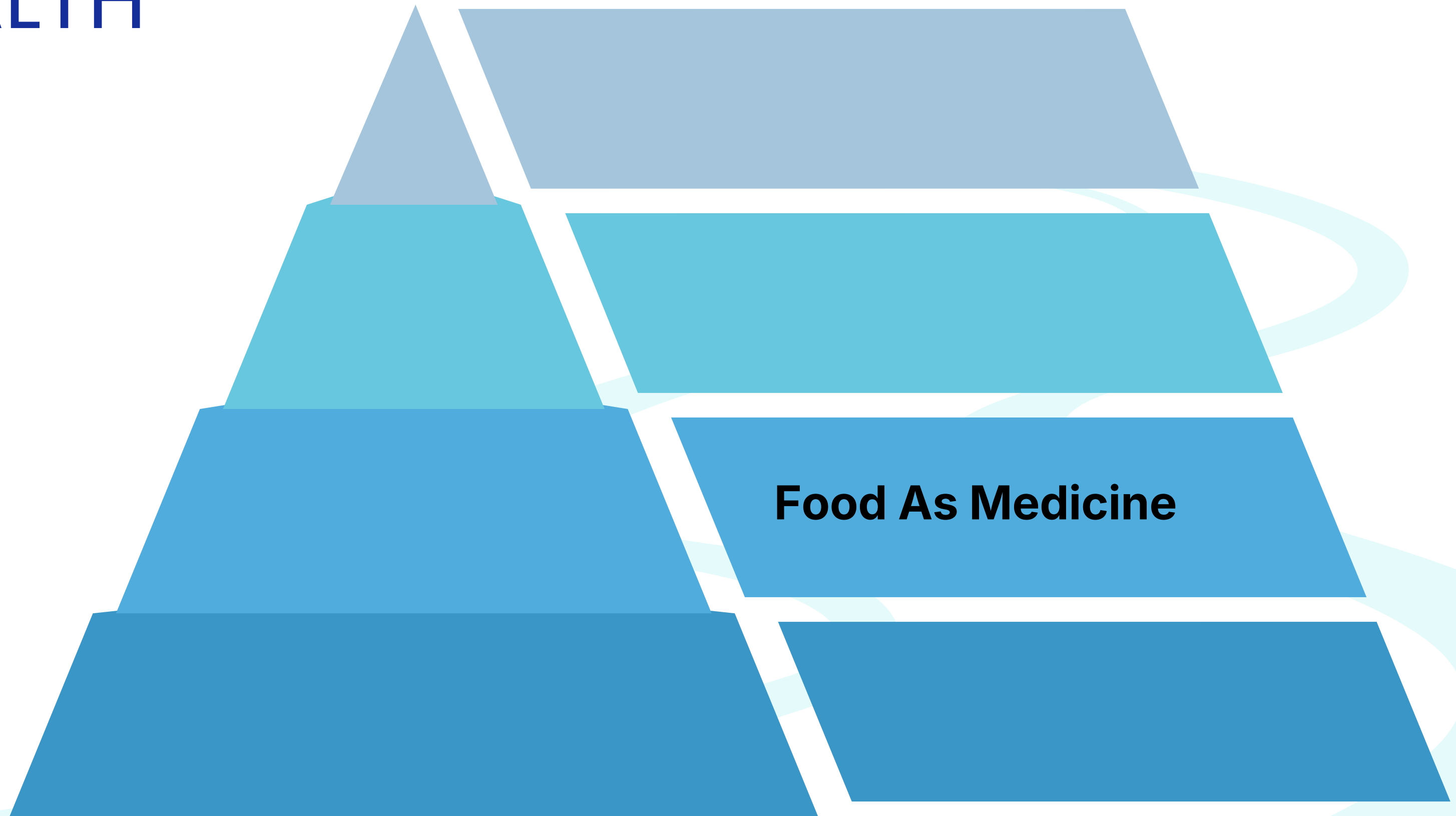
5. Get outside first thing in the morning.

Morning sunlight helps regulate circadian rhythm and supports melatonin production later at night.

