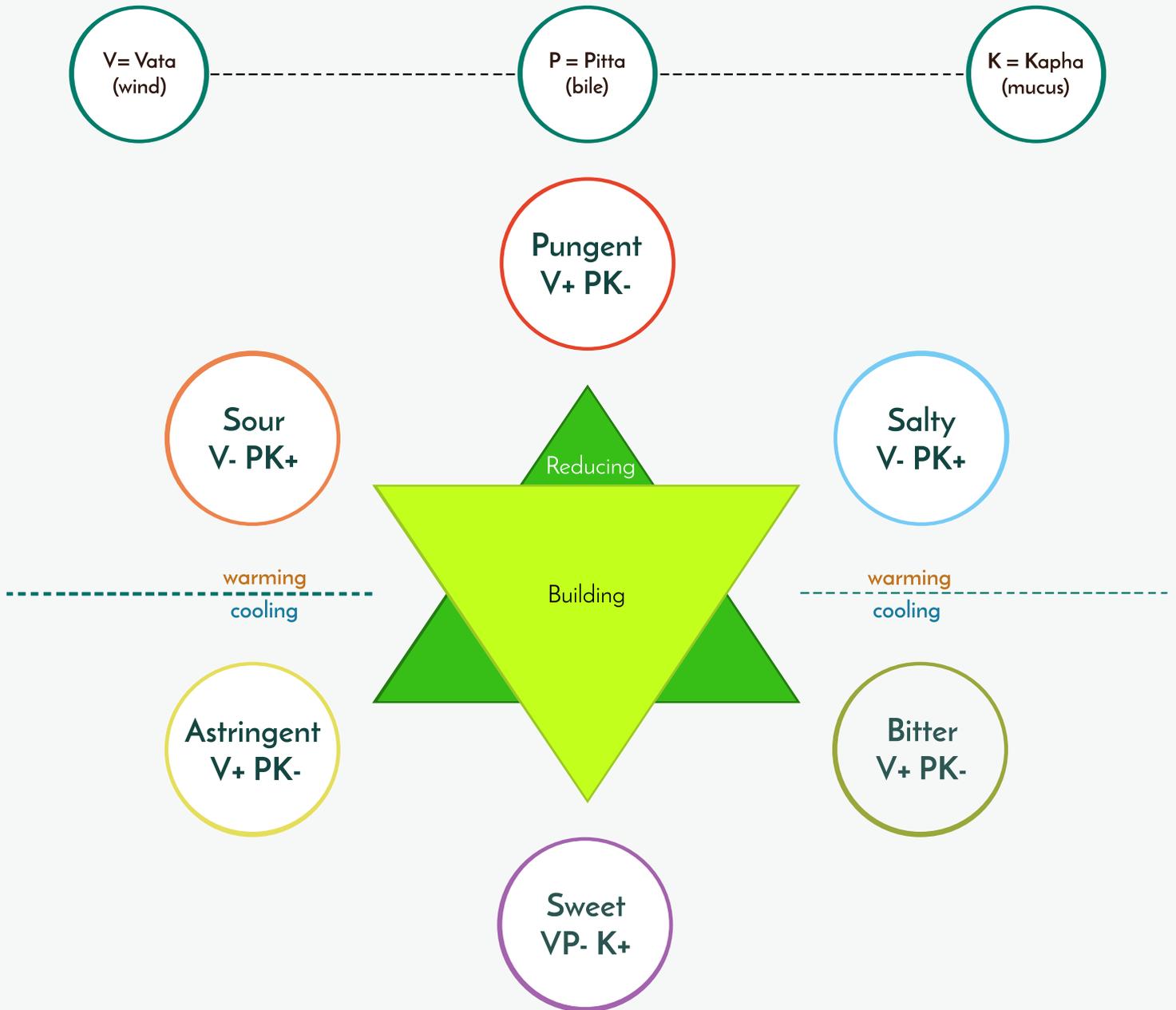


6 Tastes Ayurveda Key

with Cate Stillman



The outer world becomes our inner physiology through the 6 senses. Taste is the most obvious as your body is fed nutrients to build bodily tissue through food. Our tongue has 6 sections to absorb the 6 tastes. All 6 of the tastes are needed for optimal digestion.

For example

If you leave out bitter, which refines and tightens the tissue, your cells will lack cohesion and tone. This is modeled in the Western diet which lacks dark leafy greens and suffers from obesity (a disease of excess expansion and lack of contraction).