

# VATA



In the **ENVIRONMENT**, Ether is empty space and Air is like wind in motion. It lives in hollow places where waste can be collected and removed. In the **BODY**, Ether and Air are found in hollow organs, where there is empty space for gaseous toxins to collect (Ether) and rhythmic motion to remove waste (Air). When our intestines or lungs are full of toxins, there is less room for gaseous breakdown to occur and dry plaque build-up affects the ability to absorb nutrients.

## COMMON SYMPTOMS OF IMBALANCE

### LYMPHATIC/IMMUNE SYSTEM

Hardened Lymph Nodes  
Dry, Gravel-Like Lymph Vessels  
Emaciation at Diaphragm  
Hyper Glandular Disorders  
Cramping at Spleen

### KIDNEY DEFICIENCY

Dehydration  
Frequent Urination  
Tight Jaw  
Stiff Hips/Joints  
Cold Hands and Feet

### INTESTINAL WEAKNESS

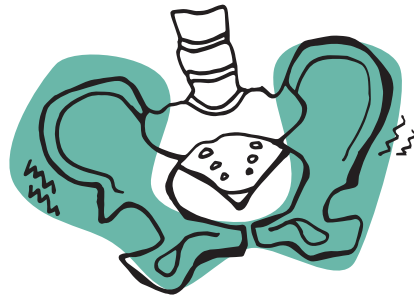
Constipation  
Cramping  
Weight Loss  
Cramping at Spleen

### NERVOUS SYSTEM

Insomnia & Restless Mind  
Shaky  
Tight Abdomen

### EMOTIONAL ASPECTS

Fear, Shame, Anxiety, Hyper-Active, Spacey, “Out in the Ethers”



*Shaky or stiff bones and joints point to malabsorption of hydration and nutrients.*



*The spleen is an important organ for immunity. Depletion can lead to illness.*

# VATA



## TRINE OF HYDRATION

Electrolytes, Essential Fatty Acids (EFAs), and Probiotics are an essential combination to ensure effective hydration. These suggestions are great choices for Vata constitution.

## ELECTROLYTES

Atlantic Grey salt, Celery seed

## ESSENTIAL FATTY ACIDS

Sesame oil, Ghee

## PROBIOTIC

Kefir, Yogurt

## COMMON REMEDIES

### WARMING AND WET FOODS

Stews, Broths, Soups, Cooked

### SPICES

Ginger, Celery Seed, Basil, Curry Blends, Cardamom  
Unprocessed Ocean Salt

### SUPPORTIVE TASTE FACTORS (RASA)

Sweet - Strengthen Tissues  
Fruits, Tamarind, Local Honey, Root Vegetables

### SALTY - ELECTROLYTES FOR HYDRATION

Ocean Salt, Seaweed, Celery, Cabbage, Jicama, Cooked Greens, Alliums, No Table Salt (Dehydrating)

### AVOID

Astringent, Dry, Crispy, Crunchy, Citrus, Raw, Carbonated Drinks, Caffeine, Corn, Soy, Cold/Iced, Table Salt

### HERBAL SUPPORT CHARACTERISTICS

Demulcent, Nutritive, Nervine, Laxative, Blood Building

### INSPIRATIONAL SUPPORT

Develop Spiritual Beliefs, Get Grounded, “Trust Your Destiny”



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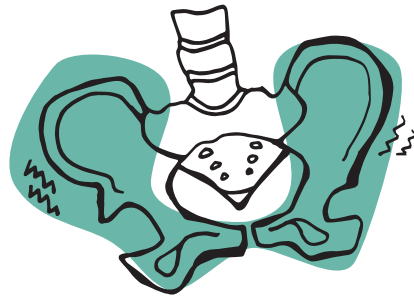


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# KAPHA



In the **ENVIRONMENT**, a healthy river has a riverbank (made of Earth) with Water running along it. Together, Water and Earth can make mud, creating dams in the river or a sticky bog. In the **BODY**, we have lymphatic vessels (like a riverbank) and lymph fluid (Water) moving through it. Mud in the body is known as congestion or sluggishness of the lymphatic system, slowing down our immune response and our body's ability to metabolize toxins.

## COMMON SYMPTOMS OF IMBALANCE

### LYMPHATIC/IMMUNE SYSTEM

Enlarged and Sore Lymph Nodes  
Chronic Congestion/Mucus  
Edema in Lymphatic Areas  
Hypo Glandular Disorders

### LUNG CONGESTION

Low Blood Pressure  
Edema at Ankles  
Sleep Apnea  
Pale Complexion

### CIRCULATION

Low Blood Pressure  
Sleep Apnea  
Edema at Ankles  
Pale Complexion

### SLUGGISH METABOLISM

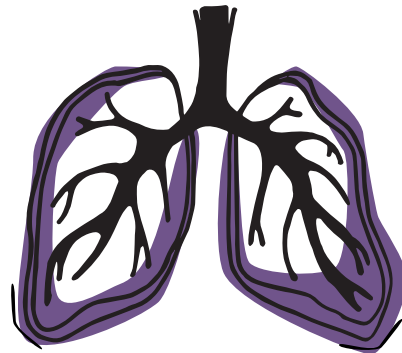
Bloating After Meals  
Fatigue  
Weight Gain  
Pressurized Bowels

### EMOTIONAL ASPECTS

Melancholy, Denial  
“Caretaking Everyone but Yourself”



*Nasal congestion and a runny nose without illness indicates excess mucous and a sluggish immune response.*



*Lung congestion can interfere with oxygen exchange and nourishment of other systems.*

# KAPHA



## TRINE OF HYDRATION

Electrolytes, Essential Fatty Acids (EFAs), and Probiotics are an essential combination to ensure effective hydration. These suggestions are great choices for Kapha constitution.

