

AYURVEDIC DIET SECRETS

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Live Longer and Healthier

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Introduction to the Ayurveda Diet

Ayurveda is the "science of life" or the "study of longevity" which has its roots from India extending back five to ten thousand years.

Many people, especially in the west are unaware of Ayurveda and the Ayurveda diet which is designed to completely balance the body - physically, mentally and emotionally. Those who have heard of it (perhaps that's why you are here reading this book) only get bits and pieces of the whole system.

The whole system of Ayurveda is not really that simple because there are in fact a variety of components that include the science and composition of food, anatomy, physiology, pathology, diagnostic systems and treatment strategies for specific health and medical conditions.

In India and other places around the world an Ayurvedic doctor must complete a 5 - 6 year post-graduate degree (Bachelors of Ayurvedic Medicine and Surgery) to become qualified.

It should be noted that Ayurveda is recognized by the World Health Organization as an effective, traditional medical practice and health science.

From the point of Ayurveda, it should be noted that diet is the most basic way to treat the physical body for any condition or disease, which derives from food; hence the Ayurvedic Diet.

This book is not designed to give you a full analysis of Ayurveda, but rather clear and relevant information and research regarding the Ayurvedic diet, based on my experience as an Ayurvedic practitioner. It's designed for you to explore and try the Ayurvedic Diet.

Being on an Ayurvedic diet therefore means eating the right quantity and quality of foods that are best for your unique personality. Although the Ayurvedic diet is rooted in India, not all Indian food is Ayurveda food.

To help determine what foods and combination of foods are best for you, the first step should be to find out your constitution or dosha type by taking the Ayurvedic test – more information about the doshas and the test are in upcoming chapters.

Ayurveda stresses the importance of constitutional variety which means that every person is unique and different with respect to their body composition, mind and emotions. No two people are alike therefore the approach for healing, health and diet will be different for everyone.

Understanding, knowing and eating the Ayurvedic way creates the arena for you to become healthier and to reap some extraordinary benefits for your wellness.

Your diet should also be incorporated with exercises and spiritual practices such as yoga, prayer, contemplation and meditation. Having mind, body and spiritual awareness is essential for real everlasting growth and change.

The key to unlocking the secrets of the Ayurvedic diet

The key to unlocking the secrets of the Ayurvedic Diet is to first determine your Ayurvedic constitution or profile because each of us are unique and require different dietary recommendations.

We all respond differently, to a greater or lesser extent, to different foods because our physical, biological and chemical make-up is unique.

Even identical twins which are similar in biological nature have some differences in their mental, emotional and physical nature which make them unique individuals.

Therefore in Ayurveda it is important to take the dosha test (see test below). All dietary therapy and diet recommendations are done mainly according to an individual's constitution.

Always keep your dosha type in mind when considering eating different types of foods. Get to know the types of foods that are best for your dosha and outlined in this book. For

more information about Ayurvedic foods and recipes read the articles on my blog – Planet Well.com and subscribe to future articles.

It is not enough to simply provide you with a list of good and bad foods. The appropriate dietetics (tips and strategies for eating) which is outlined in this book should be considered and followed.

It is important to know that just because I have suggested certain diet plans and recommend foods based on your dosha; it doesn't mean that you have to be rigid in following my advice.

A lot of my advice, with regards to the types of food you should be eating is based on the knowledge that I have acquired over the years studying from Ayurvedic doctors, other practitioners and the courses I have taken to become an Ayurvedic practitioner.

However, you need to listen to your own body and make your own decisions through experimentation; in addition to the advice I give you. Therefore some adjustments can be made.

When experimenting with the recommended diet and certain foods suggested, learn to decide for yourself what feels and works best. Everyone will eat different foods in different amounts according to their digestion and how they assimilate the food. Also, some people will have allergies or sensitivities to certain foods for whatever reasons.

My best advice for you and the key to unlocking the secret to this diet is to simply try it out, follow the tips and strategies recommended in this book and see how you feel. Learn to develop a relationship with your body as you evolve and become more connected to your mind, body, emotions and spirit. Eat and choose your foods consciously.

Preventing disease and maintaining optimal health

Everything in manifestation has a cause and effect and is based on the law of karma which is the universal law of action. In association with Ayurveda, whatever condition or disease we have is produced by our own actions. Therefore, we are responsible for our own states of being; physically and mentally and emotionally and thus then we have the

power to correct and heal ourselves.

It should be noted that disease in Ayurveda arises from a cause of like nature and we can correct it by taking remedies and healing measures of opposite nature. The basic principles of Ayurvedic treatment is ``like increases like`` and ``opposites cure each other``.

Ayurvedic treatments (including diet) for better health are not passive and, action on the part of the individual is necessary to create their own chain of cause and effect and change results.

One should not attempt to change their diet too quickly or radically. Your body, a biological organism is a creature of habit and is use to the specific foods you have been consuming over the years. Therefore, it will take time to adjust to a new diet.

The foods recommended here should be introduced slowly, often adding only one or two new foods at a time, while eliminating one or two foods at a time from your diet. Often changing one or two items in a permanent way has much better results than a radical and short term diet change.

I encourage you to experiment with the different foods out-lined here and start a food or diet journal to record your experiences; such as how you feel by consuming a particular food over a period of time, or how you feel by eliminating a particular food over a period of time. You learn through experience and it is important to note them so you can see for yourself the effects of your new diet and eating habits.

There may be some initial side effects when introducing new foods that re-establish harmony and bring you back into balance. Remember, it takes time for your body as a biological organism to re-establish homeostasis.

For example, if you are used to a meat diet, then you will find a fruit and vegetable diet to be very laxative and gas forming, as it cleans you out. Thus you may experience diarrhea and abdominal discomfort as part of the process.

