

## 10 Essential Nutrition Tips to Kick Start Your Bikram Yoga Journey!!!

1 Drink enough water! You should be drinking at least 2-3 litres each day. Drink consistently each day. If you drink enough before and after class, you will need less during...

2 Ensure your body has enough magnesium to absorb the water and hydrate! Great sources are beans and nuts, raw leafy green vegetables are great.



3 Sweating is very healthy for flushing toxins and regulating body temperature, but you must replenish your salts after! Himalayan Sea Salt with lemon and water is a very natural way to do this.

4 Coconut water and bananas are a fantastic source of potassium. A must when practising Bikram Yoga!

5 Start your day with a scoop full of "Complex Green Powder!" The best way to absorb vitamins and minerals is through food, but we don't always get enough. This is a great vitamin and mineral supplement. You can get this at the studio or at any health shop. This works great with water or in a juice!



6 Cucumber, rocket, endive, mint, fennel, dill are cooling foods for the body... Great for a regular Bikram Yoga Practice.

7 Minimise foods and drinks that heat the body. This includes coffee, spicy foods, alcohol, large portions of meat and pepper. It's worth the investment!

8 Minimise refined sugars. It's hard but they will make you feel very tight and inflexible! Opt for healthier snacks. You will learn in your practice how different foods affect your body. The body never lies when you get on your mat!

9 Protein is fantastic after class. If eating meat, limit portion to "a palm of the hand a day". More than this is very hard to digest.

10 Eat mindfully... Be conscious as you eat your food and listen to what your body is saying.

Rowena Jayne. One of our teacher's at Bikram Yoga Five Dock, is a world class Raw Food Chef, nutritionist and naturopath. Make sure to ask her any questions!! She has just published her first book...