6. Exercise Daily.

Movement is medicine, promotes circulation

AYURVEDIC TIERS OF HEALTH



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FOOD AS MEDICINE TO SUPPORT BLOOD SUGAR

- Portions - Anjali
- Timing - Kala
- Meals vs Snacking
- Balancing macronutrients on the plate
- Utilizing spices and herbs





FOOD AS MEDICINE

PORTIONS – ANJALI

- **Portions - Anjali**

- ¼ plate - 1 palm protien - 3-6 ounces (15-40 grams)
- ¼ plate - 1 palm - Starchy carbohydrate 0-30 grams
- ½ plate - Non-starchy carbohydrates - 2-4 servings
- 1-3 servings - thumb size - fats

- **Meals vs Snacking**

FOOD AS MEDICINE

TIMING – KALA

3 - 6 hours between meals to optimize blood sugar and support each digestive organ and the Migrating Motor Complex



Vata - 3-4 hours
12:12 or 13:11 fasting
window



Pitta - 4-5 hours
14:10 or 16:8
fasting window



Kapha 4-6 hours
16:8 or 18:6
fasting window

At least a 12 hour fast at night. Eat during the day, fast at night

MEAL TIMING – DOSHIC TIME OF DAY



6-10 am/pm

Kapha - Water + Earth
Protein forward



10-2 am/pm

Pitta - Fire + Water
Strong meal, including some raw



2- 6 pm/am

Vata - Ether + Air
Lighter, starchy carbohydrates to calm the nervous system

FOOD AS MEDICINE WHO NEEDS WHAT, WHEN?

Assessing your clients needs

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PROTEINS

COLD	DRY	HOT	WET
<i>Heating</i> <i>Blood building</i> <i>Sweet, Sour, Salty,</i> <i>Pungent</i>	<i>Nourishing</i> <i>Tissue building</i> <i>Sweet, Sour, Salty</i>	<i>Cooling</i> <i>Anti Inflammatory</i> <i>Sweet, Bitter, Astringent</i>	<i>Cleansing</i> <i>Immune Stimulant, ,</i> <i>Pungent, Bitter, Astringent</i>
<i>Animal Protein</i> <i>Darker Meats</i> • Marrow Bone broth • Organ meats • Lamb • Duck • Goat • Buffalo • Venison • Dark Fowl • Red Fish	<i>Animal Protein</i> <i>Darker Meats</i> • Cartilage Bone Broth • Lamb • Duck • Goat • Cow • Pork • Dark Fowl • All Fish • Eggs	<i>Animal Protein</i> <i>Wild Meats, Omega 3's</i> • Chicken Foot / Neck Bone broth • Fish / Shellfish • Pork • Venison • Buffalo • Venison • All Fowl	<i>Animal Protein</i> <i>White Meats</i> • Fish Bone broth • White Fish • Shell Fish • White Fowl • Eggs • Buffalo
<i>Plant Proteins</i> • Teff • Amaranth • Red Quinoa • Adzuki Beans • Red Lentils	<i>Plant Proteins</i> • Teff • Amaranth • Red Quinoa • Brown Lentils	<i>Plant Proteins</i> • Quinoa • Yellow Lentils • Black Eye Peas • Black Beans	<i>Plant Proteins</i> • Quinoa • Millet • French Green Lentils • Red Lentils

CARBOHYDRATES

COLD	DRY	HOT	WET
<i>Heating</i> <i>Sweet, Sour, Salty, Pungent</i>	<i>Nourishing</i> <i>Sweet, Sour, Salty</i>	<i>Cooling</i> <i>Sweet, Bitter, Astringent</i>	<i>Cleansing</i> <i>Pungent, Bitter, Astringent</i>
<i>Pungent Vegetables</i> • Chillies & Pepper • Onions & Garlic • Daikon Radish • Sweet Roots - Beets, Turnips, Rutabagas, • Greens - Mustard, Red Chard, Arugula, Watercress, Red Lettuce, Kohlrabi	<i>Salty/Sweet Vegetables</i> • Celery • Cucumber • Leeks • Cauliflower • All Zucchini • Burdock • Sweet Roots - Celeriac, Potato, Parsnip • Greens - Kale, Endives, Butter Leaf, Romaine, Bok choy	<i>Bitter/Salty Vegetables</i> • Celery • Cucumber • Leeks • Cauliflower • All Zucchini • Burdock • Broccoli • Greens - Kale, Salad Greens, All Leafy Varieties	<i>Astringent/Pungent Vegetables</i> • Green Beans • Asparagus • Chillies & Peppers • Onions & Garlic • Daikon Radish • Greens - White Chard, Arugula, Watercress, Kale, Dandelion, Salad Mix, Romaine
<i>Pungent Fruits</i> • Mango • Strawberry • Red Apples • Nectarine • Guava • Cherry • Fig • Canteloupe	<i>Sweet Fruits</i> • Mango • Red Apple • Peach • Red Grapes • Banana • Apricot • Fig • Currant • Honeydew	<i>Bitter Fruits</i> • Blueberry • Green Grape • Green Apple • Plum • Blackberry	<i>Sour/Astringent Fruits</i> • All Citrus • All Berries • Kiwi • Pomegranate • Raspberry • Green Apple • Rhubarb • Pineapple • Watermelon

CARBOHYDRATES, CONT.

