

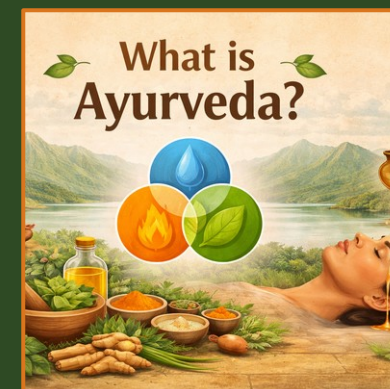
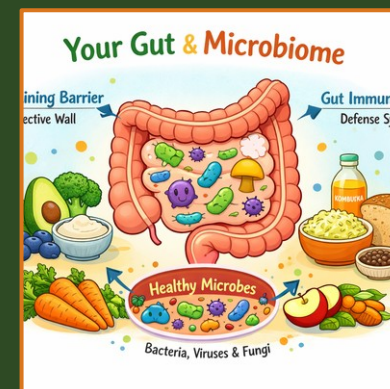


Wellness Guide Deck

HEALTHYAYU

Ancient Wisdom, Modern Habits: A Guide to Everyday Wellness

HealthyAyu brings together food science, gut health research, and centuries-old Ayurvedic practice into guidance that actually fits an ordinary week. This deck walks through four of our most-read guides: how to choose food that supports long-term health, what the gut actually needs to function well, and how Ayurveda's approach to individual balance still holds up today. Each section links back to the full guide on healthyayu.com for anyone who wants to go deeper.



Four Guides Inside



Ayurveda-Inspired Wellness

SMARTER GROCERY CHOICES

How to choose healthy food for your health

Grocery aisles today are packed with products that all claim to be healthy, which makes the actual decision harder, not easier. HealthyAyu's guide on [How to choose healthy food for your health](#) breaks the process down into a few practical checks: reading ingredient lists instead of front-of-pack claims, favoring whole foods over anything heavily processed, and paying attention to portion size rather than eliminating entire food groups. The goal isn't a perfect diet, since that rarely survives a busy week. It's building a plate that mostly leans toward real food, so the choice in front of you gets simpler every time you shop.





THE GUT CONNECTION

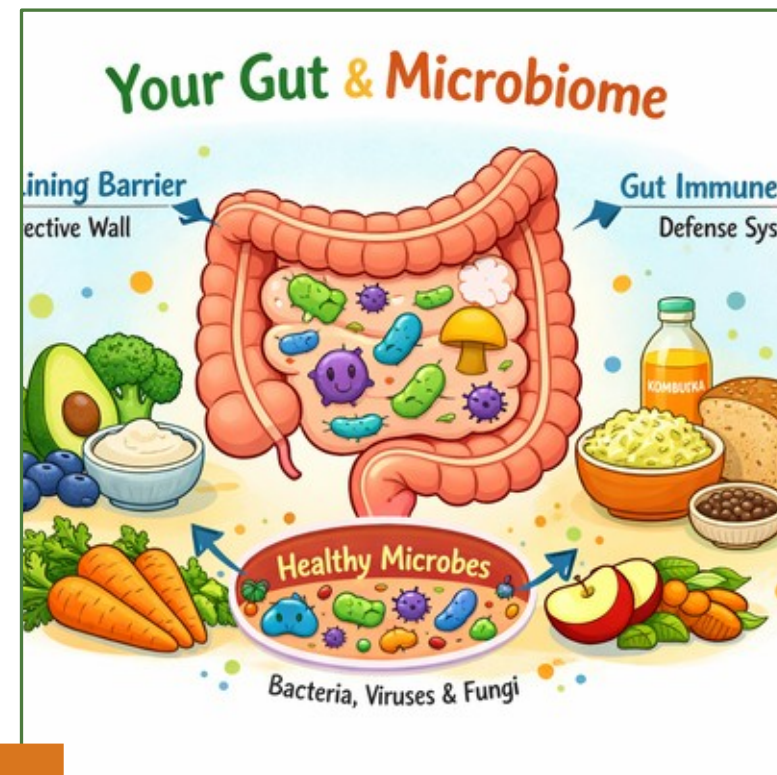
Hack your health: The secret of your gut health

Most people think of digestion as background noise, something that just happens after a meal. In reality, the gut plays a much bigger role in energy, mood, and immunity than most of us give it credit for. HealthyAyu's piece on [Hack your health: The secret of your gut health](#) walks through what actually shapes that inner ecosystem: fiber intake, fermented foods, sleep quality, and how often the gut lining gets exposed to ultra-processed ingredients. Small, consistent changes to these four areas tend to matter more than any single supplement, and the effects show up well beyond digestion itself.

PRACTICAL DAILY HABITS

gut health tips

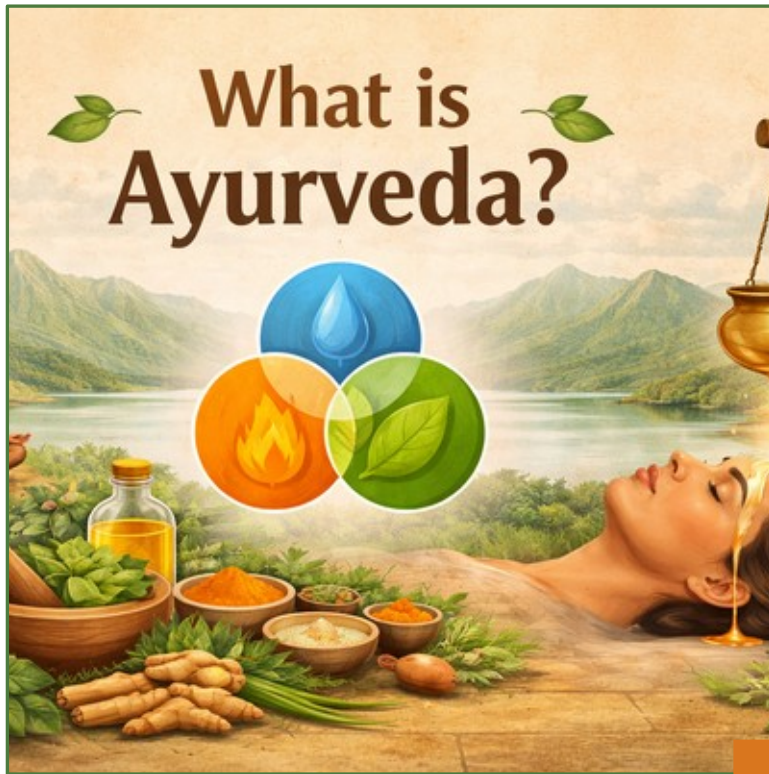
Once the basics of gut health make sense, the next question is usually where to start. These [gut health tips](#) focus on additions rather than restrictions: working more fermented foods like yogurt and kimchi into meals, adding a wider variety of plants each week instead of the same five vegetables, and giving meals enough time between them for digestion to actually finish. None of this requires cutting out entire food groups overnight. The pattern that tends to stick is a slow widening of what's on the plate, not a sudden narrowing of it.



ANCIENT SCIENCE OF LIFE

What is ayurveda

Long before wellness became a trend, Ayurveda was already treating the body as one connected system rather than a set of separate symptoms to medicate. HealthyAyu's guide on [What is ayurveda](#) traces the practice back to its roots in India, and explains the three doshas, Vata, Pitta, and Kapha, believed to shape each person's natural constitution. Rather than prescribing one diet or routine for everyone, Ayurveda starts by identifying which of these patterns dominates, then builds food, sleep, and movement recommendations around that individual balance instead of a generic template.





YOUR HEALTH JOURNEY STARTS HERE



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