Nature to Balance

an ayurvedic haven for healing

Discover Your Dosha Guidebook

Welcome to my Dosha Guidebook!!

You've already taken an important step that symbolizes your intention to know yourself better. This is great news because Ayurveda, which brings us the doshas, is a powerful self-awareness tool. Enjoy discovering yourself and your unique energy blueprint.



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What is Ayurveda?

Ayurveda is the ultimate map for awakening our healing potential. It is the most complete holistic medical system in the world. As a profound science of life, Ayurveda maintains health and cures disease through adherence to the natural rhythms and cycles in life. It eloquently teaches us that our mind, body and soul are intimately connected and all need to be balanced to achieve perfect health.

Ayurveda is an "inner technology" for contacting the quantum level inside ourselves, which is where we can have the most profound impact for positive change. As a philosophy, it leads us to live in harmony with the basic laws of Nature.

Ayurveda comes out of India over 5,000 years ago from spiritual sages in deep meditation. From this collected wisdom, the Vedas, also comes yoga, meditation and the chakra system, to name a few most are familiar with today.

Ayurveda is timeless and always applicable. The wisdom in Ayurveda is deep and vast, so a wealth of knowledge will still remain to be explored. This will be the foundation to build from.



What is a Dosha?

Let's start with energy. **Everything existing in the Universe is energy.** Energy is vibration with information. Each quanta of energy vibrates at its' own unique speed - giving it specific and unique effects on the energy around it.

Energy is presented as the 5 great elements - space, air, fire, water and earth. From an infinite combination of these 5 elements, everything in the Universe is created.

In Ayurveda, these energies are further categorized into mind/body constitutions we call doshas. **The different doshas are Vata, Pitta and Kapha.** We have all 3 of these doshas present in our bodies and mind, but at a unique and ever-changing amount, depending on the energy we bring in and and the energy around us.



So in summary, every one of us is a unique combination of these 5 great elements, which further organizes into mind/body constitutions called doshas. **This special energetic blueprint is your dosha.**

Sometimes, we have a dominant dosha that really steals the show and needs most of the attention. But often, we can have 2 dominant doshas.

Knowing your dosha makeup enables you to evolve to a more ideal state of health. It gives you an extremely powerful self-awareness tool to help you go through life with more ease and understanding of how to live in your body well.



What's your dosha?



VATA



PITTA



KAPHA

At the time of birth, you were given a unique combination of the 3 doshas. As we go through life, there are some qualities that are static, and there are those that are ever-changing due to the environment around you. On the following pages, you will start to uncover this information about yourself.

On the next page is a dosha quiz. **Circle the choice in each category that describes you best during a time in life when you felt the most healthy and balanced.** Often times, this is when we were in our younger years. This is important because our energetic status shifts all the time due to life and the energy we encounter. We want to uncover your most balanced, vibrant state - typically the state you were born with - your energetic blueprint. We call this your Prakiti in Ayurveda.

When answering these questions, try to answer as honest as you can, rather than answer based on how you would like to be. If you need help making an honest selection, ask a trusted loved one who knows you well.

If there has been any great changes at various times in your life in a particular category, select 'vata' as your answer - change indicates vata. If you feel you could answer the same category in 2 different doshas, circle them both. If you fit all 3, pick the 2 you most identify with.

PHYSICAL MAKEUP	VATA	PITTA	KAPHA
Body Frame	Thin, unusually tall or short	Medium body	Stout, stocky, or large, broad body
Bones	Light, small or prominent joints	Medium bone structure	Heavy, dense bone structure
Body Weight	Low	Moderate	Can be overweight
Skin	Dry, rough, cool	Soft, oily, warm	Thick, oily, cool, pale, glisteing
Hair	Dry, brown, black, coarse, curly, brittle	Soft, fine, often straight, oily, early grey, baldness	Thick, oily, lustrous, wavy
Teeth	Irregular, protruded, crooked, thin gums	Moderate, yellowish teeth, soft gums	Regular, strong, white, healthy
Eyes	Small, brown, black, iris: grey, violet, slate blue	Medium, sharp, penetrating, hazel green, light or electric blue	Big, blue or brown iris, thick eyelashes, calm eyes
Lips	Thin, small, dry	Mediu, soft, red	Thick, large, smooth
Chin	Thin, angular	Tapering	Rounded, double
Neck, Wrist, Ankle	Thin, tall	Medium	Big, folded
Fingers	Thin, long, tapering	Medium	Thick, broad, short
SCORE			