COLD	DRY	HOT	WET
<i>Heating</i> <i>Sweet, Sour, Salty,</i> <i>Pungent</i>	<i>Nourishing</i> <i>Sweet, Sour, Salty</i>	<i>Cooling</i> <i>Sweet, Bitter, Astringent</i>	<i>Cleansing</i> <i>Pungent, Bitter,</i> <i>Astringent</i>
Grains • Rye • Buckwheat • Wheat • Bulgar	Grains • Oats • Barley • White Rice	Grains • Black Rice • White Rice • Kamut	Grains • Rye • Corn • Wild Rice • Buckwheat
Legumes • Fava Beans • Kidney Beans	Legumes • Lima/White Beans • Kidney Beans	Legumes • Green Peas • Garbanzos	Legumes • Garbanzos • Pinto Beans
Fiber • Wheat Germ • Flax	Fiber • Oat Bran • Flax	Fiber • Oat Bran • Flax	Fiber • Chia • Flax

FATS

COLD	DRY	HOT	WET
<i>Heating Blood Building</i>	<i>Nourishing Tissue Building</i>	<i>Cooling Anti-Inflammatory</i>	<i>Cleansing Immune Stimulant</i>
<i>Building Block Fats</i> • Land Animals • Organ meats	<i>Building Block Fats</i> • Land Animals • Marine Animals	<i>Building Block Fats</i> • All Marine Animals	<i>Building Block Fats</i> • Shellfish • White fish
<i>Raw Daily Fats</i> • Ghee • Sesame • Pine Nut • Macadamia • Pistachio • Pecan • Walnut	<i>Raw Daily Fats</i> • Ghee • Cashew • Coconut • Evening Primrose • Chia seeds • Sesame • Macadamia	<i>Raw Daily Fats</i> • Pumpkin seeds • Borage • Hemp • Coconut • Evening Primrose • Chia seeds • Black Currant • Soy	<i>Raw Daily Fats</i> • Flax seeds • Sunflower seeds • Pumpkin seeds • Olives • Borage • Hazelnut • Almond

ELEMENTAL WISDOM



Cold + Dry (Vata):

favor warm soups, stews, cooked veggies, oils, and grounding routines.



Hot + Inflamed (Pitta):

cool it down with greens, cucumber, cilantro, and calming breathwork.



Cold + Damp (Kapha):

lighten it up, spices, greens, lean proteins, and movement.

ELEMENTS ON YOUR PLATE



Cold + Dry (Vata):

Coconut curry with chicken thighs - cooked carrots, root veggies, watercress, add ginger, basil, and lemongrass with sesame seeds



Hot + Inflamed (Pitta):

Chicken breast or Salmon with Cilantro Fennel Pesto with rice and kale salad with hemp seeds



Cold + Damp (Kapha):

White Cod with lemon & Sumac Black pepper Quinoa, & arugula salad with pumpkin seeds

FOOD AS MEDICINE

SPICES & HERBS

Spices and Herbs

- Whole spices - wake up with heat and oil - added first
- Powdered spices added to the end so their flavor and action don't get lost

