

AYURVEDIC EBOOK

*Ayurveda Tip Sheet
Learn About Your Dosha
Lifestyle Practices for Health and Wellness*

LUV YOURSELF

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Hello Love,

Luv Yourself's mission is to spread the wisdom of Ayurveda, and to show how these ancient teachings can be applied in the modern world. This eBook will give you a brief introduction to Ayurveda to help you get started on your healing journey.

The beauty of Ayurveda is that it recognizes that each person is unique, and so it is a customized approach to wellness versus a one-size fits all approach. Ayurveda is considered one of the oldest healing sciences, originating in India 5,000 years ago. The word Ayurveda literally translates to the "Science of Life."

Health defined by Ayurveda means that your body is free of disease. Each individual has a constitution that is unique to him or her, and movement away from one's true nature brings about disease. Ayurveda is a science of making lifestyle choices that keep the body in homeostasis.

Each day we face numerous challenges to our health. Some stem from personal choices that we make - our diet, lifestyle, lack of exercise, unprocessed emotions, and undue stress. Others from exposures to toxins in our water and air, pollution, harmful chemicals in our food supply, viruses, bacteria and other pathogens. All of these factors can throw us out of homeostasis, and so it takes a concerted effort to stay centered.

Our own choices are oftentimes at the heart of our imbalances. One of the most important things you can do from an Ayurvedic perspective is create a daily rhythm or routine that supports your body type (dosha). Our daily routines shift with each season and with different stages of life. Aligning yourself to your lifestyle be it raising a family, earning a living, connecting with community, finding love - all of these factors contribute to your overall health picture.

Living your life in accordance with your true nature, gifts, talents, contributions, and purpose is at the heart of being healthy and living a vibrant life. Provided in this Ebook is a Healthy Lifestyle Tip Sheet, Ayurvedic Questionnaire, and information about the three Doshas or Body Types. If you wish to learn more, you may enjoy my self-mastery course, "The Alchemy and Art of Loving Yourself - A Journey Into Ayurvedic Healing." It is a ten week course to learn how to approach health from a disease prevention approach versus disease treatment approach.

Love and light,

Paige Pearman, Luv Yourself

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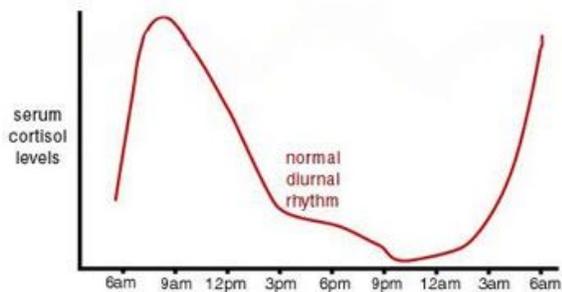
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DIURNAL RHYTHM & THE AYURVEDIC CLOCK

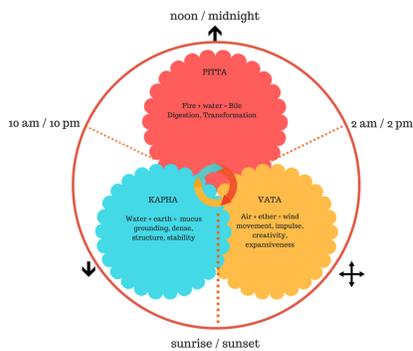
Your Body has a natural diurnal rhythm. When you work against your daily rhythm, you are literally working against your body. If your cortisol levels go outside of this natural range, you make your body sick. Ayurveda knew this 5,000 years ago, when the Ayurveda clock was created. The clock chart below conveys the energy dominant during different times of day.