Even getting off bad junk food and foods high in sugar may have similar side-effects as getting off of drugs because refined sugar is highly addictive.

Therefore, Ayurvedic diet therapy can be slow going, taking a month or more to produce

positive effects. The diet and recommendations offered in this book require patience and consistency. The results are transformational and often life changing. Many people have cured their diseases or have lost weight, never to see it return.

Ayurveda and the diet associated with it are meant to be an ongoing learning experience where commitment and dedication is required for you to learn and apply the teachings. Therefore one should take interest in learning not only the information in this book but also other sources such as my books recommended and resources noted at the end of this book. PlanetWell.com my Ayurvedic Wellness Blog also has some great resources and articles.

The energetics of the Ayurveda Diet

It should be understood that Ayurveda is an energetic diet based on energetic medicine and it doesn't promote the consumption of meat because meat greatly affect your emotional, mental and spiritual make up or composition. However for those of you not willing or ready to give up meat, you can still take part in the Ayurvedic diet, and some meat recommendations based on your dosha type have been given.

So, what is the energetics of the Ayurveda Diet? First you need to understand what energetic medicine is and what an energetic diet entails.

1. Energetic medicine is not really concerned with the biochemical constituents of substances but rather their energetic effect upon your life force.
2. Energetic medicine deals with general energy imbalances rather than with particular pathogens.
3. Energetic medicine utilizes natural food, herbs and minerals and considers diet, exercise, lifestyle and psychological conditions for health & wellness.
4. Energetic medicine can be quantitative which considers the physical and vital life force and the factors that balance these qualities and energy. It is considered an outward or quantitative form of medicine that often doesn't concern the effects on the mind, emotions, senses and spirit

5. Energetic medicine can be qualitative which is considered a more complete system of healing that takes into account the more deeper levels such as spiritual factors in treatment

A common example of quantitative energetic healing and medicine – TCM

Let's consider Traditional Chinese Medicine (TCM). It is classified mainly as quantitative energetic medicine and not qualitative because it doesn't consider the energy and evolution of consciousness and its spiritual effects.

For example TCM often involves the consumption and usage of meat, fish, eggs and insects; they are often found in a number of Chinese herbal medicines. TCM doctors and practitioners recommend eating meat because they feel that it is necessary to maintain strength, energy and health. This point of view or belief system does not consider that meat is dulling to the mind, emotions and senses and is not concerned with inner or spiritual effects.

A common example of qualitative energetic healing and medicine – Ayurveda

Now let's consider Ayurveda Medicine. In addition to being quantitative, Ayurveda is also qualitative because it does consider the energy and evolution of consciousness and how treatments affect the mind and spirit.

Ayurveda unlike TCM doesn't recommend eating meat for optimal health, although you can still take part in the Ayurveda diet by eating it. Meat, though it can be good for physical strength, is not good for the mind and can actually deplete your life force over time because it carries the energy of death and violence.

What is an Ayurvedic dosha and what is its importance

Based on science and deep rooted knowledge, Ayurveda has developed a category system for each individual based on three main principles known as doshas or constitutions.

These three dosha are based on the five great elements which is regarded as one of the

most significant principles in Ayurveda; everything in creation is considered to be composed of one or more of the five elements which are **Earth, Water, Fire, Air** and **Ether** (space).

These three doshas in Indian Sanskrit are called **Vata, Pitta,** and **Kapha**, which can be related to or translated as Air (Ether as the secondary element), Fire (water as the secondary element) and Water (Earth as the secondary element) respectively.

The word dosha literally means “fault.” Vata, Pitta and Kapha are positive forces that exist in the body but they are also faults, in a way, because they can change and have a negative impact on you. They can increase or decrease based on your diet, habits, lifestyle and what you expose yourselves to in the external world.

Ayurveda seeks to balance your doshas so you establish a more “Sattvic” quality. To be Sattvic means to have balance, harmony and stability. Having too much or too little qualities of one dosha can lead you to discomfort and aggravated states which can cause disease.

A proper Ayurvedic diet can be used to reduce or increase one or more doshas that you have in your body. For example if you have too much pitta or fire in your body, this may manifest as an irritable red rash that may be hot or itchy. You would then choose an herb, food or a combination of herbs and foods that are cooling, and thereby reduce the amount of pitta or fire in your body.

Before you begin participating in the Ayurvedic diet you need to know your Ayurvedic profile. This is the first and most important step in determining your diet and understanding what foods & herbs are right for you. According to Ayurveda, there are seven main profiles or constitution types

1. Vata (mono types)
2. Pitta (mono types)
3. Kapha (mono types)
4. Vata-Pitta (dual types)

5. Pitta-Kapha (dual types)
6. Kapha-Vata (dual types)
7. Vata-Pitta-Kapha (triple types)

All three doshas are present in each person at all times, but their proportion varies for each individual. Once you have read the instructions and have completed the dosha test below you will know your primary constitution type.

Note: When Ayurveda talks about balancing your dosha type for proper health, this does not mean you should try to have equal amounts of Vata, Pitta and Kapha. Rather it means maintaining the proper balance of doshas that you were born with.

As a result, balancing your doshas often mean pacifying or decreasing a dosha that you have acquired in excess. Although a person can be deficient of a particular dosha, this only really happens on rare occasions when one has a severe disease in the later stages, such as cancer. In such cases one may have to increase a particular dosha to come back into balance.

No matter what your constitution is, any of the three doshas (Vata, Pitta, Kapha) can get out of balance and cause disease if left untreated. Many ways the doshas become imbalanced is by having one or more dosha increase due to environmental, emotional or physical stress. The most common way for a dosha to become imbalanced is through poor diet and eating habits.