Cold & Dry
Sage & Walnut
Pesto

Hot
Cilantro Fennel
Pesto

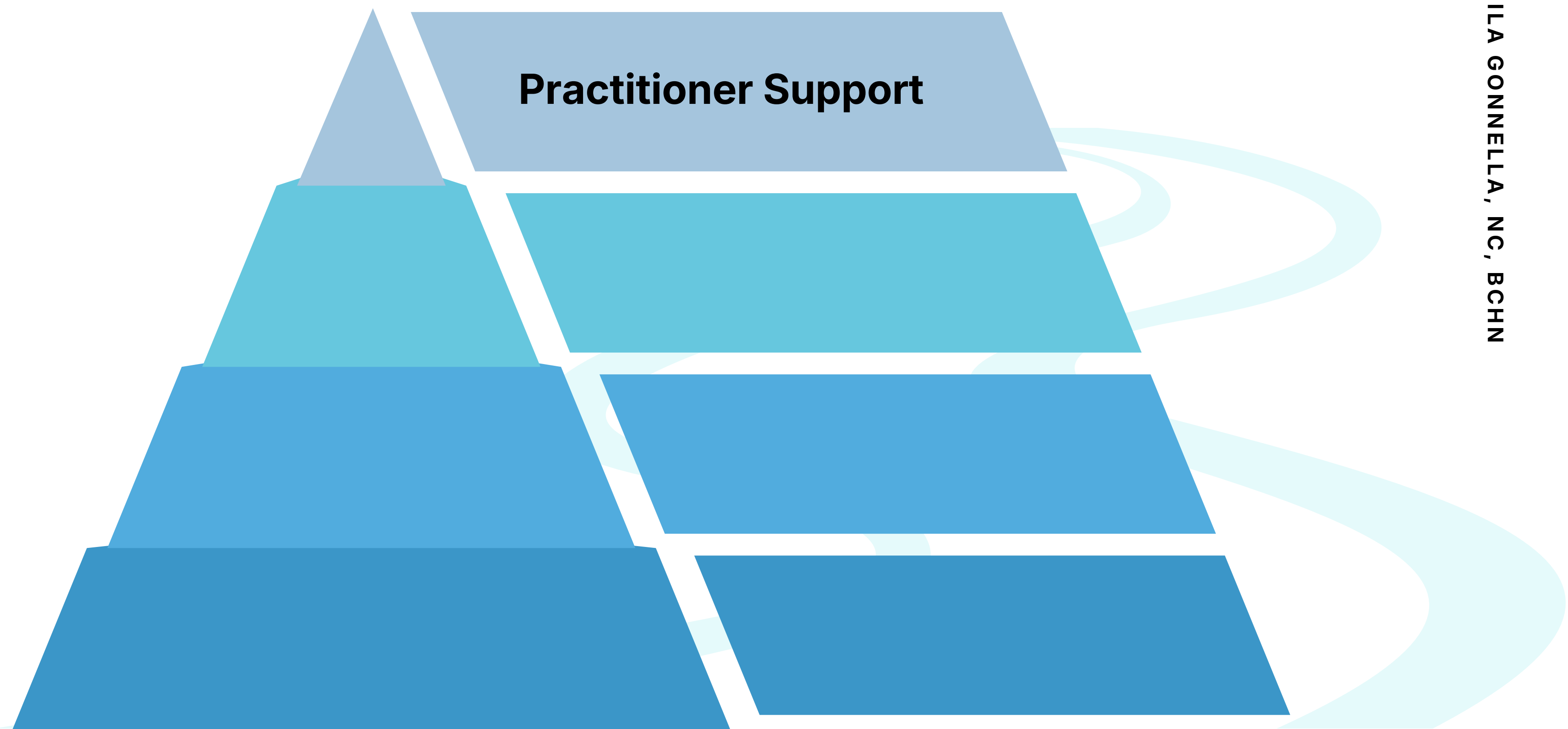
Wet
Arugula Parsley
Pesto



	COLD	DRY	HOT	WET
EFFECT	Warming	Nourishing	Cooling	Cleansing
COOKING METHODS	Warming, Cooked, Spicy, Stews, Broths, Soups, Unprocessed	Wet, Cooked, Broths, Stews, Soups, Unprocessed	Cooling, Raw with Wet, Alkaline, Unprocessed	Cleansing, Raw, Motivating, Juicing, Spicy, Unprocessed
TASTES	Pungent, Sour, Sweet	Sweet, Salty	Bitter, Astringent	Sour, Pungent, Bitter
SPICES	• Dry Ginger • Basil • Curry • Chilies • Nutmeg • Galangal • Cinnamon • Sage • Lemongrass • Sumac • Asafoetida • Pink Salt	• Celery Seed • Cardamom • Sumac • Basil • Fresh Ginger • Cilantro • Fenugreek • Grey Ocean Salts	• Mint • Methi Leaf • Curry Leaf • Fennel • Cilantro, • Marjoram • Coriander • Cumin • Dill • Grey Ocean Salt	• Black Pepper • Fenugreek • Methi Leaf • Asafoetida • Sumac • Ginger • Cinnamon • Cardamom • Chilies • Rosemary • Oregano • Thyme • Sage • Pink Salt

PRACTITIONER SUPPORT

HELPING OUR CLIENTS MAKE CHANGE



Practitioner Support

MARY SHEILA GONNELLA, NC, BCHN



PRACTITIONER SUPPORT

KINDLE THE F.I.R.E.

MARY SHEILA GONNELLA, NC, BCHN

- F - Focus on Needle Movers
- I - Identify Resistance
- R - Rewire Mindset
- E - Establish Layered Habits

Mary Sheila's Practitioner Pearls



KINDLE THE F.I.R.E.

F – FOCUS ON NEEDLE MOVERS

In an age of so much information – what can our clients **“DO”** that will help them to feel better?

Fastest path to feeling better!



KINDLE THE F.I.R.E.

I – IDENTIFY RESISTANCE

Is it:
Physiological?
Psychological?
Environmental?