PHYSICAL FUNCTIONS	VATA	PITTA	KAPHA
Endurance	Fair	Good	High
Appetite	Variable, scanty	Good, excessive	Steady, constant
Thirst	Variable	Excessive	Less
Sweat	Low, scanty, no smell	Profuse, hot, strong smell	Moderate, cool, pleasant smell
Sleep	Light, interrupted	Moderate, 6-8 hrs	More than 8 hrs
Speech	Talkative, may ramble	Speaks purposefully	Speaks less cautiously
Elimination	Irregular, dry, hard, gas, constipation	Regular, soft, sometimes loose	Regular, solid, well formed
Physical Activity	Fast and very active	Medium	Slow and steady
Sexual Activity	Lower, variable	Moderate	Good
Weight	Hard to gain, easy to lose	Easy to gain, easy to lose	Easy to gain, hard to lose
Climate Preference	Prefers warm	Prefers cool	Enjoys changes of seasons
Taste preference	Prefers sweet, sour, salty	Prefers sweet, bitter, astringent	Prefers pungent, bitter astringent
Sensitivities	Cold, dryness, wind	Heat, sunlight, fire	Cold, damp
SCORE			

PSYCHOLOGICAL	VATA	PITTA	KAPHA
Mind	Restless, always active	Aggressive, intelligent	Calm
Dreams	Fearful, flying, jumping, running	Fiery, passionate, anger, violence	Watery, rivers, oceans, swimming, romantic
Temperament	Nervous, changeable	Motivated, aggressive	Calm, content, conservative
Faith	Changeable	Determined fanatic	Steady, slow to change
Focus	Easily notices things but easily forgets	Sharp	Slow to take notice but won't forget
Interest, habits	Dancing, artistic activities, communication, spiritual	Competitive ventures, debate, politics	Family and social gatherings, cooking, collecting
Positive emotions	Adaptability	Courage	Love
Negative emotions	Feels fear often	Often afflicted with anger	Attachment
Finances	Spends on trifles	Spends money on luxuries	Good money preserver
Moods	Changes quickly	Changes slowly	Steady, non-changing
Memory	Short-term in best	Good general memory	Long-term is good
SCORE			

Now add up each column.

The highest score is your primary dosha.
The second highest is your secondary dosha.
The lowest score is your tertiary dosha.



Often we have a dual-constitution with 2 competing dominant doshas that we need to skillfully manage.

People with dual constitutions (Vata-Pitta, Pitta-Kapha and Vata Kapha) have personalities and qualities which are always in a sense "split". Under certain conditions, one dosha will predominate and under other circumstances the other dosha comes to the forefront. **It is usually best to manage a dual dosha according to the season**. We will explore that idea more as we go.

Now let's take a close look at each dosha and the qualities they express so that you're able to start using this amazing tool!

VATA
Air & Space
“Changeable”



Qualities of Air & Space	Manifestation in the Body & Mind
Dry	Dry skin, hair, lips, tongue, scant sweat, receding gums, dry bowels, hoarse voice, fear
Light	Light body, light bones, light sleep, feels insecure
Cold	Cold hands, cold feet, poor circulation, sensitive to cold, stiffness
Mobile	Excessive activity, restless eyes, unstable joints, changes mind & mood quickly, many dreams, loves traveling, scattered mind
Rough	Rough skin, rough-textured cracked nails, rough callused feet, cracking joints
Clear	Clarity of understanding, clairvoyant, experiences void and loneliness
Subtle	Spaciness, ungroundedness, instability, prominent blood vessels due to little fat, anxiety

VATA

Air & Space
"Changeable"
Mind ~ Expansive
Body ~ Slender
Imbalances ~ Anxiety, Digestion



Mentally ~ vatas are creative, intuitive, sensitive and spontaneous. They learn very quickly, but also forget as quick. They have an expansive imagination that allows them to think outside the box, but this imagination can also lead them to worry about future concerns. Vatas love excitement and constant change. Their mental acumen gives them an unquenchable need for new experiences and challenges, and therefore, they get bored very easily. They're always on the go, so sitting still for them is a challenge. Vatas are drawn to creative activities that bring in movement and expansion like spirituality, travel, music, dance and art.

Physically ~ vatas have a light, thin build and usually find it difficult to gain weight. The qualities of air and space lend to dry thin skin, dry hair and coldness in the body. Due to their heightened nervous system, they walk and talk fast and perform activities quickly. They get bursts of energy but they can exhaust easily. They are light sleepers and have irregular hunger and digestion due to the ever changeable qualities of air and space.