Determining Ayurvedic constitution – The dosha test

The following article will outline a simple quiz you can take to determine your Ayurveda profile or constitution. There are more comprehensive dosha tests that have more questions and will give you more details with regards to your dosha test, but for simplicity sake this test will work fine.

Once you have taken the dosha test to determine your profile or constitution you can read more about your dominate dosha whether it is Vata, Pitta or Kapha in my blog in the start here section.

Make two copies of test below

Fill out the first copy by putting a check mark next to characteristics you identify with throughout your life. This is your Prakriti - your natural constitution that you were conceived/born with.

Knowing your Prakriti is useful because it increases awareness of your natural strengths and challenges. This is a positive first step towards understanding health

When you take the survey the second time, answer the questions based on how you feel now and in the last couple of months. This is your Vikriti - your current condition. Your answers on both copies could possibly be the same.

Knowing your Vikriti is important to help you understand if and how you have strayed from your natural constitution that you were conceived/born with.

Let's begin the test

Total the number of checks under each of the doshas: Vata, Pitta, and Kapha. One dosha is often dominant, but it could be that two are equal or close in the number of checks. This would mean that you have a dual dosha type or constitution.

A small number of people will have the same number of checks for all three doshas. Look at your totals in terms of their ratio relative to one another. For example, V15, P10, and K5, would be V3, P2, and K1.

Characteristic	Vata	Pitta	Kapha
Body type	thin	medium	large
Weight	lighter	medium	heavy
Hair	dry, brown, black, brittle, thin, knotted, curly	oily, blonde, gray, red, balding, wavy	straight, thick, oily, lustrous, any color
Skin	dry, thin, cool, darker	oily, smooth, warm, pinkish	thick, cool, pale
Nails	dry, brittle, break easily	flexible, pink, healthy	thick, smooth, oily
Eyes	small, active, dry, sunken black, brown	sharp, bright, sensitive to light, gray, green, pale blue	large, calm, loving, brown, blue

Nose	uneven	long, pointed	short, round
Lips	dry, crack easily, black or brownish	inflammation easily, red, yellowish	smooth, oily, whitish
Teeth	large, protruding, thin gums	medium, sensitive gums	white, strong gums

Chin	thin, sharp	medium taper	rounded, double
Cheeks	sunken, wrinkled	smooth, straight	round, plump
Neck	tall, thin	medium	large
Chest	sunken, flat	medium	round, large
Belly	flat, sunken	medium	large, pot belly
Hips	narrow, thin	medium	large, heavy
Joints	cold, cracking	medium	large, lubricated
Appetite	irregular	strong	slow, steady
Digestion	irregular, gassy	quick, burning	prolonged, mucous
Taste (healthy)	sweet, sour, salty	sweet, bitter, astringent	bitter, pungent, astringent
Thirst	variable	plenty	sparse
Elimination	constipation	loose	sluggish, oily
Sex drive	intense, steady	variable	moderate
Physical activity	hyperactive	moderate	sedentary
Mental activity	quick, constant	moderate	slow, dull
Emotions	fear, uncertain, flexible	anger, jealous, determined	attachment, greed, calm

Faith	variable, changing	intense, extreme	deep, consistent, mellow
Financial	spends on trivial items	spends on luxuries	preserves assets
Intellect	quick, may be faulty	accurate response	slow, precise
Recollection	recent good, remote poor	distinct	slow, sustained
Sleep	irregular, sleeplessness	little and sound	deep, prolonged
Speech	quick, unclear	sharp, penetrating	slow, monotone

Total check marks for each dosha: Vata___ Pitta___ Kapha___

Now, place them in a ratio with the highest first and lowest last. From this, you can determine your predominant dosha(s). Asking a close friend or family member to give their perspective on some of your characteristics can be an interesting exercise. This can be helpful in gaining clarity about how others experience you in life—particularly if it does not match your view of yourself.

Note: This particular Ayurveda Constitution or Profile Test is from Myra Lewin – an expert in Ayurveda and author of the book, you can visit her website at HalePule.com

Basic Ayurvedic dietary guidelines

When implementing the Ayurvedic diet and food recommendations, some adjustments and requirement may need to be made according to food allergies, the strength of your digestive system or digestive fire, the season of the year and the freshness and availability of the specific foods.

If your constitution is primarily Vata, your diet should consist of:

50 % whole grains (outlined below)

20-30 % vegetables (outlined below) with a 10% fruit option (outlined below)

20% protein (outlined below) – includes legumes, dairy, nuts & seeds. *Note: Although meat is not recommended in the Ayurvedic diet if one chooses to eat meat products then the best types for Vata are poultry, fish, seafood and beef. Eggs can be consumed as well.

If your constitution is primarily Pitta, your diet should consist of:

50 % whole grains (outlined below)

20-30 % vegetables (outlined below) with a 10% fruit option (outlined below)

20% protein (outlined below) – includes legumes, dairy, nuts & seeds. *Note: Although meat is not recommended in the Ayurvedic diet if one chooses to eat meat products then the best types for Pitta are chicken & turkey (white meat), fresh water fish and rabbit. Egg whites can be consumed as well

If your constitution is primarily Kapha your diet should consist of:

30 -40 % whole grains (outlined below)

20-30 % vegetables (outlined below) with a 10% fruit option (outlined below)

20% protein (outlined below) – includes legumes, dairy, nuts & seeds. *Note:

Although meat is not recommended in the Ayurvedic diet if one chooses to eat meat products then the best types for Kapha are chicken & turkey (white meat), fresh water fish (steamed or poached), shrimp and rabbit. Eggs (boiled or poached) can be eaten as well.