- Vata, air and ether energy (2 - 6 am/pm)
- Kapha, earth and water energy (6 - 10 am/pm)
- Pitta, transforming fire energy (10- 2 am/pm)

Diurnal Rhythm Chart



Ayurvedic Clock



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AYURVEDIC DAILY RHYTHM TIP SHEET

Morning 6 - 10 am

- Wake up preferably before the sun
- Scrape your tongue before brushing your teeth
- Drink 2 cups of hot water (with lemon or ginger) to increase alkalinity if desired
- Full elimination of bowels within an hour
- Exercise for 20 minutes breathing through your nose
- Meditate (at least 5 minutes)
- Lymph brush and massage your body with oil (before or after shower)
- Eat a whole foods breakfast, preferably plant based smoothies

Mid-day 10 - 2 pm

- Eat your largest meal in the middle of the day in a quiet atmosphere. Drink water or warm tea between meals.
- Avoid rushing, worrying or overeating.

Afternoon/Evening 2 - 6 pm (Vata Time)

- Quit work before 6 pm (unplug from the day)
- Treat yourself with loving kindness. Cultivate gratitude and ease.

Evening 6 - 10 (Kapha Time)

- Eat a light meal in the evening.
- Go for a walk or evening meditation.
- Engage in activities that bring you joy.
- Take a warm bath, read or journal
- Avoid blue light and electronics at night
- Retire before 10 pm

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PRAKRITI

At the time of your birth, a unique energetic blueprint was formed to describe your constitution. Biology calls this the genetic code, **Ayurveda calls it Prakruti**. Prakruti is the key to your health. Knowing your constitution and living in harmony with it is living a healthy life. Fortunately, the three doshas, forces of nature, provide a language for understanding Prakruti. Every body is composed of all three of the doshas – Vata, Pitta, and Kapha.

For most people, two doshas are predominant. Yet, for some, one dosha dominates or the three are mostly balanced. As a simplification, there are said to be 10 Prakritis: Vata, Pitta, Kapha, Vata-Pitta (or Pitta-Vata), Vata-Kapha (or Kapha-Vata), Pitta-Kapha (or Kapha-Pitta), and Tridoshic.

The below Prakruti Questionnaire is designed to initiate your journey into self-discovery. The Ayurvedic Prakruti Questionnaire does not substitute an Ayurvedic Coaching appointment to learn your accurate dosha. For a FREE coaching call setup one through our website or call (502) 641-6101.

Instructions

Under each category, check the option(s) that most resemble you. This is a prakruti questionnaire, so think about your childhood and when you're most feeling like yourself. Mark the most fitting answer for each question.

1. My Skeletal Frame is:

- A. I have bigger bones with broad shoulders and hips
- B. Long narrow and slight
- C. Medium in size and proportional

2. My Skin is:

- A. Dry, rough, thin or transparent
- B. Oily and sensitive
- C. Smooth, slight oily and thick

3. My weight is:

- A. Underweight, I lose weight easily, but often struggle to gain weight
- B. Stocky and often at least slightly overweight, I gain weight quite easily and often struggle to lose weight
- C. Steady consistent with a medium build, I am never rail thin or overly stocky

4. My favorite climate is:

- A. Cool and dry
- B. Warm and dry
- C. Warm and humid

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5. Throughout my life, my body temperature tends to be:

- A. Warm or hot, my hands and feet are warm to touch, and I actively seek out cooler environments
- B. Cold, my hands and feet are usually cold to touch, I regularly make choices to keep myself comfortable
- C. Cool, my skin can be clammy to touch, though I am not especially aware of making choices in order to maintain a comfortable body temperature

6. As a child and young adult I was often told I was one or more of the following:

- A. Creative, imaginative, enthusiastic, or excitable
- B. Smart, disciplined, ambitious and wise
- C. Gentle, warm, loving or compassionate

7. I especially enjoy:

- A. Rest, relaxation, I prefer to be idle rather than active
- B. Change, I love travel and adventure
- C. Physical and intellectual challenges, I have a natural competitive nature

8. When I sleep, I:

- A. I am a light sleeper, and I move around a lot in my sleep often waking up in the middle of the night.
- B. I sleep like a Queen or King, deeply, and undisturbed
- C. I sleep pretty well, if I wake up in the middle of the night, I have no problems generally getting back to sleep. I sometimes have a hard time going to sleep when there is a lot of work to be done.