Prone to ~ insomnia, anxiety, constipation, nervous stomach, dehydration, coldness, hypersensitivity, premature aging, chronic pain

Vata needs: ~ stillness, routine and oily hydration
Regular habits, regular meals, quiet solitude, reduce stress, ample sleep, stay warm, sesame oil massages, breath deep, warm cooked foods, meditation & time in Nature to ground

PITTA

Fire & Water

“Intense”



Qualities of Fire & Water	Manifestation in the Body & Mind
Hot	Strong digestion and appetite, higher body temperature, quick to anger
Sharp	Sharp mind, eyes, nails, teeth, memory, confident
Oily	Soft, oily skin, nails, stools, prone to acne
Liquid	Frequent urination, watery stools, excessive sweating
Light	Hypoglycemia, intolerance to bright light
Penetrating	Penetrating gaze, inflammation, competitive
Spreading	Hives, rash, acne, red complexion, other skin conditions

PITTA

Fire & Water
"Intense"
Mind ~ Driven
Body ~ Athletic
Imbalance ~ Impatient, Inflammation



Mentally ~ pittas have a very sharp intellect with precise and articulate speech. They walk with a determined stride, as they are very driven to reach goals in a timely and organized manner. This makes them natural born leaders that thrive in competitive environments, but they can be very demanding and short-tempered if others don't follow through with the same quality pitta brings. They can be bold, outspoken, impatient and argumentative. Pittas enjoy the limelight, competition, athletics, business and networking.

Physically ~ pittas have an athletic body, medium build, good endurance and intense focus that allows them to thrive at competitive sports and athletics. The fire quality lends to a very strong digestion, appetite and thirst. If they skip meals, they get hypoglycemic and very irritable. They have an aversion to heat and sun due to their typically light eyes and red, irritated complexion.

Prone to ~ inflammation, acidity, skin sensitivities, fevers, loose bowels, burn out, workaholic tendencies, irritability

Pitta needs ~ stay cool, collected and everything in moderation
Schedule chill time daily, moonbathe, massage with coconut oil, don't skip meals, cooling foods & drinks, surrender rather than controlling, meditate & spend time in Natures

KAPHA

Earth & Water

“Relaxed”

Qualities of Earth & Water	Manifestation in the Body & Mind
Heavy	Heavy muscles, bones & flesh, depression, prone to weight gain
Slow	Move slowly, walk slowly, slow digestion & metabolism
Cold	Cool, clammy skin, feels cold
Oily	Oily hair, skin and stool, well-lubricated joints, excessive mucus secretions
Soft	Soft skin & hair, gentle, calm nature
Dense	Water retention, thick dense hair, well-defined tissue, thickset body
Static	Sedentary, grounded, stable, habitual, loves to sleep

KAPHA

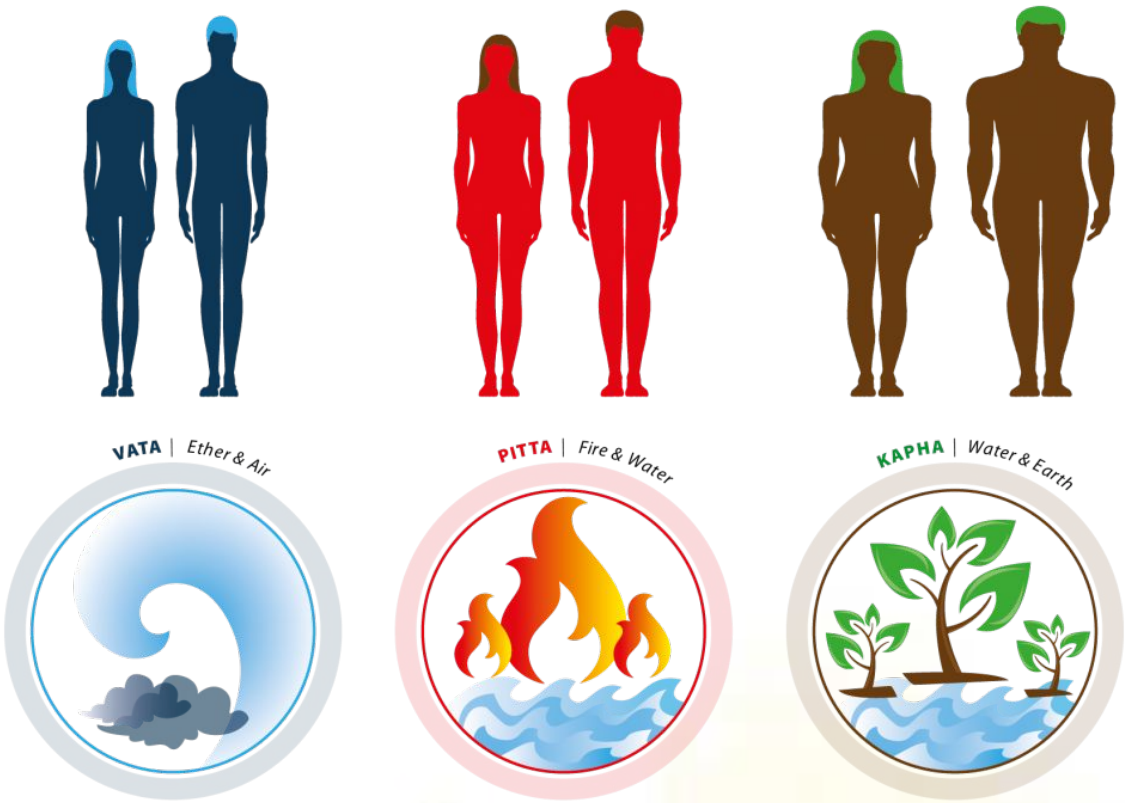
Earth & Water
"Relaxed"
Mind ~ Calm
Body ~ Rounded
Imbalance ~ Depression, Weight Gain