The Vata Diet

If your constitution is mostly comprised of Vata, it is recommended that you reduce the qualities of cold, dryness and lightness. So in other words consume foods that are warm, wet and heavier in nature.

The following list of food groups suggests the particular types of foods that are best for Vata dosha and those that should be avoided.

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains for vata are durham flour, oats (cooked), rice (all kinds but white basmati is best) quinoa, seitan (wheat meat), sprouted wheat bread (Essene), pancakes and wheat.

Small amounts of amaranth can be eaten fairly often or in larger portions once or twice a week.

Avoid barley, rye, sago, spelt, wheat bran, tapioca bread with yeast, buckwheat, corn, couscous, crackers, granola, millet, muesli, dry oats, oat bran, pasta, polenta and rice cakes.

Note: *Cooked wholesome grains that are unrefined are the best for Vata, though a small amount of yeast-free bread can be eaten in moderation.*

Legumes

The best legumes for vata types are mung beans, mung dal, tur dal, urad dal.

Small amounts of red lentils, tofu, soy cheese, soy sauce, soy milk can be eaten fairly often or in larger portions once or twice a week.

Avoid brown lentils, miso, aduki beans, tempeh, white beans, black beans, black-eyed peas, fava beans, kidney beans, lima beans, navy beans, pinto beans and split peas, chick peas, lentils and soybeans.

Note: *Vata people should soak their beans ahead of time and eat them well cooked with warm spices to assist digestion. Organic mung beans are considered the best for all doshas.*

Dairy

The best types of dairy products for vata are butter, buttermilk, ghee, whole milk (cow and goat) soft cheese (cow and goat), panir and cottage cheese.

Small amounts of kefir, sour cream, ice cream, hard cheese and low-fat yogurt are ok in small portions every other day or in larger amounts once or twice a week.

Avoid powdered milk, regular yogurt and frozen yogurt.

Note: *Most dairy is good for vata types - raw or organic dairy products are best. Milk should be taken warm with small amounts of spices such as ginger and cardamom. Yogurt and ghee should also be consumed with warm spices.*

Fruits

The best types of fruit for vata dosha are cooked apple, applesauce, avocado, banana, berries, cherries, coconut, dates (fresh), figs (fresh), grapefruit, grapes, kiwi, lemon, lime, mango, melons, oranges, papaya, peaches, pineapple, plums, prune (soaked), raisins (soaked), rhubarb, strawberries and tamarind.

Avoid raw apples, cranberries, dry dates, dry figs, dry prunes, dry raisins, pears, persimmons, pomegranates and watermelon.

Note: *Generally most sweet fruits are good for vata and most dried fruits should be avoided. Make sure fruits are ripe before eating.*

Vegetables

The best types of vegetables for vata are asparagus, beets, carrots, cilantro, cucumber, fennel (anise), garlic, green beans, green chilies, leeks, okra, olives (black), cooked onions, parsnip, sweet potato, pumpkin, rutabaga, summer squash, taro root, water cress and zucchini

Small amounts of cooked cabbage, cooked peas, cooked radishes, cooked spinach, raw spinach, cooked onions, daikon radish, Jerusalem artichoke, leafy greens, sprouts, turnip greens, lettuce, mustard greens, spaghetti squash and parsley can be eaten in small portions often or in larger portions once or twice a week.

Avoid raw cabbage, raw cauliflower, raw onions, raw peas, raw radishes, eggplant, artichokes, beet greens, bitter melon, broccoli, Brussels sprouts, burdock root, celery, fresh corn, dandelion greens, eggplant, horseradish, kale, mushrooms, kohlrabi, green onions, peppers, white potatoes, tomatoes (cooked and raw), turnips and wheat grass sprouts.

Note: *Raw vegetables for vata should be eaten only occasionally (if there is gas or constipation, they should be avoided altogether) as it is best to consume mostly cooked vegetables. Avoid frozen and dried vegetables if possible.*

Nuts and Seeds

The best type of nuts and seeds for vata are almonds (without skins are best), black walnuts, brazil nuts, cashews, charole, coconut, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, chia seeds, flax seeds (grounded), halva seeds, pumpkin seeds, sesame seeds, sunflower seeds and tahini seeds.

Note: *All nuts/seeds for vata should be eaten in moderation. There are no*

nuts that should be avoided unless there is an allergic reaction or intolerance due to sensitivity.

Sweeteners

The best sweeteners for vata doha are barley malt, fructose, fruit juice concentrates, raw honey, jaggary, molasses, rice syrup, palm sugar, sucanat (raw sugar cane crystals), and turbinado.

Avoid white sugar, maple syrup and agave.

Note: *Over eating any type of sweetener is not recommended for any dosha type and will eventually cause an imbalance which can cause disease. Use all sweeteners in moderation.*

Oils

The best oils for vata are ghee, olive oil and sesame oil.

Avoid flaxseed oil.

Note: *It is extremely important to consume oils in the ayurvedic diet for all dosha types, especially if the skin is dry. Oils can be cooked with the appropriate vata spices.*

Spices

The best spices for vata dosha are ajvain, allspice, almond extract, anise, asafoetida, basil, bay leaf, black pepper, cardamom, cinnamon, cloves, coriander, cumin, dill, fennel, garlic, ginger (especially fresh), marjoram, mint, mustard seeds, nutmeg, orange peel, oregano, paprika, parsley, peppermint, pippali, poppy seeds, rosemary, saffron, , salt, savory, spearmint, star anise, tarragon, thyme, turmeric, vanilla, and wintergreen.

Use only small amounts of cayenne and fenugreek in moderation

Avoid caraway spice.