9. My stamina is:

- A. Delicate and easily exhausted
- B. Moderate, but my will is strong and I'm capable of pushing myself when necessary
- C. Impressive, but I prefer not to test it

10. My mind is naturally:

- A. Bright, focused and driven
- B. Calm, steady and loyal, I am not easily ruffled
- C. Expansive and adaptable to change

11. As a learner, I am:

- A. Quick to learn, but quick to forget
- B. Sharp, quick and studious
- C. Slower to learn, but once I learn something, my retention is excellent.

12. Throughout my life, my digestion has been:

- A. Hyperactive
- B. Irregular, gas and bloating
- C. Slow, prolonged, indigestion

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VIKRITI

Vikriti is the nature of your current health imbalance. "Vikriti" means after creation. It is the state of the three doshas (vata, pitta and kapha) after conception. It is how the doshas are currently expressing themselves in the body and the mind. In an optimal environment, the vikriti and the prakriti are the same. In this state tendencies exist in the body and the mind, but are not expressing themselves in a manner that is causing disturbances. To determine your vikriti, base your choices on how you have been feeling recently (over the past month or two)! Sometimes it helps to have your friend or loved one ask the questions and fill in the answers for you, as they may be more impartial. Add up the number of marks under vata, pitta, and kapha in the key to compare your vikriti (current imbalance) to your prakriti (original nature). This questionnaire will help you discover your current imbalanced doshas, some people are out of balance in one, two or all three doshas.

The below Vikriti Questionnaire is designed to initiate your journey into self-discovery. The Ayurvedic Vikriti Questionnaire does not substitute an Ayurvedic Coaching appointment to learn your accurate dosha. For a FREE coaching call setup one through our website or call (502) 641-6101.

1. My Memory is:

- A. Acute memory but short and variable recall; short attention span
- B. Reasonably good memory; when impatient lose short term memory
- C. Long memory, never forget; may be slow or unwilling to recollect

2. My sleep is:

- A. Moderate sleeper; can easily sleep; alert even without a good sleep; sometimes wake up and not able to go back to sleep
- B. Not able to go to sleep early; snoring may disturb sleep; difficulty waking up early; deep and long sleep that is rarely broken; can sleep a lot
- C. Can have trouble falling asleep, lying awake in bed; rarely feel rested; restless in bed

3. How is your skin usually?

- A. Oily prone to skin problems; sensitive
- B. Dry; scaly; wrinkles; loose
- C. Moist; taut and smooth

4. My sweat is?

- A. Sweat a lot
- B. Minimal to none
- C. Takes a long time to sweat - skin cool and clammy

5. How is your speech?

- A. Slow and deliberate, domineering speech, speak calmly with an attitude of caring

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- B. Incoherent; fast; talkative, incomplete sentences, loss of voice, good orator, knowledgeable speaker
- C. Short and sharp, aggressive, direct, may use swear words, bold, intelligent and fearless speech

6. When things aren't going the way I want, I usually respond with?

- A. Stay calm, complacent, get angry slowly
- B. Worry, am anxious, moody, and emotional
- C. Get angry and irritated

7. My lips are?

- A. Thin and dark
- B. Soft, pink, red, or yellowish
- C. Oily and smooth, large, thick and firm, pale

8. What is your energy like?

- A. Lots of energy - sometimes too much, competitive; driven to achieve goals, can burn out
- B. Short bursts of energy and activity, 'crash and burn'; think, speak and move quickly
- C. Hard to get started but then have prolonged stamina; move slowly; graceful; relaxed and reliable worker

9. My preferred weather is?

- A. I dislike weather that is cool and damp. I tolerate extremes well
- B. I dislike weather that is cold, windy, dry. I am comfortable in the heat
- C. I dislike weather that is hot, with strong sun. I perspire easily. I thrive in winter