Mentally ~ kaphas are tranquil, relaxed, affectionate, tolerant and stable. They love routine, don't like change, but this can lead to possessiveness and attachment, which can cause depression. They are slow to grasp new information, but have an amazing retentive memory. Kaphas are peacekeepers and are slow to anger. They are homebodies and don't like to move. They would rather be home cooking, enjoying food or gathering with loved ones.

Physically ~ kaphas have a solid build with great strength and endurance. Their steady energy is great for vigorous and long-distance exercise, yet they prefer to be still. They have beautiful, well-developed features and a smooth, harmonious voice. They are slow and graceful in action and this translates into a slow digestion and metabolism, mild appetite and heavy, prolonged sleep. This can cause weight gain and depression.

Prone to ~ Depression, possessiveness, respiratory ailments, weight gain, fluid retention, allergies, mucus and congestion

Kapha needs ~ wake up early and move
Break out of routine, vigorous exercise, sip hot ginger tea, light spiced meals, dry-brush your body, declutter your space, time in Nature to refresh & lighten up



Now that you have a more translucent picture of the single dosha constitutions, let's take a closer look at **dual-doshas** ~ when you have 2 doshas that are dominant (the score from the quiz in 2 different doshas is very close). This is quite common.

On the next few pages, I will give you examples of what these dual-doshas can manifest as, but remember, **there truly is no one out there like you!** You are a unique ratio of these 3 doshas which can be likened to the idea that there is an infinite amount of colors you can make in the Universe.

Consider these examples as a way to further illuminate on the **tendencies, strengths and vulnerabilities of each dosha**. As your understanding of your constitution expands, your ability to use these insights will also improve.

VATA - PITTA





Mentally ~ VPs are constantly full of creative ideas. They are friendly and ambitious, and tend to be more diligent and sharper of intellect than pure vatas. They have vision, are a go-getter and meet their interests with a fiery passion. They are less likely to have vata extremes, but they are permanently under pressure as they define themselves by a very strong internal tension which can lead to stress and burnout. They have a tendency towards both fear and anger when imbalanced.

Physically ~ VPs generally have a thin to medium build, and they're not as physically fragile as vatas as they gain their overall stability in their constitution from pitta. They are agile and quick-moving like vatas, and can have a stronger digestion with greater tolerance for cold. They are prone to digestive disorders, heartburn and inflammation due to the vata air quality fanning the fiery pitta quality.

Balancing act ~ Fall & Winter - follow a vata diet
Spring & Summer - follow a pitta diet

Most balancing taste ~ sweet

Least balancing taste ~ pungent

PITTA - VATA



Mentally ~ PVs are fun-loving, passionate and intense. They are often more assertive than VPs. They welcome challenge and tackle problems with aggression and enthusiasm. They are a go-getter and know how to get things done. They have a tendency to over-commit and over-extend leaving them feeling depleted and stressed. When out of balance and under stress, they are tense, hard-driven and insecure. Cardiologists warn about the downside of this Type A constitution. Therefore, stress relief practices are imperative for this dosha.

Physically ~ PVs tend to have a medium build and are stronger and have more muscle. They move quick and have good stamina. They have a stronger digestion compared to VPs or vatas, but they have a tendency to eat on the go and multi-task which can disrupt digestion. They are prone to heartburn, skin issues and inflammation due to their fiery nature.

Balancing act ~ Fall & Winter - follow a vata diet
Spring & Summer - follow a pitta diet

Most balancing taste ~ sweet

Least balancing taste ~ pungent

PITTA - KAPHA



Mentally ~ PKs combine kapha stability with pitta force for good concentration and memory but have a tendency towards anger and criticism. This dosha is very resilient, robust, hard-working and dependable. This strength allows them to assume leadership roles and their perseverance, grounded nature and impressive stamina allows them to see through to the end of long-term projects. PKs can be highly critical of others and themselves when in an overly perfectionist mood.

Physically ~ PKs have a stronger build and more muscle compared to pure pitta - may be lean or well-developed. This is a great body type for athletes as they have pitta focus and energy and kapha endurance. This dosha can not miss a meal. They can have intermittent emotional eating tendencies which could lead to a sluggish digestion. With their typically strong pitta digestion and kapha resistance, they generally experience excellent health.