Note: *Spices not only enhance the flavor of the food but also help with the digestion processes and the absorption of nutrients. A combination of warm and hot spices are best for vata types, however, if the food becomes too hot, it may have a drying effect on the body, therefore, the hottest spices should be used in moderation.*

Beverages

The best beverages for vata are chai (spiced milk and tea), almond milk, rice milk, warm soy milk, aloe vera juice, apple cider, apricot juice, berry juice (not cranberry), carrot juice, cherry juice, grain beverages, grape juice, grapefruit juice, lemonade, mango juice, miso broth, orange juice, papaya juice, peach nectar, pineapple juice, rice milk and sour juices.

Herbal teas: ajvain, bancha, chamomile, clove, comfrey, elder flower, eucalyptus, fennel, fenugreek, ginger (fresh), hawthorne, juniper berry, lavender, lemon grass, licorice, marshmallow, oat straw, orange peel, pennyroyal, peppermint, rosehips, saffron, sage, sarsaparilla, sassafras and spearmint.

Avoid cold soy milk, coffee (caffeinated and decaffeinated), alcohol, soda drinks tomato juice, V-8 juice and vegetable bouillon. Stay away from all herbal teas not mentioned above.

Note: *Beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned the best ones for vata are chutney (mango), dulse, gomasio, hijiki, kelp, ketchup, kombu, lemon, lime, lime pickles, mango pickles, mayonnaise, mustard, pickles, scallions, seaweed, soy sauce, tamari and vinegar

Chilli peppers, coriander leaves and carob are ok occasionally and in small amounts.

Avoid chocolate and horseradish.

The Pitta Diet

If your constitution is mostly comprised of Pitta it is recommended that you reduce the qualities of hot, dryness and lightness. So in other words consume foods that are cool, wet and heavier in nature.

The following list of food groups suggests the particular types of food that are best for Pitta dosha and those that should be avoided.

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains for pitta dosha are amaranth, barley, dry cereals, couscous, durham flour, granola, oat bran, cooked oats, pasta, pancakes, rice cakes, seitan (wheat meat), spelt, sprouted wheat bread (Essene), tapioca, wheat, wheat bran and rice (basmati, white or wild).

Avoid buckwheat, rye, bread with yeast, corn, millet, muesli, dry oats, polenta, quinoa and brown rice.

Note: *Cooked wholesome grains that are unrefined are the best for pitta, though dry cereals and grains can be eaten in moderation.*

Legumes

The best legumes for pitta are adzuki beans, black beans, black-eyed peas, chick peas (garbanzo beans), kidney beans, lentils (brown and red), lima beans, mung beans, mung dal, navy beans, dried peas, pinto beans, soybeans, flour, split peas, white beans, tempeh and tofu.

Avoid miso, soy sauce, tur dal and urad dal.

Note: *Pitta types can soak their beans ahead of time and eat them well cooked with spices (see below) to assist digestion. Organic mung beans are considered the best for all doshas.*

Dairy

The best types of dairy products for pitta are butter (unsalted), cheese (fresh, soft & unsalted) - cow's or goat, cottage cheese, ricotta cheese, ghee, milk (cow's and goat), ice-cream and fresh yogurt (low fat).

Avoid salted butter, buttermilk, sour cream, regular yogurt and frozen yogurt.

Note: *Dairy is excellent for pitta types - raw or organic dairy products are best.*

Fruits

The best types of fruit for pitta dosha are sweet apples, applesauce, apricots, avocado, sweet berries, sweet cherries, coconut, dates, figs, grapes (red and purple), mango, melons, oranges, *papaya*, pears, pineapple, sweet plums, pomegranate, prunes, raisins and watermelon.

Small amounts of lime and papaya are ok occasionally.

Avoid all sour fruit, bananas, cranberries, grapefruit, grapes, kiwis, lemons, green mangos, green grapes, peaches, persimmons, rhubarb, strawberries and tamarind.

Note: *Generally most sweet fruits are good for pitta and sour fruits should be avoided. Make sure fruits are ripe before eating.*

Vegetables

The best types of vegetables for pitta are artichoke, asparagus, beets, bitter melon, broccoli, Brussels sprouts, cabbage, cooked carrots, cauliflower, celery, cilantro, cucumber, dandelion greens, fennel (anise), green beans, Jerusalem artichoke, kale, leafy greens (lettuces), leek (cooked), mushrooms,

okra, black olives, cooked onion, parsley, parsnip, peas, sweet peppers, sweet potatoes), prickly pear leaves, pumpkin, cooked radishes, rutabaga, spaghetti squash, sprouts, winter and summer squash, taro root, wheat grass sprouts and zucchini.

Small amounts of raw carrots and watercress can be eaten occasionally.

Avoid beet greens, raw beets, daikon radish, eggplant, garlic, green chillies, horseradish, raw cabbage, raw onions, raw radishes, raw leeks, burdock root, fresh corn, kohlrabi, hot peppers, tomatoes (cooked and raw), turnip greens, turnips, green olives, prickly pear fruit, cooked spinach, raw spinach and mustard greens.

Note: *Sweet and bitter vegetables are best for pitta. Avoid pungent vegetables if possible.*

Nuts and Seeds

The best type of nuts and seeds for pitta are almonds (without skins), charole, coconut, flax seeds, halva seeds, popcorn (without salt & butter), psyllium, pumpkin seeds and sunflower seeds.

Avoid almonds with skins, black walnuts, brazil nuts, cashews, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, chia seeds, sesame seeds and tahini seeds.

Note: *All nuts/seeds for pitta should be eaten in moderation.*

Sweeteners

The best sweeteners for pitta dosha are barley malt, fructose, fruit juice concentrates, maple syrup, rice syrup, turbinado and raw sugar or sucanat.

Avoid raw honey, jaggary, molasses, and white sugar.

