

Vata (air & ether)

Vata types have the tendency to think quickly, be creative and move from one thing to the next. They get bored easily if they stay on one thing too long. Physically they are always moving. They are sensitive to their environments, changeable, and indecisive.

Obstacles tend to be in the mind, with a tendency to over-analyze, get distracted easily, or feelings of overwhelm, fear, and anxiety arise because they simply go from big ideas, to over-analyzing a situation. Digestion issues, such as gas and bloating. Dry skin.

Focus for vata types, or a vata imbalance is to bring more earth energy into their diets, and daily lifestyle. Anything that is grounding, routine, warming can support them.

Lifestyle recommendations

Establish a consistent sleeping routine by going to bed and waking up at the same time every day. Look for opportunities to create rhythm and routine

Pacifying a Vata Imbalance

Vata can be thought of as cold, dry, airy. Pacifying an imbalance means inviting warm, moist, oily and grounding into your diet.

Imbalances can look like: dry skin, sleeplessness, fear, anxiety,

Food Recommendations

Focus on earth foods with some water: root vegetables, squash, sweet potatoes, parsnip, beets, butternut squash soup, nuts and seeds, grains, mushrooms, coconut meat. Favor healthy fats, and warm foods.

Seasonal

Invite fire foods: spices hot peppers, chilies, garlic, and sour fruits especially during the cold winter months. Coconut water, oils and avocado are also good choices. Drink warming soups, teas, and stir fry.

Stay away from

Cold or raw vegetables including cold smoothies during cold or wet months. Minimize cruciferous vegetables (broccoli, cauliflower, cabbage and brussels sprouts). Most beans except mung. Crackers, chips, popcorn, anything dry and white.

Tastes to focus on: sweet, sour and salty

Fasting not recommended

What to focus on...

Root Vegetables :Pumpkin, Butternut Squash, Acorn Squash, Sweet Potatoes, Beets, Carrots

Greens: cilantro, cooked Spinach, green beans, asparagus, zucchini, okra

Healthy Fats : Coconut oil, Olive oil, Ghee, Black olives, Avocados

Seeds & Nuts: Pumpkin, Walnut, Almonds, Sesame, Pistachios

Dried fruits soaked or cooked: Dates, Figs, Raisins, Prunes

Fruits: stewed apples and pears with cinnamon, ripe berries

Organic Dairy: eggs, cheese, milk, yogurt including non dairy options,

Legumes: Mung beans, soy, lentils, mung dhal

Grains : quinoa, all rice, sprouted wheat breads, mung dahl, red lentils, wild rice

Pitta (fire & water)

Pitta types are typically hard working, ambitious, and do well with routine and schedule. They love planning ahead, and achieving goals. Naturally competitive, you find them either excelling at sports, and athletic endeavours, or as managers, and CEO's.

Obstacles arise, when the fire energy enters into their minds, leading them to become angry or impatient. They have a high standard for themselves, and can sometimes expect others to do the same level of work. Prone to burnout, and forgetting about loved ones and friends, due to their drive and ambition. There is also a propensity to adrenal fatigue, or heartburn.

Focus for Pitta types or imbalances is to slow down, take regular time to rest and establish healthy ways to deal with anger and impatience.

Lifestyle Recommendations

Make time to play
Schedule regular rest periods
Establishing breathing practice to stay calm
Stay cool
Practice non-competitive sports such as yoga

What to focus on...

Ground vegetables :pumpkin, butternut squash, acorn squash, spaghetti squash, sweet potatoes, beets, carrots (cooked)

Vegetables: spinach, green beans, asparagus , zucchini, okra, peppers, cauliflower, broccoli, cabbage, leafy greens, lettuce, kale, parsley. Raw when appropriate.