Balancing act ~ Summer through early Winter - follow a pitta diet
Early Winter through Spring - follow a kapha diet

Tastes that balance both ~ bitter & astringent

Tastes that aggravate both ~ sour & salty

KAPHA - PITTA





Mentally ~ KPs can have good concentration and memory. They are clever and insightful and have articulate speech. KPs have a grounded, calm and steady nature and an impressive stamina. They are hard-working and dependable, and sometimes can be highly critical of others and themselves when in an overly perfectionist mood.

Physically ~ KPs have a well-proportioned and moderately-sized frame with good muscle tone but a higher fat ratio than PKs. They are rounder in the face, move slower and are more relaxed. They may naturally carry a few extra pounds most of the time. KPs have a reliable appetite and a passion for food, but can experience a sluggish digestion. KP is generally a sturdy dosha and has good overall health.

Balancing act ~ Summer through early Winter - follow a pitta diet
Early Winter through Spring - follow a kapha diet

Tastes that balance both ~ bitter & astringent

Tastes that aggravate both ~ sour & salty

KAPHA - VATA





Mentally ~ KVs are gentle, tolerant and sensitive. Innate in their makeup is opposition - with the calm demeanor and resistance to change kapha combined with the excitable, spontaneous and expansive vata. They can be creative, yet stable which can make them very powerful change makers. Their opposing qualities can foster internal conflicts and depression.

Physically ~ KVs frame can vary like VK but they are more solidly built. KVs are both cold doshas so they are very sensitive to cold and dislike cold weather. They have an irregular, cold, and even slower digestion than VK which spells digestive issues. They have a muted appetite and could tend towards constipation.

Balancing act ~ Summer & Fall - follow a vata diet
Winter & Spring - follow a kapha diet

Balance both ~ warm, cooked foods

Aggravate both ~ cold, hard to digest foods

VATA - KAPHA





Mentally ~ VKs have an inner stability and are even-tempered with a peaceful, calm nature due to Kapha. Vata brings in creativity and stimulation. They have a high level of enthusiasm, compassion and sensitivity. They can be quick and efficient when action is needed, but they can be procrastinators. Under stress they might show some of the vata anxiety. The opposing qualities of kapha and vata can foster internal conflicts like depression and lack of focus.

Physically ~ VKs build can vary. They can be either small and delicate or sturdy and athletic. VKs are both cold doshas so they are very sensitive to cold and dislike cold weather. They have an irregular, cold, slow digestion which spells digestive issues.

Balancing act ~ Summer & Fall - follow a vata diet
Winter & Spring - follow a kapha diet

Balance both ~ warm, cooked foods

Aggravate both ~ cold, hard to digest foods

Now it's time to put this to real use!

Knowing **your dosha**, your energetic blueprint, is like having **a compass and a set of instructions for deep self-care of your body, mind and spirit**. It allows us to become mindful of what types of energy are best to let in so that we have the power to truly balance ourselves.

It gives us our true north - the ability to always come back to our life-given dominant dosha (prakriti), as this is the state that will serve us best.

The place that we have the **biggest opportunity to manage our energetic blueprint - is with diet**. We alone decide what we put in our mouth, and just like anything, **all foods have their own unique energy**. We can literally transform our energetic status from the foods we eat.

This doesn't change your life-given dominant dosha, but it helps pacify and balance those tendencies and weaknesses inherent within each dosha.

We can alleviate these drawbacks by choosing the right diet.

