



# THE YOGIC DIET

EAST + WEST



**INSIGHT 1:**

**As a species, we've become  
profoundly out of touch with  
our relationship to food.**

About Me:  
**Adam Carney**



- Co-Founder of WeRecover
- Studied Yoga in 2014 in India @ Siddhi Yoga
- Founded East+West in 2017
- Certified in Integrative Health @ Duke in 2019
- Certified in Exercise Physiology @ Stanford
- In 2018 I did an experiment of reading 75 of the leading books on nutrition.

**GROUP QUESTION:**

**WHAT ARE SOME OF THE MENTAL  
MODELS WE USE TO NAVIGATE  
FOOD CHOICES ?**

**examples: Calorie Counting, Mediterranean Diet**

# THE THREE GUNAS OF NATURE:



**RAJAS (ENERGY, ACTION)**



**TAMAS (INACTIVITY)**



**SAATVA (HARMONY)**

Five senses



touch



smell



taste



hearing



sight



INSIGHT 2:

**Ayurveda gives us experiential  
(not conceptual) mental models,  
training us to be mindful and  
make good choices in reality.**

## **INSIGHT 3:**

**A number of aspects of the body need to be in balance in order for it to achieve homeostasis, or healthy function.**

**Example 1: Body Temperature**

**Other examples?**

**Aspects of our Physiology that need to remain in delicate  
Balance:**

**Blood PH, body temperature,  
oxygen levels, hydration levels  
& blood plasma, blood pressure,  
hormone levels (50+), blood  
sugar (insulin), toxicity levels.**



# Case Study 1:



## **IMPORTANT:**

**You must evaluate a food according to how it presents in nature. Processed foods cause “deranged prana,” or imbalance.**

**(medicinal context is the exception)**

## Case Study 2:



## Case Study 3:



## Case Study 4:



## Case Study 5:



## Case Study 6:



### 3 “Keystone” Habits for shifting food choices

- 1. Study the way food presents itself in nature.**
- 2. Observe your sensations after you eat.**
- 3. Fill your head with a bunch of positive reinforcement by studying.**





Final Thoughts:

**NO FOOD IS INHERENTLY  
HEALTHY OR UNHEALTHY. IT  
IS HEALTHY TO THE EXTENT IT  
BRINGS YOU INTO BALANCE.**



**THE**  
**YOGIC DIET**  
**Session 2**

EAST + WEST



If you were with us last session...

**I will make up my diet primarily of optimal human foods, that are designed for me to eat by nature. I will use the Three Guna's to help keep myself in a Saatvik state as often as possible.**

A background image showing a variety of green plants in pots. On the left, there are tall, thin plants with long, narrow leaves. In the center, a thick, green, vertical stem is visible. On the right, there are more leafy plants. At the bottom, a patterned fabric with circular designs is partially visible.

A quick thought exercise:

**Imagine you inherit 8 new plants  
you need to take care of...**

**GROUP QUESTION 1:**

**What are some specific ways  
you'd like to improve your  
relationship to food & your  
body energy?**

Journaling Exercise:

**Let's create a New Vision for  
your health and wellbeing.**

1. Who is someone you'd like to emulate?
2. What specifically about them do you find inspiring?

**tips: Be as specific as possible, try to truly visualize yourself in this new vision.**

**Journaling Exercise:**

**What is important to you in  
this new vision?**

- 1. What in your life is worth making changes for?**
- 2. How will your life improve?**
- 3. How might the lives of others around you improve?**

**Journaling Exercise:**

**When you compare your vision to your reality, what challenges do you foresee?**

- 1. What can you do proactively to circumvent these challenges?**
- 2. What are 2 things you can do to address these challenges?**



**Journaling Exercise:**

**Let's create some specific goals together.**

**1. What is one specific goal you feel like is reasonable for your to accomplish in the next 6 months?**

**SMART GOAL**

**Specific, Measurable, Attainable, Relevant, Time Bound**

**Journaling Exercise:**

**What will you do when you  
make a “mistake”?**

**1. When you make a mistake or deviate from your  
goal, how will you respond?**

**Journaling Exercise:**

**What can you do to keep yourself inspired?**

- 1. What will you do keep yourself inspired and connected to your vision & values?**
- 2. What do you want to continue to learn more about?**