10. What are your bowel movements like lately?

- A. Constipated (urge to move but unable to or stool is hard and difficult to pass); lot of air
- B. Loose broken soft stool
- C. Consistent but slow movements; may be mucus in stool

11. My voice is?

- A. Medium pitched, sharp
- B. High pitched, fast, dissonant, weeping
- C. Low pitched, melodious, slow, monotone, pleasant, deep

12. What is your appetite like lately?

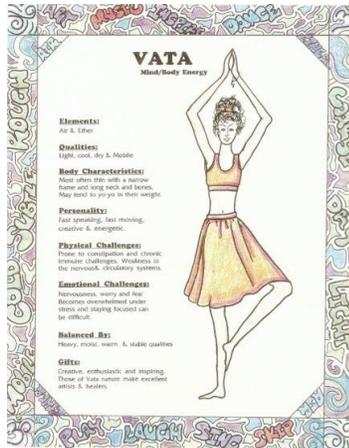
- A. Emotional eater; like 'comfort' food; no discomfort if miss meals; enjoy gourmet meals
- B. Good appetite; enjoy eating, sharp hunger and must eat immediately or can get angry
- C. Not really hungry, may forget to eat, like to snack

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VATA THE ENERGY OF MOVEMENT



Vata provides the essential motion for all bodily processes and is extremely vital for health. On an annual basis, Vāta is most prominent in the fall and at the change of seasons, and these are the most important times to be careful of diet and lifestyle. One purpose of lifestyle considerations is to stabilize this motion. Routine is very useful in assisting the vata individual to effectively ground all this moving energy.

A Vata predominant person is blessed with a quick mind, flexibility and creativity. Mentally, they usually grasp concepts quickly but then forget them just as quickly. Alert, restless and very active, vata people walk, talk and think fast, but are easily fatigued. They tend to have less willpower, confidence, boldness and tolerance for fluctuation than other types and often feel unstable and ungrounded. When unbalanced, vata types may become fearful, nervous and anxious. In the external world, vata types tend to earn money quickly and spend it quickly. They are not good

planners and as a consequence may suffer economic hardship.

Vata types have variable appetite and digestion. They are often attracted to astringent foods like salad and raw vegetables, but their constitution is balanced by warm, cooked foods and sweet, sour and salty tastes. With a tendency to produce little urine, their feces are often hard, dry and small in size and quantity.

Vata resides in the colon, as well as the brain, ears, bones, joints, skin and thighs. Vata people are more susceptible to diseases involving the air principle, such as emphysema, pneumonia and arthritis. Other common vata disorders include flatulence, tics, twitches, aching joints, dry skin and hair, nerve disorders, constipation, and mental confusion. Vata in the body tends to increase with age as is exhibited by the drying and wrinkling of the skin.

Since the attributes of vata are dry, light, cold, rough, subtle, mobile and clear, any of these qualities in excess can cause imbalances. Frequent travel, especially by plane, loud noises, continual stimulation, drugs, sugar and alcohol all derange vata, as does exposure to cold and cold liquids and foods. Like the wind, vata types have a hard time becoming and staying grounded. Routine is difficult but essential if vata is to be lowered and controlled. It is best for vata types to go to bed by 10 PM as they need more rest than the other types. In general, people with excessive vata respond most rapidly to warm, moist, slightly oily, heavy foods. Steam baths, humidifiers and moisture in general are helpful. Daily oil massage before a bath or a shower is also recommended.

Dietary Considerations

General food guidelines for decreasing vata include warm, well-cooked, unctuous foods. One should have small meals three or four times a day and may snack as needed while maintaining a two hour gap between each meal. Regularity in meal times is important for vata. Those with vata-dominant constitutions do well with one-pot meals such as soups, stews and casseroles. They can use more oil in cooking their foods than the other two doshas and experience better digestion if they limit their intake of raw foods.