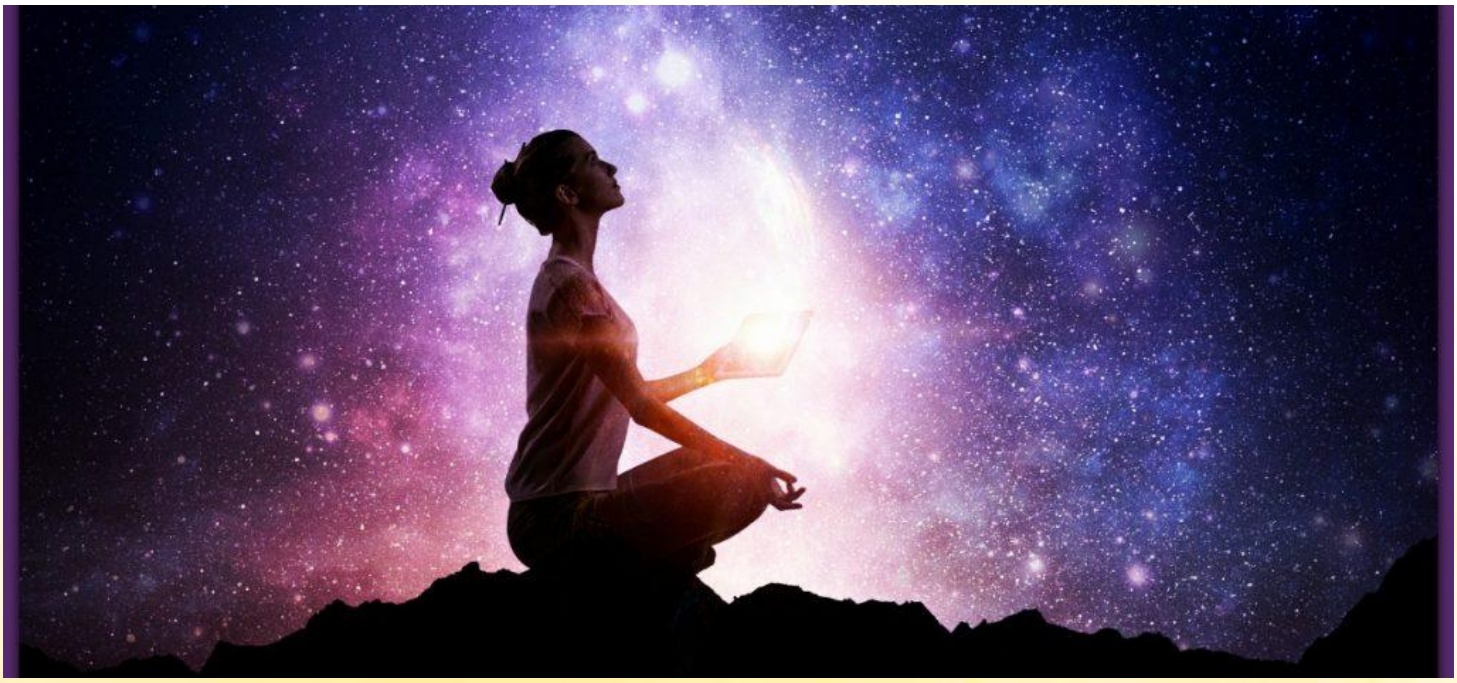


In addition to choosing the right diet, we can also have a great impact by following the **appropriate lifestyle practices and daily routines that suit our energetic blueprint**.

As I first mentioned in the beginning of this guidebook, everything is a unique vibration of energy, therefore **everything we do, eat and think has an effect on our energy**.

Think of all the possibilities that we have here!!

Reality check ~
we have a lot of power to
create our experience in life!!



The following pages will give you diet, lifestyle practices and a daily routine (dinacharya) for each dominant dosha to arm you with the right instructions and compass to make your way….

VATA Diet & Dinacharya



Intention ~ stay lubricated, grounded & in a routine

Balancing Tastes: sweet, sour, salty

Pacifying Herbs: ginger, garlic, cinnamon, sea salt, black pepper

More: warm, cooked, oily, moist, spiced, grounding foods including oils, soups, stews, heavier whole grains, sweet & sour fruits, cooked or steamed veggies, root veggies, stir-fries, curries, some lentils, roasted nuts, some dairy & meat, plenty of water & herbal teas (licorice, fennel, ashwagandha, ginger)

Less: cold, dry, rough, raw foods like salads, crackers, chips, granola, iced & carbonated drinks, refined sugar, stimulants like caffeine, chocolate

Morning Ritual Starting the day with routine self-care practices allows you to check in with how you're feeling and center yourself - a critical habit for vata	• Wake up with the sunrise • Scrape your tongue • Empty your bowels • Drink a glass of warm/hot water • Light exercise (walk outside, yoga) • Meditation
Breakfast - within an hour of rising Vata needs breakfast as a way to ground their energy in the morning, otherwise it will cause a scattered mind, digestive discomfort and a dip in energy as the morning unfolds. A warm, fresh-cooked medium-sized meal always best here to soothe this cold, sensitive digestion.	• Whole grain hot cereal with nut milk, ghee, maple syrup, ground flax, chia seeds, raisins, warming spices like cinnamon, ginger, cloves, nutmeg • Eggs cooked with ghee/oil, sauteed greens, pine nuts, avocado • Almond date shake w/cinnamon • Baked sweet potato with ghee/oil, cinnamon and nutmeg