Healthy Fats : Coconut oil, Olive oil , Black olives, Avocados, flax seed oil,

Seeds & Nuts: Pumpkin, Walnut, Almonds, Sesame, Pistachios

Fruits raw: Sweet apples, berries, cherries (avoid sour), grapes, pears, water melon

Organic Dairy: eggs, ghee, small amounts of milk and soft cheese or home made yogurt

Legumes: Mung beans, soy, lentils, mung dhal, beans (chick peas, black beans etc..)

Grains : quinoa, all rice, sprouted wheat breads, red lentils, wild rice

Pacifying a Pitta imbalance

Pitta can be understood as hot, oily, sharp, smelly. Pacifying an imbalance means inviting coolness and sweetness in.

Pitta imbalances show up as: fever, heart burn, acne, low blood sugar, body heat, sweating, irritability, body odor.

Food Recommendations

Focus on air food with some earth: This can be cooling, such as raw vegetables, salads, juices, and cruciferous vegetables (broccoli, cauliflower, kale). Sweet fruits, honey, cucumber water.

Seasonal:

Invite water foods: Especially during the hot summer months, invite juicy fruits and vegetables , papaya, watermelon, cucumber , zucchini, coconut oil, avocados.

Stay away from

Overly heating spices such as garlic and night-shades such as tomatoes, eggplant and potatoes. Careful not to consume excess dairy (cheese, yogurt) and salt.

Tastes to focus on: sweet, bitter, and astringent

Fasting is recommended one per season

Kapha (earth & water)

Kapha types are natural caregivers, and like to help those around them, often putting the needs of others first. Reliable they can be counted on for support, and make great counsellors, friends.

Obstacles for kapha types or kapha imbalances are often show up as a lack of selfcare. They are so busy ensuring that everyone else is okay that they forget to take time to care for themselves. The tendency to isolate themselves, and keep their sorrows to themselves can lead to a build up of sadness that can lead to depression or heaviness.

Being sedentary and feeling the lack of motivation to exercise is another kapha obstacle. It can look like feeling sluggish, congested, or dull.

Focus for kapha types of imbalances is to bring more action and stimulation into their bodies and mind.

Lifestyle Recommendations

Awaken at sunrise

Create a daily exercise routine

Be spontaneous and try new things

Do invigorating practices, such as sun salutations, or hiking mountains

What to focus on...

Ground vegetables: spaghetti squash, potatoes

Vegetables: spinach, green beans, asparagus, daikon, eggplant, tomato, sprouts, kohlrabi, okra, peppers, cauliflower, broccoli, cabbage, leafy greens, lettuce, kale, parsley. Raw when appropriate.

Healthy Fats : Coconut oil, flax seed oil, ghee

Seeds & Nuts: pumpkin, almonds, sunflower (limit seeds)

Fruits raw: Sweet apples, berries, cherries, grapes, pears,

Organic Dairy: ghee, small amounts of goats milk and soft cheese or home made yogurt

Legumes: Mung beans, soy, lentils, mung dhal, beans (chick peas, black beans etc..)

Grains : quinoa, sprouted wheat breads, red lentils, wild rice

Pacifying a Kapha Imbalance

Kapha can be understood as heavy, dense and moist. Pacifying an imbalance, means introducing lightness, movement, and dryness into your diet

Imbalances can show up as: Cold, cough, flu, congestion, allergies, fatigue, depression, or weight gain.

Food Recommendations

Focus on fire & air foods: Add heating spices such as ginger, cumin, cloves, cinnamon and garlic to foods to promote proper elimination. Along with organic vegetables, and a moderate intake of light/sour fruits (apples, pears, berries).

Seasonal: Favor warm food and teas during cold months.

Stay away from

Avoid dairy and products that cause mucus in the system, foods that are overly rich, dense and sweet (sugary cakes, pastries, pasta, breads, pancakes & oats). Limit other watery foods such as; juicy fruits - mango, watermelon, banana.

Tastes to focus on: pungent, bitter and astringent

It is recommended to fast once per week with light soup, juice and teas