



# Agni + Ama

checklist with Cate Stillman



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 ama, or undigested food.

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 make 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.

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## 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.
- Eat on schedule.
- Have only water or hot water between meals.
- Make your lunch the main event and dinner a big nonevent. Cooking after work is exhausting. Make it easy and light.
- Eat when hungry. Notice how good it feels to eat when you are hungry. If you eat emotionally, notice the sensations around eating when hungry isn't present. That is your inner intelligence waking up!
- Eat before dark. Agni goes down with the sun, and is blazing by noon.