VATA Diet & Dinacharya

Lunch - biggest meal of the day This is considered the main meal in Ayurveda. The sun is highest in the sky, therefore the digestive fire is the strongest. This is the meal you could have harder to digest foods if you so choose - meats, dairy, raw - but make sure to balance that out with warm digestive tea after and a warm, cooked meal for dinner. Don't forget to eat lunch - vata needs grounding!	• Traditional kitchadi (split yellow mung dal with basmati rice or quinoa) • Spiced whole grains with steamed/sauteed veggies, protein (lentils, beans, tofu, meat) • A hearty warm salad with generous oily dressing, black pepper, dill, parsley, cilantro (include a protein like nuts, beans, meat)
Dinner - lightest meal In Ayurveda, dinner is the last opportunity to get nourishment for the day, as evening snacks are not beneficial. As melatonin increases in the early evening, our body starts preparing for rest, so food needs to be fully digested to get high-quality sleep and to allow our gut to detox overnight. This meal should be the lightest, easiest to digest and ideally 3 hours before bed. Fasting for 12 hours between your last meal of the day and breakfast is an Ayurvedic staple to support healthy digestion.	• Sweet potato/squash with ghee and maple syrup, cinnamon and nutmeg • Rice with sauteed veggies with warming spices like cumin, ginger, black pepper, garlic • Gluten free pasta and sauteed veggies w ghee/oil, garlic, black pepper, fresh herbs • Light soup, stews and curries are great here
Evening Ritual Vata needs the most rest, and yet has the hardest time winding down and staying asleep due to their heightened nervous system. Having rituals at night allow the body and mind to transition into a calmer state. Some ways to do that:	• Reduce screen time by 9pm • Warm, herbal relaxing tea (1 - 2 hours before sleep to empty bladder) chamomile, lavender, skullcap, fennel, kava kava, ashwagandha, valerian • Whole body or foot massage with warm sesame oil to help bring the energy down and calm the nervous system • Light reading if desired • Yoga Nidra • Bed by 10pm

PITTA Diet & Dinacharya

Intention ~ stay cool & collected, everything in moderation

Balancing Tastes: sweet, bitter, astringent

Pacifying Herbs: dill, fennel, cardamom, cilantro, coriander, saffron

More: cooling, bitter grounding foods including grains, legumes, ghee, bitter veggies - both cooked & raw, sweet cooling astringent fruits, some white meat & freshwater fish, cooling spices, natural sweeteners, coconut water, aloe vera juice, plenty of water & cooling herbal teas (mint, chamomile, fennel, lemon balm)

Less: warming, sour, salty, oily foods like heating spices, citrus & sour fruits, fermented foods, refined sugars, nuts, nightshades, sour cream, alcohol, caffeine

Morning Ritual Starting the day with routine self-care practices allows you to check in with how you're feeling and center yourself - a critical habit for pitta.	• Wake up with the sunrise • Scrape your tongue • Empty your bowels • Drink a glass of room temperature water • Moderate exercise (walk outside, swim, yoga) • Meditation
Breakfast - within an hour of rising Pitta needs a hearty breakfast as their digestive fire is very active and they will be hungry, otherwise all that heat will have to dissipate into other parts of the body causing inflammation and also aggravation of the mind. A sweet meal offering sustained energy is helpful to soothe this hot, aggressive digestion.	• Whole grain cereal with nut/dairy milk, chopped dates, ghee, maple syrup, raisins, coconut, cooling spice like cardamom, a pinch of ginger • Egg white & vegetable omelet served with avocado and whole grain toast • Hearty fruit salad (apples, pears, grapes, blueberries) with raisins and shredded coconut • Date & almond shake with cardamom and a pinch of cinnamon

PITTA Diet & Dinacharya



Lunch - biggest meal of the day This is considered the main meal in Ayurveda. The sun is highest in the sky, therefore the digestive fire is the strongest. This is the meal you could have harder to digest foods if you so choose - meats, dairy, raw - but make sure to balance that out with warm digestive tea after and a warm, cooked meal for dinner. Don't skip here - pitta will get more intense and hot if they don't eat - hangry we say!	• Whole grains with steamed/sauteed veggies, add a protein (lentils, beans, tofu, meat) • Whole wheat pesto pasta with fresh vegetables garnished with olive oil and cilantro, add a protein • Veggie (or turkey) burger with lettuce, avocado and a side of baked sweet potato coins
Dinner - lightest meal In Ayurveda, dinner is the last opportunity to get nourishment for the day, as evening snacks are not beneficial. As melatonin increases in the early evening, our body starts preparing for rest, so food needs to be fully digested to get high-quality sleep and to allow our gut to detox overnight. This meal should be the lightest, easiest to digest and ideally 3 hours before bed. Fasting for 12 hours between your last meal of the day and breakfast is an Ayurvedic staple to support healthy digestion.	• Green mung beans, basmati rice and roasted asparagus with dill • Quinoa with sauteed veggies with cooling spices like dill, cilantro, parsley • Tofu and steamed greens over wild rice with fresh-squeezed lime and coriander • Light soup, stews and cooling curries are great here
Evening Ritual Pitta has intense focus and drive, so being able to turn that down in the evening is critical for quality sleep. Having rituals at night allow the body and mind to transition into a calmer state. Some ways to do that:	• Reduce screen time by 9pm • Relaxing tea at least an hour before sleep to empty bladder - chamomile, lavender, skullcap, valerian • Whole body or foot massage with coconut oil to help bring the energy down and calm the nervous system • Light reading if desired • Yoga Nidra • Bed between 10 - 11pm