Well-cooked oats and rice are good for vata because they are not too drying when cooked with plenty of water and butter or ghee. While cooked vegetables are best for vata, the occasional salad with a good

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oily or creamy dressing is all right. Nightshades—tomatoes, potatoes, eggplants and peppers—as well as spinach should be avoided if the vata person has stiff, aching joints or muscles. Sweet, ripe and juicy fruits are good for vata. The astringent and drying fruits, such as cranberries, pomegranates and raw apples, should be avoided. Fruit should always be eaten by itself on an empty stomach.

Many vata people can satisfy their need for protein by judicious use of dairy products, but can also use eggs, chicken, turkey, fresh fish and venison if they wish. Legumes are difficult to digest and should be consumed in limited quantities by those trying to pacify vata. The legumes should be the split type and soaked before cooking. Cooking them with a little oil and spices, such as turmeric, cumin, coriander, ginger, garlic and hing (asafoetida), will help prevent vata from being disturbed.

All nuts and seeds are good for vata, but are best used as butters or milks. Ten almonds, soaked in water overnight with skins removed the next morning, are a satisfying early morning food. Sesame oil is warming for vata, but all oils are good. All dairy products are good for vata with hard cheese being eaten sparingly. All spices are good, but should not be overused. Vatas can have half a glass of wine, diluted with water, during or after a meal. Since vata people tend to be prone to addiction, they should avoid sugar, caffeine and tobacco. Intensity itself can be intoxicating to vata, so one should seek relaxation and meditation to reduce vata.

General guidelines for balancing vata:

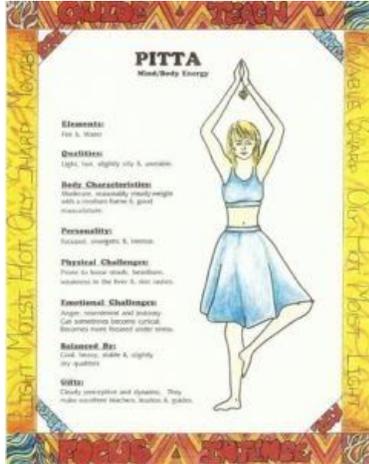
- Keep warm
- Keep calm
- Avoid cold, frozen or raw foods
- Avoid extreme cold
- Eat warm foods and spices
- Keep a regular routine
- Get plenty of rest

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PITTA THE ENERGY OF DIGESTION AND METABOLISM



Pitta types have many of the qualities of fire. Fire is hot, penetrating, sharp and agitating. Similarly, Pitta people have warm bodies, penetrating ideas and sharp intelligence. When out of balance, they can become very agitated and short-tempered. The Pitta body type is one of medium height and build, with ruddy or coppery skin. They may have many moles and freckles. Their skin is warm and less wrinkled than vata skin. Their hair tends to be silky and they often experience premature graying or hair loss. Their eyes are of medium size and conjunctiva is moist. The nose is sharp and the tip tends to be reddish.

Those with pitta-dominant constitutions have a strong metabolism, good digestion and strong appetites. They like plenty of food and liquids and tend to love hot spices and cold drinks. However, their constitution is balanced by sweet, bitter and astringent tastes. Pitta people's sleep is sound and of medium duration. They produce large quantities of urine and feces, which tend to be yellowish, soft and plentiful. They perspire

easily and their hands and feet stay warm. Pitta people have a lower tolerance for sunlight, heat and hard physical work.

Mentally, pitta types are alert and intelligent and have good powers of comprehension. However, they are easily agitated and aggressive and tend toward hate, anger and jealousy when imbalanced. In the external world, pitta people like to be leaders and planners and seek material prosperity. They like to exhibit their wealth and possessions. Pitta people tend to have diseases involving the fire principle such as fevers, inflammatory diseases and jaundice. Common symptoms include skin rashes, burning sensation, ulceration, fever, inflammations or irritations such as conjunctivitis, colitis or sore throats.

Since the attributes of Pitta are oily, hot, light, mobile, dispersing and liquid, an excess of any of these qualities aggravates Pitta. Summer is a time of heat, the Pitta season. Sunburn, poison ivy, prickly heat and short tempers are common. These kinds of disorders tend to calm down as the weather gets cooler. The diet and lifestyle changes emphasize coolness—cool foods, avoidance of chilies and spices, and cool climates. People with excessive Pitta need to exercise at the coolest part of the day.