A photograph of a brick wall with a framed quote and a sofa below it. The quote is in a cursive font and reads: "She believed she could so she did". The sofa is light beige with dark brown piping. The floor is made of light-colored wooden planks.

*She believed
she could
so she did*

KINDLE THE F.I.R.E.

R – REWIRE MINDSET

- All or nothing thinking
- Belief goes a long way - "I can do it"
- Seeing healing as a marathon and not a sprint
- Being Consistent and not perfect

KINDLE THE F.I.R.E.

E – ESTABLISH LAYERED HABITS

- Daily routines - Dinacharya
- Stabilize blood sugar
- Add protein with each meal
- Bookend habits and treats



A DAILY RHYTHM

MORNING

What to do: Hydrate; protein-forward breakfast with healthy fats + fiber (keeps insulin modest).

Why it works: Supports adrenal rhythm, steadies glucose, prevents the 10 a.m. crash.

Ayurveda: Protein rich breakfast; gentle spices kindle digestive fire (Agni)

DAILY RHYTHM

MID-DAY

What to do: Make lunch your main meal; include protein, color, and slow carbs.

Why: You're most insulin-sensitive mid-day → better fuel use, fewer afternoon slumps.

Ayurveda: Pitta time, your digestion is strongest, like the sun is highest. Raw/cooling foods are better tolerated here. Think of a salad a day!

DAILY RHYTHM

EVENING

What to do: Lighter dinner; more non-starchy veg + lean protein; kitchen closed 3-4 hours before bed.

Why: Lower insulin supports growth hormone pulses during sleep (repair, fat-burn, muscle maintenance).

Ayurveda: Gentle routine, warmth, calm; screens down, lights dim.

MAKING IT WORK – BACK TO BASICS



**Protein-forward
breakfast**
(20–30+ g)
with fat + fiber



**Complete
meals**
(limit
grazing)



**Hydration +
minerals**
(carry water;
add a pinch
of minerals or
sip broth)



**Move
around
meals**
(10-minute
walk after
1–2 meals)



**Circadian
rhythm**
(lights down
after sunset;
in bed by
~11 p.m.)

METABOLISM – AGNI

THE THREAD THAT CONNECTS US ALL

- Weight Loss
- Diabetes
- PCOS
- Cancer
- GI Health
- Women's Health
- Menopause
- Brain Health
- Autoimmunity

- Genetics
- Thyroid health
- Bone Health
- Chronic Fatigue
- Sleep
- Other specialties?