### ELECTROLYTES

Atlantic Grey salt, Sumac

### ESSENTIAL FATTY ACIDS

Flax oil, Sunflower oil

### PROBIOTIC

Raw Kraut, Apple Cider Vinegar

## COMMON REMEDIES

### CLEANSING AND MOTIVATING FOODS

Juicing, Raw, Spicy

### SPICES

Black Pepper, Fenugreek, Ginger, Cinnamon, Asafoetida, Chiles, Rosemary, Oregano

### SUPPORTIVE TASTE FACTORS (RASA)

Sour - Liquefy Mucus Congestion  
Vinegars, Citrus, Ferments, Cultures, Berries

### PUNGENT - HEATING AND EXPECTORATING

Spices, Mustard Greens, Raw Onions and Garlics

### AVOID

Sugars, Desserts, Table Salt, Bread, Pasta, Dairy, Butter, Wheat, Sticky Grains, Soy

### HERBAL SUPPORT CHARACTERISTICS

Stimulating, Sour, Invigorating, Expectorating, Purgative

### INSPIRATIONAL SUPPORT

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Pale Complexion

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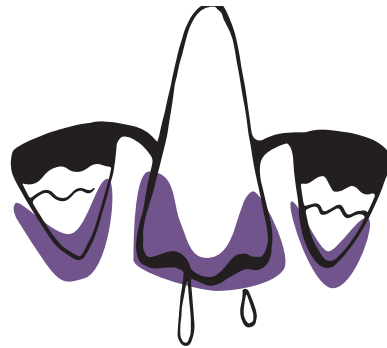
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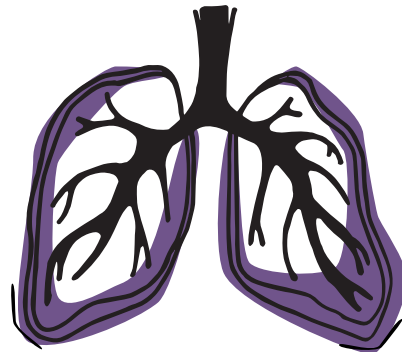
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### PROBIOTIC

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## COMMON REMEDIES

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### SPICES

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### PUNGENT - HEATING AND EXPECTORATING

Spices, Mustard Greens, Raw Onions and Garlics

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Sugars, Desserts, Table Salt, Bread, Pasta, Dairy, Butter, Wheat, Sticky Grains, Soy

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# PITTA



In the **ENVIRONMENT**, healthy Fire is balanced by the Water element. A forest Fire is destructive unless Water keeps it under control. In the **BODY**, we use Fire (Agni) for the breakdown of nutrients and those nutrients turn to liquid (Water). When we have excess inflammation in the body it makes mucus (Water) to buffer the fire, otherwise we would not survive the fire spreading in us.

## COMMON SYMPTOMS OF IMBALANCE

### LYMPHATIC/IMMUNE SYSTEM

Inflamed Lymph Nodes  
Chronic Infections  
Inflamed Spleen  
Chemical Sensitivity

### CARDIOVASCULAR SYSTEM

High Blood Pressure  
Excess Sweating  
Heat Rising/Headaches  
Weakened Blood Vessels

### DIGESTIVE INFLAMMATION

Allergies/Congestion  
Diarrhea  
Bleeding Gums  
Broken Blood Vessels

### SKIN

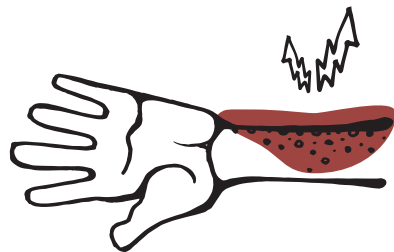
Rashes  
Eruptions  
Flushed In Face

### EMOTIONAL ASPECTS

Defensive, Trust Issues  
Anger, Frustration  
“Burning The Candle at Both Ends”



*Headaches can be the result of inflammation. Heat in the body rises and gets trapped in the head.*



*Skin rash and irritations are outward signs of inner imbalance.*

# PITTA



## TRINE OF HYDRATION

Electrolytes, Essential Fatty Acids (EFAs), and Probiotics are an essential combination to ensure effective hydration. These suggestions are great choices for Pitta constitution.

## ELECTROLYTES

Cyprus Flake salt, Chia Seeds

## ESSENTIAL FATTY ACIDS

Hemp oil, Coconut oil

## PROBIOTIC

Apple Cider Vinegar, Yogurt

## COMMON REMEDIES

### ALKALINE AND COOLING FOODS

Raw, Unprocessed, Wet

### SPICES

Mint, Cilantro, Dill, Fennel, Coriander, Turmeric

### SUPPORTIVE TASTE FACTORS (RASA)

Bitter - Cleanse Blood for Liver and Spleen  
Aloe, Raw Cacao Beans, Leafy Greens

### ASTRINGENT - RELEASE FIRE, TONIFY TISSUE

Unripe Fruits, Seeds, Cucumber, Edible Flowers

### AVOID

Acidic, Oily, Fried, Table Salt, Sugars, Dairy, Chocolate, Stimulants, Nuts, Spicy, Chiles, Nightshades

### HERBAL SUPPORT CHARACTERISTICS

Bitters, Blood Cleansing, Anti-Inflammatory, Hepatic

### INSPIRATIONAL SUPPORT

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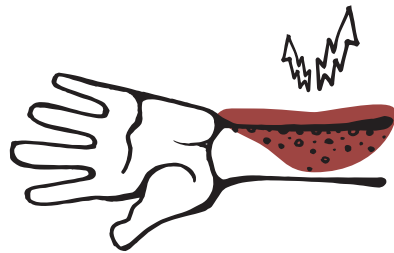
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