Note: *Over eating any type of sweetener is not recommended for any dosha type and will eventually cause an imbalance which can cause disease. Use all*

sweeteners in moderation.

Oils

The best oils for pitta are ghee, olive oil, sunflower oil, canola oil, soy oil, flaxseed oil, primrose oil, and walnut oil. Avocado and coconut oil are good for external useage.

Avoid almond oil, corn oil, safflower oil and sesame seed oil.

Note: *It is extremely important to consume oils in the ayurvedic diet for all dosha types, especially if the skin is dry. Oils can be cooked with the appropriate pitta spices.*

Spices

The best spices for pitta dosha are fresh basil, cinnamon, coriander, cumin, curry leaves, dill, fennel, fresh ginger, mint, peppermint, saffron, spearmint, , turmeric, saindhava (rock salt) and wintergreen

Use only small amounts of black pepper, caraway, cardamom, orange peel, neem leaves, parsley, tarragon and vanilla.

Avoid ajvain, allspice, almond extract, anise, asafoetida, dry basil, bay leaf, cayenne pepper, cloves, fenugreek, garlic, dry ginger, marjoram, mustard seeds, nutmeg, oregano, paprika, pippali, poppy seeds, rosemary, sage, salt, savory, star anise, and thyme.

Note: *Spices not only enhance flavor of the food but also help with the digestion processes and the absorption of nutrients. More mild spices are best for pitta types.*

Beverages

The best beverages for pitta are black tea, almond milk, rice milk, soy milk, aloe-vera juice, apple juice, apricot juice, berry juice (sweet), cherry juice, grain beverages, grape juice, mango juice, mixed vegetable juice (not

tomato), vegetable bouillon, peach nectar, pear juice, pomegranate juice and prune juice.

Herbal teas: alfalfa, bancha, barley, blackberry, borage, burdock, catnip, chamomile, chicory, comfrey, dandelion, fennel, ginger—fresh, hibiscus, hops, jasmine, kukicha, lavender, lemon balm, lemon grass, licorice, marshmallow, nettle, oat straw, passion flower, peppermint, raspberry, red clover, sarsaparilla, spearmint, strawberry, violet, yarrow and wintergreen.

Chai (spiced milk and tea), miso broth and orange juice are ok occasionally and in small amounts.

Avoid apple cider, coffee (caffeinated and decaffeinated), chocolate milk, alcohol, soda drinks, carbonated drinks, ice tea, cranberry juice, papaya juice, pineapple juice, sour juices, carrot juice, tomato juice and V-8 juice. Stay away from all herbal teas not mentioned above.

Note: *Beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned the best ones for pitta are chutney (sweet such as mango) and coriander leaves.

Black pepper, dulse, hijiki, kombu, lime and tamari are ok occasionally and in small amounts.

Avoid chocolate chilli peppers, spicy chutney, gomasio, kelp, ketchup, mustard, lemon, lime pickle, mango pickle, pickles, scallions, seaweed, soy sauce, vinegar, excess salt and horseradish.

The Kapha Diet

If your constitution is mostly comprised of kapha it is recommended that you reduce the qualities of cold, wetness and heaviness. So in other words consume foods that are warm, dry and light in nature.

The following list of food groups suggests the particular types of food that are best for Kapha dosha and those that should be avoided.

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains for kapha are barley, buckwheat, cereals (dry or puffed), corn, couscous, , granola, millet, muesli, oat bran, oats (dry), polenta, rye, rice (basmati only), seitan (wheat meat), spelt, sprouted wheat bread, wheat bran and tapioca.

Small amounts of amaranth, durham flour, quinoa and wild rice can be eaten fairly often or in larger portions once or twice a week.

Avoid cooked oats, bread with yeast, pancakes, pasta, brown and white rice, rice cakes and wheat.

Legumes

The best legumes for kapha types are mung beans, aduki beans, black beans, black-eyed peas, chick peas, lentils (red and brown), lima beans, navy beans, peas (dried), pinto beans, split peas, tur dal, and white beans.

Small amounts of mung dal and warm tofu can be eaten fairly often or in larger portions once or twice a week.

Avoid kidney beans, soy beans, soy sauce, miso, cold tofu and urad dal.

Note: *Kapha people should cook their beans with warm spices (listed below) to assist digestion. Organic mung beans are considered the best for all doshas.*

Dairy

The best types of dairy products for kapha dosha are cottage cheese (from skimmed goat's milk), goat's milk (skim) and low-fat goat yogurt.

Small amounts of buttermilk, ghee and un-aged goat cheese are ok in small portions every other day or in larger amounts once or twice a week.

Avoid butter (salted and unsalted), hard and soft cheese, cow's milk, ice cream, sour cream regular yogurt and frozen yogurt.

Fruits

The best types of fruit for kapha dosha are apples, applesauce, apricots, berries, cherries, cranberries, peaches, pears, persimmon, pomegranate, prunes and raisins.

Small amounts of dried figs, grapes, lemons, limes and strawberries can be eaten occasionally.

Avoid avocados, banana, coconut, dates (fresh), figs (fresh), grapefruit, kiwi, mangos, melons, oranges, papaya, pineapple, plums, rhubarb and tamarind.

Note: *Generally most astringent fruits are good for kapha and most sweet & sour fruits should be avoided.*

Vegetables

The best types of vegetables for kapha are artichoke, asparagus, beet greens, beets, bitter melon, broccoli, brussels sprouts, burdock root, cabbage, carrots, cauliflower, celery, cilantro, corn, daikon radish, dandelion greens, eggplant, fennel (anise), garlic, green beans, green chills, horseradish, Jerusalem artichoke, kale, kohlrabi, leafy greens, lettuces, leeks, mushrooms,

mustard greens, okra, onions, parsley, peas, peppers (sweet and hot), prickly pear, potatoes (white), radishes, rutabaga, spinach, sprouts, summer squash, cooked tomatoes, turnip greens, turnips, watercress and wheat grass.