KAPHA Diet & Dinacharya

Intention ~ get up early & move

Balancing Tastes: bitter, pungent, astringent

Pacifying Herbs: garlic, ginger, cumin, black pepper, cloves, turmeric and cayenne (most herbs except salt are great for kapha)

More: light on the grains (options: corn, millet, rye, buckwheat), light astringent fruits (apples, pears, cranberries, pomegranates), lightly steamed & spiced vegetables, legumes, pumpkin & sunflower seeds, honey as a sweetener, hot spicy drinks like ginger tea or chai

Less: cold, heavy, oily, salty foods like heavy grains (wheat, oats, rice), dairy, oils, meats, most sweeteners, most nuts, fruit juices and iced drinks, sugar, salt, only drink water when thirsty

Morning Ritual Kapha stays balanced best when it wakes before sunrise during the vata time of morning (2 -6 am). Taking advantage of this stimulated energy allows Kapha to be more productive. Vigorous exercise between 6 - 10 am also helps counteract the heavy kapha energy present at that time.	• Wake up before the sunrise • Scrape your tongue • Empty your bowels • Drink a glass of warm/hot water with fresh-squeezed lemon • Meditation • Vigorous exercise (bike, hike)
Breakfast - light or skip it entirely Kapha digestion is very slow and cold, therefore often there is little appetite upon awakening until a few hours pass. Skipping breakfast is quite normal here and often kapha types have just two meals a day. Starting the day with just a heating drink like ginger tea and sipping this between meals is a great way to warm up this cold digestion.	• A stewed apple with heating spices like cinnamon, cloves & ginger • Fresh fruit (apples, pears, berries, mango) • Muesli with warm rice milk, cinnamon, ginger and rye toast • Herbal, green or black tea with honey

KAPHA Diet & Dinacharya

Lunch - biggest meal of the day This is considered the main meal in Ayurveda. The sun is highest in the sky, therefore the digestive fire is the strongest. This is the meal you could have harder to digest foods if you so choose - meats, dairy, raw - but make sure to balance that out with warm digestive tea after and a warm, cooked meal for dinner. Kaphas diet should be loaded with vegetables more than anything. They make fantastic vegans & vegetarians as this diet truly balances them.	• Red lentils with heating spices (ginger, turmeric, cumin, black pepper, cayenne), steamed kale with fresh-squeezed lemon • Vegetable soup with heating spices (ginger, turmeric, mustard seed) with a slice of rye toast • Saffron asparagus kitchari, sauteed dandelion greens with lemon, mint and black pepper
Dinner - lightest meal In Ayurveda, dinner is the last opportunity to get nourishment for the day, as evening snacks are not beneficial. As melatonin increases in the early evening, our body starts preparing for rest, so food needs to be fully digested to get high-quality sleep and to allow our gut to detox overnight. This meal should be the lightest, easiest to digest and ideally 3 hours before bed. Fasting for 12 hours between your last meal of the day and breakfast is an Ayurvedic staple to support healthy digestion. For Kapha this is critical.	• Moroccan Lentil, chickpea & kale soup • Steamed veggies, a side of quinoa with heating spices like black pepper, cumin, garlic, ginger, turmeric • Spicy tofu and steamed greens • Light soup and heating curries are great here
Evening Ritual Kapha is the most relaxed dosha of them all. Calming down in the evening is natural for them. The challenge is to make sure there is no heavy meals and late-night snacking occuring at this time. They require the least amount of sleep. Some ways to do that:	• Reduce screen time by 9pm • Sipping ginger turmeric tea with some honey helps support digestion after dinner • An evening walk • Meditation • Bed between 11-12 pm

Your dosha is a tool to empower yourself as the healer. You are the highest qualified to sense the energies around you and how they affect you. It's truly an art to the science.



You are the artist and the masterpiece simultaneously.

So, I hope you have enjoyed discovering more about yourself. But know this, it is just the beginning - truly just the tip of the iceberg!

As this guidebook contains general diet and lifestyle recommendations, Ayurveda's specialty is catering explicitly to each unique individual.

There are many additional layers that can take you to a deeper, more subtle understanding of yourself. Accounting for the change of seasons and time of life, as this also shifts our energy status, is just a taste of those layers .

Ayurveda can offer you increased energy, awaken your intuition, heal long-standing imbalances and uncover your authentic self for true bliss.

If you'd like my guidance on this deeper journey I speak of, please reach out to me and I'd be honored to show you all the ways….



With much love ~ Tracyann

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