Dietary Considerations

General food guidelines for pacifying Pitta include avoiding sour, salty and pungent foods. Vegetarianism is best for Pitta people and they should refrain from eating meat, eggs, alcohol and salt. To help calm their natural aggressiveness and compulsiveness, it is beneficial to incorporate sweet, cooling and bitter foods and tastes into their diets.

Barley, rice, oats and wheat are good grains for Pitta dominant individuals and vegetables should form a substantial part of their diet. Tomatoes, radishes, chilies, garlic and raw onions should all be avoided. In fact, any vegetable that is too sour or hot will aggravate pitta, but most other vegetables will help to calm it. Daikon radishes are cleansing for the liver when Pitta is in balance but should be avoided otherwise. Salads and raw vegetables are good for Pitta types in the spring and summer as are any sweet fruits. Sour fruits should be avoided with the exception of limes, used sparingly.

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Animal foods, especially seafood and eggs, should only be taken in moderation by Pitta types. Chicken, turkey, rabbit and venison are all right. All legumes except red and yellow lentils are good in small amounts, with black lentils, chickpeas and mung beans being the best.

Most nuts and seeds have too much oil and are heating for Pitta. However, coconut is cooling and sunflower and pumpkin seeds are all right occasionally. Small amounts of coconut, olive and sunflower oils are also good for Pitta.

Sweet dairy products are good and include milk, unsalted butter, ghee and soft, unsalted cheeses. Yogurt can be used if it is blended with spices, a little sweetener and water. In fact, Pitta people can use a sweetener better than the other two doshas because it relieves Pitta. However, they should avoid hot spices, using cardamom, cinnamon, coriander, fennel and turmeric predominantly, with small amounts of cumin and black pepper.

Coffee, alcohol and tobacco should be completely avoided although the occasional beer may be relaxing for a Pitta person. Black tea may also be used occasionally with a little milk and a pinch of cardamom.

General guidelines for balancing Pitta:

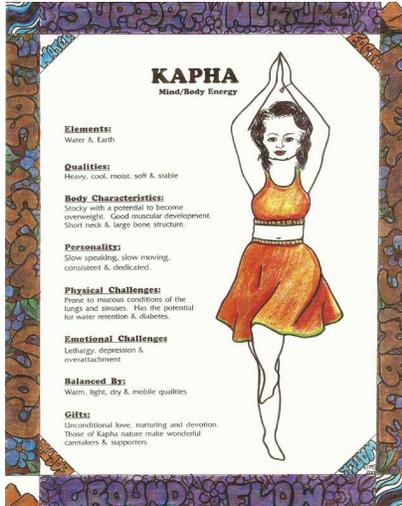
- Avoid excessive heat
- Avoid excessive oil
- Avoid excessive steam
- Limit salt intake
- Eat cooling, non-spicy foods
- Exercise during the cooler part of the day

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KAPHA THE ENERGY OF LUBRICATION



Kapha types are blessed with strength, endurance and stamina. In balance, they tend to have a sweet, loving disposition and be stable and grounded. Their skin is oily and smooth. Physically, Kapha people may gain weight easily and have a slow metabolism. They tend to shun exercise. They have thick skin and their bodies and muscles are well developed. Their eyes are large and attractive with thick, long lashes and brows. Kapha people eliminate slowly and feces tend to be soft, pale and oily. Perspiration is moderate. Sleep is deep and prolonged. Kapha types are attracted to sweet, salty and oily foods, but their constitutions are most balanced by bitter, astringent and pungent tastes.

Psychologically, Kapha people tend to be calm, tolerant and forgiving. However, they may become lethargic. While they may be slow to comprehend, their long term memory is excellent. When out of balance, Kaphas tend to experience greed, envy, attachment and possessiveness. In the external world, kapha tendencies toward

groundedness, stability and attachment help them to earn and hold onto money.