Small amounts of spaghetti squash can be eaten occasionally.

Avoid cucumber, olives, parsnips, sweet potato, pumpkin, winter squash, taro root, raw tomatoes and zucchini.

Note: Most pungent and bitter vegetables can be eaten by Kapha dosha. Avoid sweet and juicy vegetables if possible.

Nuts and Seeds

The best type of nuts and seeds for kapha are charole, chia seeds, and popcorn (no salt or butter).

Flax seeds, pumpkin seeds and sunflower seeds are ok in moderation

Avoid almonds, walnuts, brazil nuts, cashews, coconut, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, halva seeds, sesame seeds, psyllium and tahini seeds.

Note: All *nuts/seeds for kapha should be eaten in moderation.*

Sweeteners

The best sweeteners for kapha are fruit juice concentrates, and raw honey.

Avoid barley malt, fructose, jaggary, molasses, rice syrup, sucanat (raw sugar cane crystals), turbinado, white sugar, maple syrup and agave.

Note: *Over eating any type of sweetener is not recommended for any dosha type and will eventually cause an imbalance which can cause disease. Use all sweeteners in moderation.*

Oils

The best oils for kapha are ghee, corn oil, canola oil, sunflower oil and almond oil.

Sesame oil is good for external usage.

Avoid flaxseed oil, avocado oil, coconut oil, olive oil, soy oil, walnut oil, primrose oil and safflower oil.

Note: *It is extremely important to consume oils in small amounts for kapha dosha. Oils can be cooked with the appropriate kapha spices.*

Spices

The best spices for ajvain, allspice, almond extract, anise, asafoetida, basil, bay leaf, black pepper, caraway, cardamom, cayenne, cinnamon, cloves, coriander, cumin, curry leaves, dill, fenugreek, garlic, ginger (especially fresh), marjoram, mint, mustard seeds, neem leaves, nutmeg, orange peel, oregano, paprika, parsley, peppermint, pippali, poppy seeds, rosemary, saffron, sage, natural salt, savory, spearmint, star anise, tarragon, thyme, turmeric, and wintergreen.

Small amounts of fennel, and vanilla can be taken in moderation.

Avoid white table salt or too much other forms of salt such as sea salt and rock salt.

Note: *Spices not only enhance flavor of the food but also help with the digestion processes and the absorption of nutrients. All spices are generally ok for kapha.*

Beverages

The best beverages for kapha are black tea (spiced), warm spiced soy milk, aloe vera juice, apple cider, apricot juice, berry juice, carrot juice, sweet cherry juice, grain beverages, grape juice, pear juice, peach nectar, mango juice, pomegranate juice and prune juice.

Herbal teas: alfalfa, bancha, barley, blackberry, burdock, chamomile, chicory, cinnamon, dandelion, clove, ginger, fenugreek, hibiscus, hyssop, jasmine, juniper berry, kukicha, lavender, lemon balm, lemon grass, nettle, passion flower, peppermint, raspberry, red clover, spearmint, strawberry, yarrow and wintergreen.

Small amounts of chai (spiced milk and tea), apple juice, pineapple juice, sarsaparilla, comfrey, ginseng, licorice and yerba mate can be taken occasionally.

Avoid almond milk, rice milk cold soy milk, chocolate milk, coffee (caffeinated and decaffeinated), alcohol, soda drinks, sour cherry juice, cold dairy drinks, grapefruit juice, orange juice, iced tea, ice cold drinks, lemonade, miso broth, tomato juice, V-8 juice, papaya juice, and sour juices. Stay away from all herbal teas not mentioned above.

Note: *Beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned the best ones for kapha are chili peppers, chutney (mango and spicy), coriander leaves, horseradish, mustard (without vinegar), scallions, and sprouts.

Avoid chocolate, sweet chutney, gomasio, , kelp, ketchup, lime, lime pickles, mango pickles, mayonnaise, pickles, soy sauce, tamari and vinegar.

Small amounts of dulse, kijiki, lemon, seaweed and carob are ok occasionally and in small amounts.

The Vata-Pitta Diet

If your constitution is comprised of Vata and Pitta, it is recommended that you reduce the qualities of heat, dryness and lightness. So in other words consume foods that are cool, wet and heavier in nature.

The following list of food groups suggests the particular types of food that are best for Vatta-Pitta dosha and should be eaten regularly as well as those that should be avoided

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains to consume are wheat, cooked oats and white basmati rice.

Small amounts of amaranth, barley, brown rice, short or long grain rice, millet, quinoa and rye can be eaten in small portions fairly often or in larger portions once or twice a week.

Avoid buckwheat, corn flour products and dry oats.

Note: *Vata-Pitta types should eat these as cooked grains or breads without yeast.*

Legumes

The best legumes to eat are mung beans and tofu.

Small amounts of aduki beans, chick peas, kidney beans, navy beans, pinto beans, soy beans, split peas, black eyed peas, black lentils and gram can be eaten in small portions often or in larger portions once or twice a week.

Avoid fava beans and red and yellow lentils.

Note: *Legumes for Vatta-Pitta are best prepared as a dal or spread with added spices. When digestion is weak or constipation is present avoid those listed as small amounts.*

Dairy

The best types of dairy products to consume are butter, **ghee**, cottage cheese, cream cheese, whole milk and fresh cheese such as mozzarella or paneer (farmer's cheese).