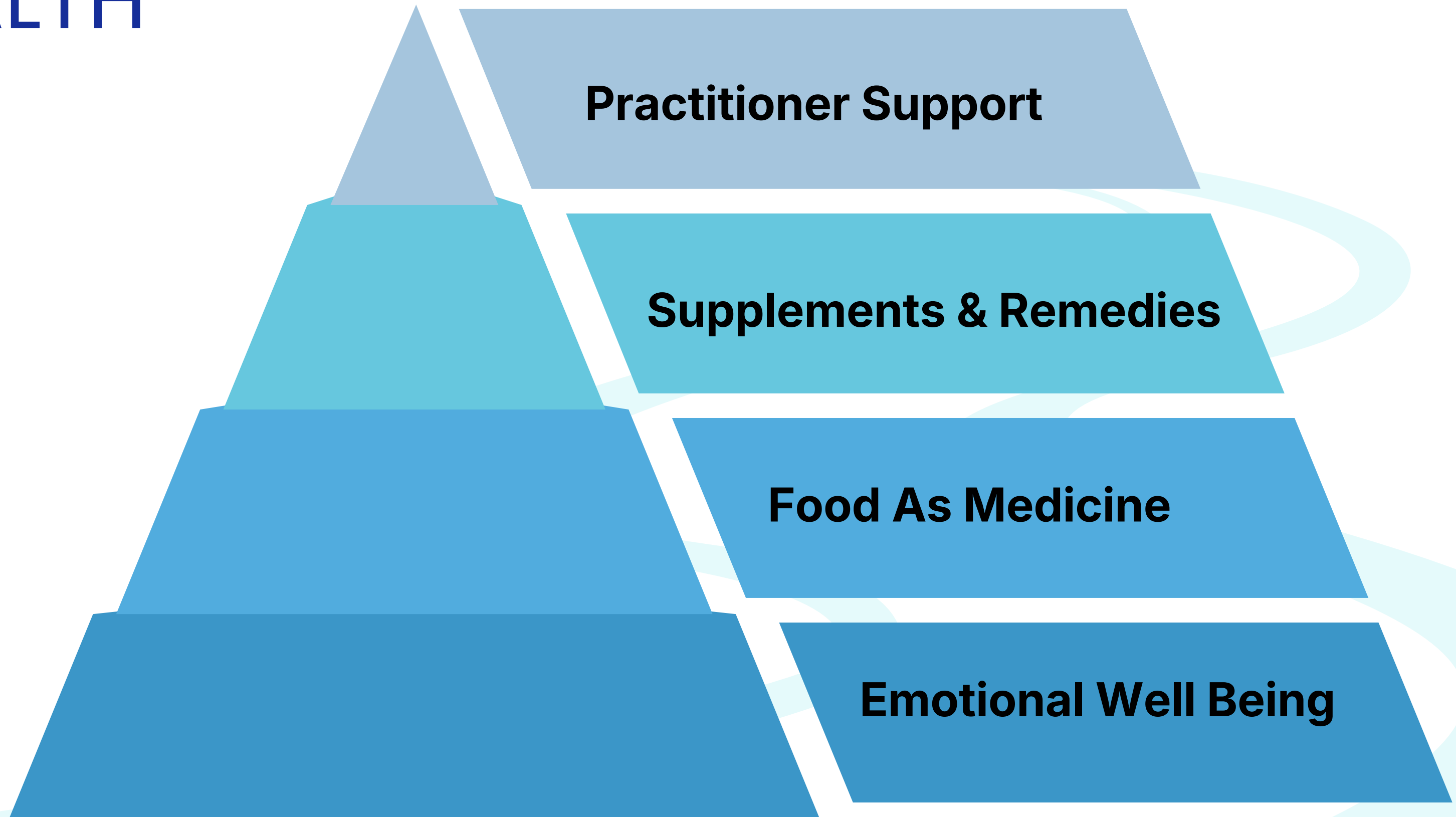
Lower daily stress on the metabolism

Balance Hormones

Steady Blood Sugar

Switch From Storing to Efficient Burning

AYURVEDIC TIERS OF HEALTH



INTRODUCING EDIBLE AYURVEDA

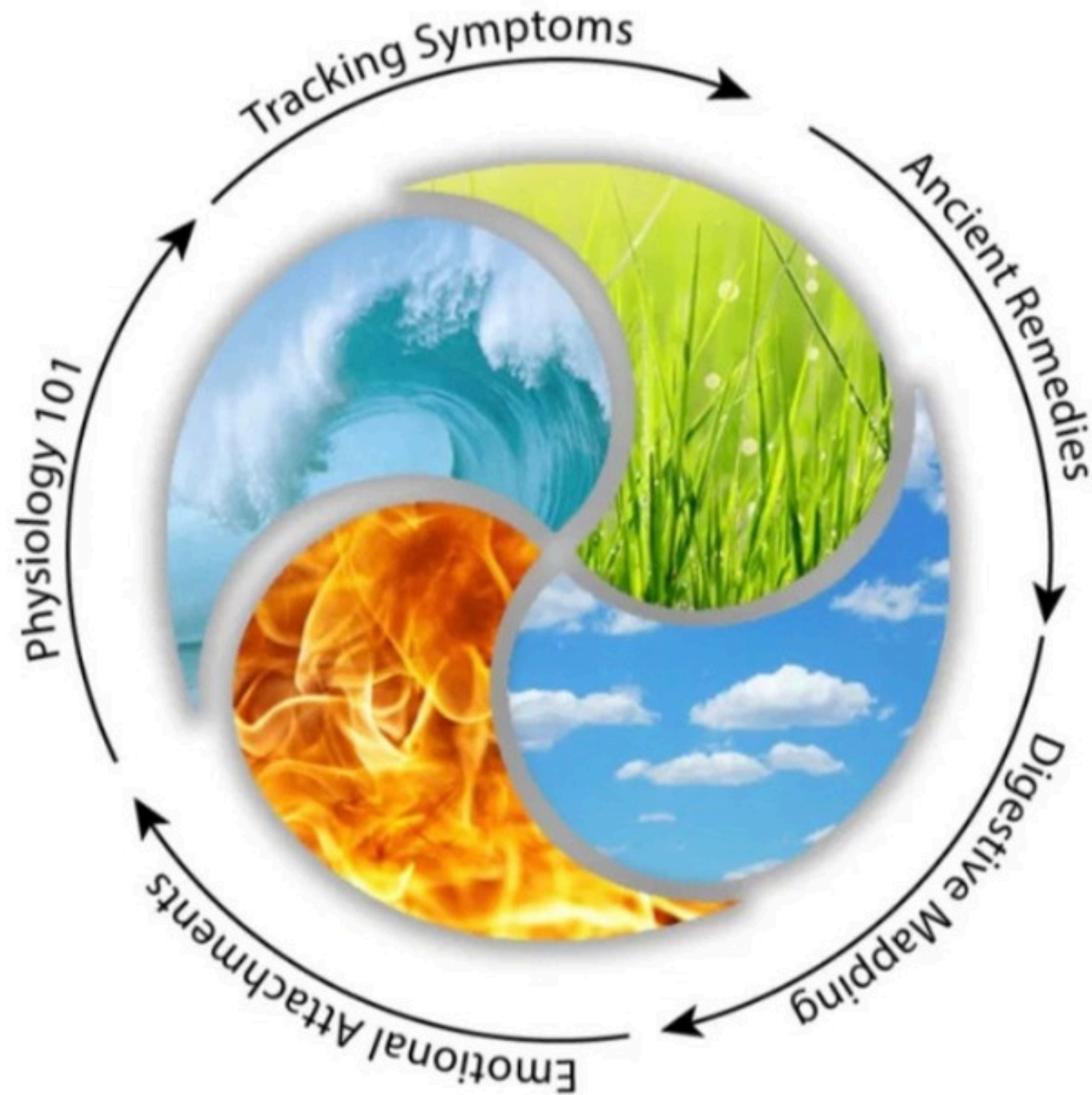
TEACHING TOGETHER FOR OVER 10 YEARS
DeAnna Batdorff & Mary Sheila Gonnella