They are more likely to have diseases connected to the water principle such as flu, sinus congestion, and other diseases involving mucous. Sluggishness, excess weight, diabetes, water retention, and headaches are also common. Kapha can become more aggravated as the moon gets full because there is a tendency for water retention at that time. Winter is the time of greatest Kapha accumulation and following the Kapha-balancing dietary and lifestyle changes are most important during that season.

Dietary Considerations

Dietary guidelines for Kapha people stress bitter, astringent and pungent tastes. They actually need foods that will invigorate their minds while limiting their overall consumption of food. They should avoid dairy products and fats of any kind, especially fried or greasy foods.

Those with Kapha dominant constitutions need less grains with buckwheat and millet (more heating) being optimal grains for them followed by barley, rice and corn. Roasted or dry cooked grains are best. All vegetables are good for Kapha but one should emphasize leafy greens and vegetables grown above ground more than root vegetables while avoiding very sweet, sour or juicy vegetables. Generally Kapha people can eat raw vegetables although steamed or stir-fried are easier to digest. Very sweet or sour fruits should be avoided with the more astringent and drying fruits being preferable such as apples, apricots, cranberries, mangoes, peaches and pears.

Only rarely do Kapha people need animal foods and, when they do, it should be dry cooked—baked, roasted, broiled—never fried. They could eat chicken, eggs, rabbit, seafood and venison. As their bodies do not require large amounts of protein, they also should not overeat legumes although these are better for them than meat because of the lack of fat. Black beans, mung beans, pinto beans and red lentils are best for kapha types.

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The heavy qualities of nuts and seeds aggravate kapha as does the oil in them. Occasional sunflower and pumpkin seeds are alright. Almond, corn, safflower or sunflower oils can be used in small amounts as well. The same holds true for dairy products: in general, Kapha people should avoid the heavy, cooling, sweet qualities of dairy. A little ghee for cooking and some consumption of goat's milk is good for Kapha types.

Since Kapha people should avoid sweets, the only sweetener they should use is raw honey, which is heating. However, they can use all spices, except salt, with ginger and garlic being best for them. A person whose dominant dosha is kapha and who has very little influence from the other two doshas can benefit from the occasional use of stimulants such as coffee and tea. They are also not as harmed by tobacco and hard liquor. However, they really do not need alcohol at all. If they elect to use alcohol, wine is their best choice.

General guidelines for balancing Kapha:

- Avoid heavy foods
- Keep active
- Avoid dairy
- Avoid iced food or drinks
- Vary your routine
- Avoid fatty, oily foods
- Eat light, dry food
- No daytime naps
- Get plenty of exercise

Disclaimer: This eBook is for general informational purposes only. The information is not intended for use in the diagnosis, treatment, cure or prevention of any disease. I am not a medical professional and nothing in this publication constitutes medical advice. The reader should consult with their medical doctor in any matters relating to their health. For more information visit www.luv-yourself.com.

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AYURVEDIC EBOOK

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Key Prakriti Questionnaire

Key: V = Vata. P= Pitta K= Kapha

1) A. K B. V C. P 2) A. V B. P C. K 3) A. V B. K C. P 4) A. P B. K C. V 5) A. P B. V C. K 6) A. V B. P C. K 7) A. K B. V C. P 8) A. V B. K C. P 9) A. V B. P C. K 10) A. P B. K C. V 11) A. V B. P C. K 12) A. P B. V C. K

Key Vikriti Questionnaire

Key: V= Vata P= Pitta K= Kapha

1) A. V B. P C. K 2) A. P B. K C. V 3) A. P B. V C. K 4) A. P B. V C. K 5) A. K B. V C. P 6) A. K B. V C. P 7) A. V B. P C. K 8) A. P B. V C. K 9) A. K B. V C. P 10) A. V B. P C. K 11) A. P B. V C. K 12) A. K B. P C. V

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