

The Best and Worst Foods for a Yoga Lifestyle

You can improve your yoga practices by following these eating dos and don'ts

By Christian Kogler



Not all foods are equal if you do yoga

In an ongoing effort to better oneself in one or many of the various styles of yoga, it's important to focus on which foods best promote lightness, strength, and flexibility. As you may know, yoga can have a direct impact on **digestion**, so knowing what's good to eat is vital. At the opposite end of the spectrum, it's also crucial to know which foods can inspire things like indigestion and **inflammation**. We've gone to three different yoga instructors to see which foods and drinks they look to and stay away from in order to get the most out of their practice.

The three instructors we heard from were Katlyn Daoust, Dr. Gabrielle Francis, and Theresa Polley.

Dr. Francis, a naturopathic doctor, practicing yogi, and author of *The Rockstar Remedy*, has practiced holistic medicine for over 33 years. Her practice, in New York City, emphasizes that there are many ways to heal through both natural means and yoga.

Our yogis all practice in different parts of the United States, but their yoga eating dos and don'ts all seem to promote the same message: Lightness is key, **easy digestion** helps, and inflammation can ruin your flow. Click ahead to see what you should and shouldn't eat in order to lead a healthy yoga lifestyle.



Don't: Alcohol

In addition to impairing your senses, alcohol can inspire **inflammation**. Dr. Francis suggests steering clear of **alcohol** in order to maintain a healthy yoga lifestyle.



Don't: Coffee

While **coffee** does provide a boost of caffeine-inspired energy, it may not be the best source of energy for yoga. Dr. Francis warns against the potential **inflammatory properties** of coffee.



Don't: Milk

Dr. Francis warns against drinking **cow's milk** before yoga. In addition to being a common allergen that causes bloating and gas, milk is also believed to inspire inflammation.



Don't: Sugar

Dr. Francis warns against processed sugar. It can inspire inflammation that is detrimental to a good yoga session as well as having **other** negative implications for one's health. Natural sources of sugar such as honey and fruit should be prioritized over their processed relatives.