



DR. KEESHA'S FAVORITES



Ayurvedic Delights for Busy People

DrKeesha.com

QUICK AND EASY RECIPES
FOR OPTIMAL DIGESTIVE AND
HORMONAL VITALITY

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Energy Bites

Ingredients

- 1 c each raw almond butter, ground sunflower seeds, ground sesame seeds, coconut flakes.
- ½ c each ghee (or coconut oil), soaked and pitted dates, raw honey or molasses or coconut nectar. May add ½ c mini Lilly's chocolate chips if desired.
- Spices to taste: cinnamon, cayenne pepper, fresh ginger, cardamom, anise, nutmeg, sea salt, and ground fennel.
- Can add 1/3 cup raw cacao powder if you want them to be chocolatey.

Instructions

Mix and roll into balls and roll with coconut flakes or sesame seeds if desired.





Chai Recipes

The word chai simply means tea. There are as many chai recipes as there are people. Many of the common ingredients of chai help with digestion and therefore help maintain the digestive fires. Chai without exception should be served hot to warm. Cold chai is a total oxymoron as any cold liquid will extinguish the fires of digestion. I make my chai without any caffeine because the spices give you all the zing you need.

Spicy Traditional Chai

Detoxifying Tea (Cumin, Coriander, Fennel)

1 Black cardamom pod

This is a very old, even ancient, recipe for a gentle detoxifying tea. It is inexpensive, easy and fast to make. I like to put a large batch of the dry spices together in a tea tin and then make it fresh each morning.

25 Green cardamom pods

4 Clove buds

Enjoy!

¼ t. Black peppercorns

Boil two quarts of water in the morning.

Add 1/4 t. whole cumin

3-4 Nickel sized coins

1/2 t. whole coriander

1/2 t. whole fennel

1 Cinnamon stick

Let steep for ten minutes with the lid on. Strain out the spices and pour water into a thermos and sip 4-6 cups throughout the day. Start fresh by making a new batch of tea in the morning.

3-4 c Water

Improves digestion, skin and food absorption as well as balances your body type.

1 c Almond or rice milk

Want to know your dosha type? Check out the quiz here:

1-2T Honey

<https://www.drkeesha.com/dosha-assessment/>

Smash the cardamom pods. Roast the dry spices in a pan. Add the ginger and water and simmer 15 minutes. Strain the spices and add the milk substitute and reheat. Add the sweetener and serve.





Peppermint Chai

1 T. Fresh peppermint leaves

1 Cinnamon stick

¼ t Ground cloves

1 t. Ground ginger

¾ t. Ground cardamom

1 t. Black peppercorn

2 c Water

1 Quart Almond or rice milk

Sweetener to taste

Put water mint and spices together and bring to boil. Turn down flame and simmer 20 minutes. Strain and add substitute milk. Reheat the chai. Remove from heat, add the sweetener and serve.





Anise Chai

3 Green cardamom pods

2 Cinnamon sticks

5 Quarter sized coins of fresh ginger

6 Clove buds

2t. Fennel seed

2t Black peppercorn

2 Whole star anise

1T. Black tea

1T. Roobois tea

1 Quart water

1 c Almond or rice milk

1-3 T. Honey

Smash the cardamom pods and combine with other dry spices. Dry roast until fragrant. Add the ginger and water and simmer for 15 minutes. Add the teas and steep for 4 minutes. Strain away all the spices and tea. Add the milk substitute and reheat. Add the sweetener and serve.





Detoxifying Tea (Cumin, Coriander, Fennel)

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Enjoy!

Boil two quarts of water in the morning.

Add 1/4 t. whole cumin

1/2 t. whole coriander

1/2 t. whole fennel

Let steep for ten minutes with the lid on. Strain out the spices and pour water into a thermos and sip 4-6 cups throughout the day. Start fresh by making a new batch of tea in the morning.

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Ayurvedic Churnas (spice mixtures)

What are churnas? Churnas are ayurvedic spice mixes designed to balance one's doshas. They help to regulate and keep the body in balance and harmony.

Use them during meals, while cooking, or put on snacks and salads. They are a quick and effective way to bring yourself into balance.

VATA CHURNA

- 4 chili pods
- 1/8 cup clove powder
- 2 tbsp cinnamon powder
- 20 cardamom pods ground
- 3/4 cup coriander powder
- 1/2 cup cumin
- 1/2 cup black mustard seeds
- 1/4 cup ginger powder
- 1/2 cup sea salt
- 1/4 cup fennel seed powder
- 1/4 cup black peppercorns granulated
- 1/4 cup garlic powder
- 1 1/2 TBSP ground nutmeg
- 1/2 cup bay leaf powder
- 1/2 cup turmeric
- 1/4 - 1/2 cup lemon rind granulated



PITTA CHURNA

- 1 cup coriander powder
- ½ cup + 2 tbsp ground toasted white sesame seeds
- ½ cup + 1 tbsp cumin powder
- ½ cup fennel
- ¼ cup star anise powder
- ¼ cup poppy seed powder
- ¼ cup nutmeg powder (about 8 whole nutmegs)
- ¼ cup ground toasted coconut flakes
- ½ cup turmeric powder
- 1 tsp saffron powder
- 10 cardamom seeds (ground)
- ½ cup ground chamomile
- ½ cup ground dried cilantro leaves
- ½ cup ground peppermint leaves
- 1 cup ground spearmint leaves
- 2 tbsp Cinnamon
- ½ cup finely granulated sea salt





KAPHA CHURNA

- ½ cup finely granulated sea salt
- ½ cup ginger powder
- ¼ cup caraway seed powder
- 1 tsp clove powder
- ¼ cup fenugreek powder
- 35 cardamom seeds (ground)
- 4 tsp bay leaves powder
- ¼ cup coriander powder
- ½ cup mustard seeds powder
- ½ cup cumin powder
- ½ cup black peppercorn powder
- 2 ½ tsp cinnamon powder
- ½ cup garlic powder
- ½ cup onion powder
- ¼ cup rosemary powder
- ¼ cup basil powder
- ¼ cup curry powder
- ½ cup turmeric powder
- 6 chili pods



Dr. Keesha Ewers is an integrative medicine expert, a Doctor of Sexology, Psychotherapist, is board certified in Functional medicine and holds an advanced certification in Ayurvedic medicine. She is the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program. She is also the founder of a branch of medicine now called Functional Sexology.

Dr. Keesha is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health* and *Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire*. You can listen to her Healthy YOU! Radio Show and find her programs at DrKeesha.com.