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EDIBLE AYURVEDA COURSE

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- **Whole Food Ayurvedic Nutrition** - Individualize dietary recommendations according to symptoms
- **Digestive Mapping** - Tracking Symptoms throughout the digestive tract
- **Ancient Remedies** - Ayurvedic self care practices
- **Tracking Emotional Attachments** - Nervous system support



EDIBLE AYURVEDA COURSE

DIGESTIVE PHYSIOLOGY THROUGH THE AYURVEDIC LENS

An exploration of digestion that bridges Western science, grounded in Ayurvedic principles, how to bring in balance and optimize digestion.

Organ systems covered:

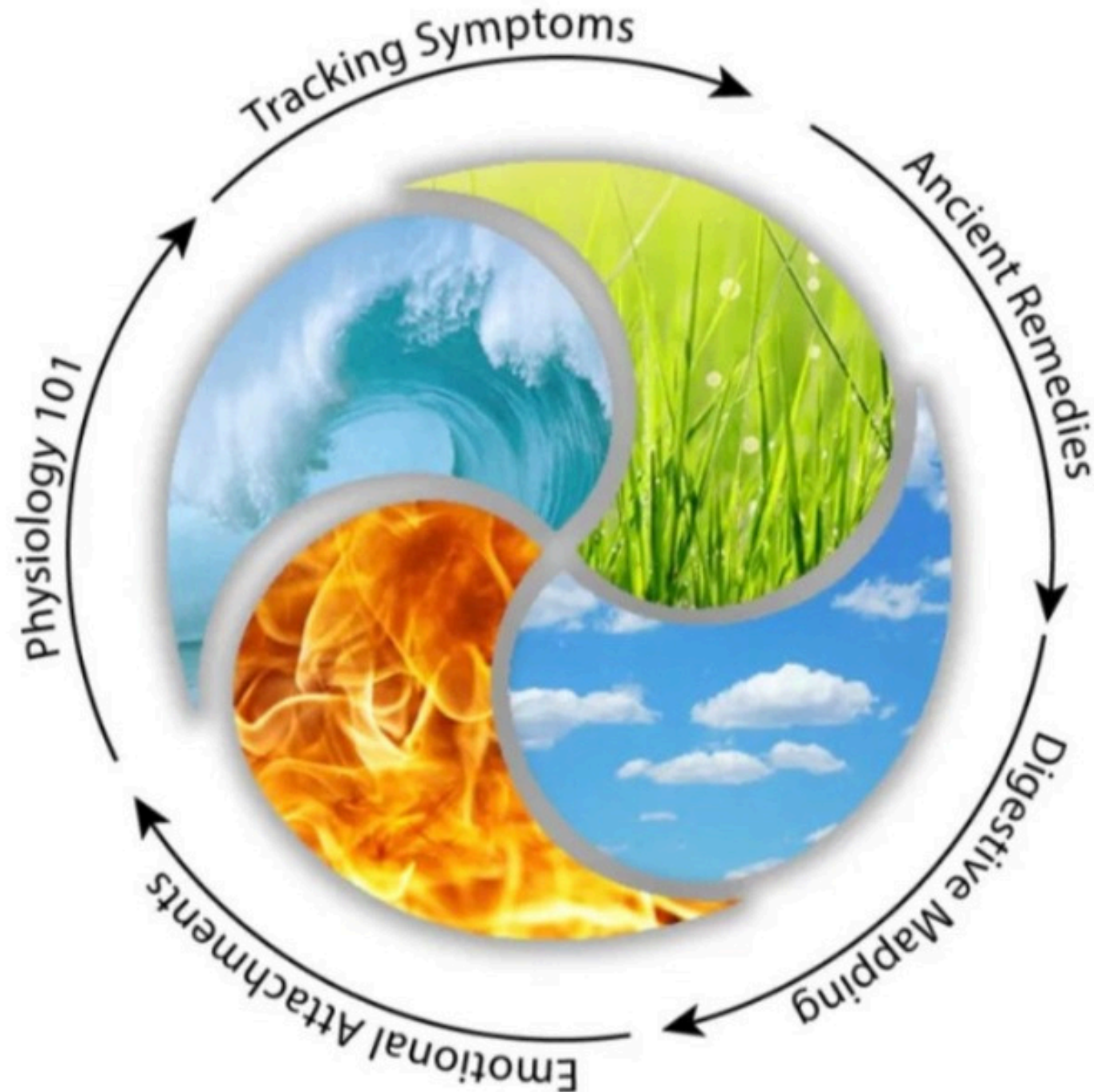
- Mouth
- Stomach
- Small intestine
- Microbiome & immune interface
- Colon
- Liver & gallbladder
- Pancreas
- Kidneys & Skin Care

