

**Spring Release
and Refresh**
with Dr. Sheila Patel





Release winter stagnation and refresh your energy for lighter, brighter days ahead with spring Ayurvedic practices that support a healthy mind, body, and spirit.

Shake Off Winter Energy

Connect to nature's elements within you and around you: space, air, fire, water, and earth.

In certain combinations, the elements are described as doshas and activate these natural qualities within our physiology.

The three doshas are:

Vata (Space + Air)

Pitta (Fire + Water)

Kapha (Water + Earth)

When we are aware of the qualities expressing themselves, especially at season changes, we can stay balanced all year.

Late winter into early spring is Kapha season.

With excess kapha, you may experience qualities of heaviness, cold, lethargic, uninspired, stuck, slower digestion or excess mucus and congestion.

The key to balance is to recognize these changes and bring in opposite qualities = light, warm, and dry.





BALANCED KAPHA

Grounded, Joyful, Loving

Balance kapha by eating lighter and drier foods, such as veggies and salads, drinking warm teas such as ginger tea, as well as using warming spices like black pepper, cinnamon, and cayenne.

Bring in mobility through our movement, our breath, our activities, our self-care, and our daily routine.

The earthy, grounding qualities of kapha are responsible for stability, stamina and strength in nature and in our bodies.

The watery qualities of kapha combine with this steadiness to create a beautiful foundation for growth and renewal - we see it in nature as seeds begin to sprout and flowers bloom in early springtime.

Give Yourself a Boost



Give yourself a boost during kapha season by warming up our digestion and bringing in foods and drinks that are warm and invigorating.

Keep your digestive fire (agni) strong to feel light, creative, and be able to properly digest food and experiences.

During kapha season, winter and early spring, try the following tips to maintain balance through your food.

- Start each day with warm water with a squeeze of lemon to start your digestive fire for the day.
- Drink warm water throughout the day.
- You can also try CCF tea between meals by steeping 1 tsp each of whole coriander, cumin and fennel seeds for 10 minutes and sipping on this between meals.
- Try some ginger tea before meals to give your agni a boost right before eating a meal.



Give Yourself a Boost



- Eat your largest meal between 11:00-1:00, when your agni is naturally the strongest. When the days are shorter, our metabolism is slower, so eating more of your calories in the middle of the day keeps kapha balanced.
- Eat lots of greens - the color of springtime. Eat more leafy greens, vegetables and beans to create lightness in the body.
- Cook your veggies lightly and add warming spices such as black pepper, dried ginger, cumin, cloves, turmeric, or a little cayenne. Spicing it up during kapha season aids a sluggish digestion.
- Minimize heavy foods such as dairy and meat.
- Avoid overcooking grains or vegetables, favoring al dente, to keep the food light.
- Eat heavier foods with spices and herbs such as rosemary, oregano, basil or thyme.

Remember this digestive power within you and support it daily to keep kapha balanced.



ENERGIZE YOUR SENSES

Support Your Vitality



In Ayurveda, we can use our senses for healing by bringing in lightness, energy and heat to balance accumulating kapha energy.

Here are some tips to use your senses for energizing this spring.

- **Sound:** Listen to invigorating music, such as dance music or drum beats. When the vibrations of activating music move through us, it's hard to sit still!
- **Touch:** Try dry brushing your skin before showers to invigorate the glands and move lymph through the tissues. Use fast, light strokes and feel the energy get activated in the body.
- **Sight:** Look up into the bright sky daily if you can. Or bring the colors of the sun indoors by putting bright yellow, orange or red pillows or throws on your furniture. Wear bright colors to stimulate you through your sense of sight.



ENERGIZE YOUR SENSES

Support Your Vitality

- **Taste:** Eat light, dry, warm foods with warming spices such as cinnamon, cloves, black pepper, mustard, and cayenne.
- **Smell:** Use energizing aromatherapy in your home such as eucalyptus, rosemary, juniper or sage.
- **Movement:** Go outside - walk, bike, play, garden. Take advantage of the longer days to activate your energies, while staying warm and dry.

Get creative by starting a new project at home, or learning something new.



FIND BALANCE

Cultivate a Daily Routine

Find balance with daily habits that support health and vitality and strengthen your digestive fire.

- Consider what a daily routine could look like that keeps you balanced through winter and spring. You might start your day with an invigorating breathing exercise that stimulates your metabolism, and you can meditate using an activating mantra.
- Drink a cup of warm water with ginger and lemon to start the digestive fire.
- Take a brisk walk or do some yoga to get energy flowing. If you need some motivation, play some music that gets you going.



Cultivate a Daily Routine

- Gaze out the window at the sunshine a few times a day.
- Eat a healthy lunch with warming herbs and spices, and eat a lighter dinner before 7 pm to stay light this season.
- Sip on warm water or teas throughout the day.

Take some time to consider your daily routines and how you can support and nourish mind, body, and spirit during the spring kapha season to feel your best.

