

# Agni + Ama Checklist

by Cate Stillman...



yogahealer.com

Agni is your belly fire. You feel it as hunger. Your hunger is the intelligence of your overall health.

When you're not in sync with the function of your hunger, you mess up your agni. Imbalanced agni leads to not digesting your food well. This creates a residual toxin, called ama.

Ama is a sludge that gums up the works on both the cellular and systems level of you.

Agni tends to go out of whack in 3 ways: too hot; too wet; to sporadic.

Pittas tend to have hot acidic agni which reinforces their intensity. Kaphas tend to have

slow or damp agni which makes them sluggish or depressed.

Vatas tend towards weak or fluctuating agni which makes their energy level fluctuate.

Get in sync with your agni and kick your health up a notch.

## Is your agni balanced?

- ☐ My tongue is healthy pink.
- ☐ I pulse between authentic hunger and deep satiation.
- ☐ I poop every morning after drinking water.
- ☐ I have great consistent energy throughout the day without use of stimulants.

## Is your agni out of whack? (a.k.a. Signs of ama)

- ☐ My tongue has white gunk on it.
- ☐ I eat sporadically and without rhythm.
- ☐ I eat when I'm not hungry.
- ☐ I overeat.
- ☐ I experience digestive issues and feel bloated.
- ☐ I fart and/or burp a lot.
- ☐ I wish I had more energy.
- ☐ I crave unhealthy foods.
- ☐ I have mucus.



## Get your Agni in TipTop Shape

- ☐ Eat 2-3 meals a day, with 13-16 hours break each night.
- ☐ Eat on schedule. Train your hunger to show up on time.
- ☐ Have only water or hot water between meals.
- ☐ Eat during daylight hours. Agni goes down with the sun, and is blazing by noon.
- ☐ Enjoy satiation. Make your nourishment nourishing.
- ☐ Befriend your agni. Notice your relationship. Honor your inner power to build strong, intelligent cells out of your nourishment.