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EDIBLE AYURVEDA COURSE

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Ayurvedic Elemental Theory

Whole Food Ayurvedic Nutrition

Digestive Physiology through the
Ayurvedic Lens

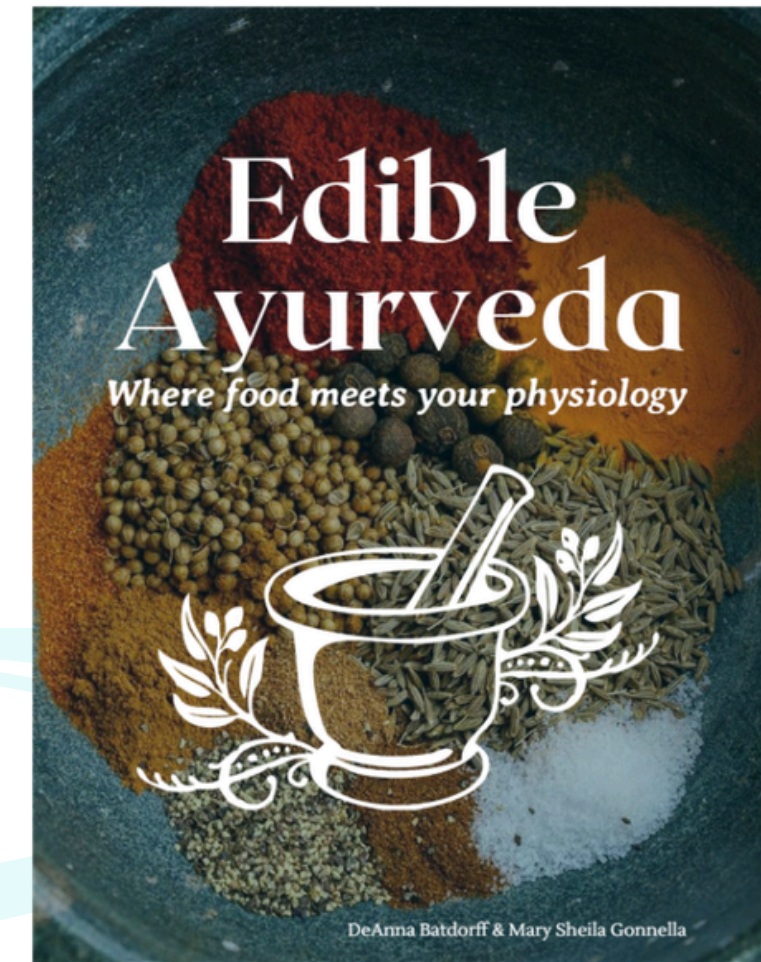
Macronutrients to Best Serve
Ayurvedic Constitutions

Making the Emotional Connection



EDIBLE AYURVEDA COURSE

- **Learn** - translate elemental theory and digestive mapping into practical assessment tools and therapeutic strategies appropriate for client care within scope of practice.
- **One-year access** to the full curriculum
- **Monthly live Q&A calls** - for continued learning and client Q&A and support
- **Recorded lectures** - self paced learning platform
- **Accompanying book** with food, herb, and remedy lists for easy reference.



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CONTACT ME



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