Small amounts of buttermilk, yogurt, sour cream, hard unsalted cheese and kefir are ok in small portions every other day or in larger amounts once or twice a week.

Avoid Ice cream and frozen yogurt

Note: It is best to use raw or organic milk products for all dosha types if possible. Milk on its own should be consumed warm with small amounts of spices such as ginger and cardamom.

Fruits

The best types of fruit to consume are apricots, avocados, bananas (sweet), black berries, blueberries, cantaloupe, cherries, coconut, dates, figs, grapes, lemons, limes, mango, nectarines, oranges, papaya, peaches, pears, persimmons, plums (sweet), pomegranate, prunes, raspberries, strawberries and raisons.

Small amounts of apples, bananas (sour), cranberries, grapefruit, pineapple, tangerines and watermelon can be eaten in small portions often or in larger portions once or twice a week.

Avoid cherries, olives, dry fruits and sour types of plums, oranges and papayas.

Note: *It is best for Vata-Pitta types to eat sweet, well ripened fruit because fruit is light. It should be consumed in moderation.*

Vegetables

The best types of vegetables to consume are artichokes, bean sprouts, cauliflower, cilantro, corn, leeks, okra, cooked onion, peas, potatoes, pumpkin, squash (all kinds), zucchini, seaweed, sunflower sprouts and sweet vine ripened tomatoes.

Small amounts of alfalfa sprouts, asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, celery, cucumber, eggplant, green beans, lettuce, kale, mushrooms, mustard greens, parsley, spinach, sweet potatoes, turnips and sour tomatoes can be eaten in small portions often or in larger portions once or twice a week.

Avoid brussel sprouts, cabbage, chillies, hot peppers, radishes, raw onion, tomato paste, tomato sauce and snow peas.

Note: *Cooked vegetables are best for Vata-apitta because they are more nourishing and easier to digest. Only leafy vegetables are recommended to be eaten raw with some dressing. More raw salads can be eaten in the summer if digestion is strong and there is little gas and constipation*

Nuts and Seeds

The best type of nuts and seeds are coconuts, pinyons and sunflower seeds.

Small amounts almonds, brazil nuts, cashews, lotus seeds, macadamia nuts, pecans, pine nuts, pistachio nuts and pumpkin seeds can be eaten in small portions often or in larger portions once or twice a week.

Avoid peanuts.

Note: *Nuts for Vata-Pitta types should be eaten without salt and can be lightly dry roasted to assist with digestion. Nut butters are also good and can be eaten.*

Sweeteners

The best sweeteners are fresh honey, maltose, maple syrup, maple sugar, palm sugar and rice syrup.

Small amounts of date sugar, dextrose, fructose, grape sugar, molasses, sucanat (jaggery) and agave can be eaten in small portions often or in larger portions once or twice a week.

Avoid white table sugar

Note: *Over eating any type of sweetener regardless of your dosha type is not recommended and will eventually cause an imbalance.*

Oils

The best oils to consume are avocado oil, coconut oil, olive oil, sunflower oil and ghee.

Small amounts of sesame oil, almond oil, castor oil, flax seed oil, corn oil and soy oil can be consumed in small portions often or in larger portions once or twice a week.

Avoid safflower oil, margarine, mustard oil, peanut oil, lard and canola.

Note: *Oils are very crucial Vatta-Pitta as it prevents them from drying out, especially the skin.*

Spices

The best spices for Vata-Pitta are cardamom, chamomile, fennel, coriander, cumin, lemon verbena, peppermint, saffron, spearmint, turmeric, bay leaf, rosemary, cilantro and dill.

Use only small amounts of anise, basil, fresh ginger, marjoram, nutmeg, oregano, poppy seed, sage, salt, spearmint, star anise, thyme.

Avoid asafoetida, black pepper, calamus, cayenne, cloves, raw garlic, dry ginger, horseradish, hot mustard and hysop.

Note: *Spices not only enhance the flavor of the food but also help with the digestion processes and the absorption of nutrients. A combination of warm but not too hot spices is best for Pitta-Vata types.*

Beverages

The best beverages for Vata-Kapha are water, milk, chamomile tea, licorice tea, mint tea and mildly spice teas.

Small amounts of vegetable juice and sour fruit juices (lemonade, limeade, cranberry & pomegranate) can be taken occasionally but not recommended every day.

Avoid coffee (caffeinated and decaffeinated), alcohol, soda drinks, spicy tea, tomato juice, green vegetable juices, undiluted carrot juice and sweet fruit juices that are undiluted.

Note: *As with all doshas beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned there are none that are really considered to be best for Vata-Pitta types, however, small amounts of mayonnaise and carob is ok.

Avoid ketchup, chocolate, tamari and vinegar.

The Pitta-Kapha Diet

If your constitution is comprised of Pitta and Kapha, it is recommended that you reduce the qualities of heat, heaviness and moisture. So in other words consume foods that are cool, light and dry in nature.

The following list of food groups suggests the particular types of food that are best for Pitta-Kapha dosha and should be eaten regularly as well as those that should be avoided

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains for Pitta-Kapha are barley, basmati rice, corn flour products (except corn chips) and rye.

Small amounts of amaranth, brown rice, millet and quinoa can be eaten in small portions fairly often or in larger portions once or twice a week.

Avoid buckwheat, oats, wheat and white sticky rice.

Note: It is best for Pitta-Kapha to eat these as cooked grains but can be taken as yeast bread.

Legumes

The best legumes for Pitta-Kapha are mung beans, tofu, aduki beans, black gram, fava beans, kidney beans, lima beans, navy beans, pinto beans and split peas.

Small amounts of black can be eaten in small portions often or in larger portions once or twice a week.

Avoid peanuts, chick peas, lentils and tempeh.

Note: Beans are generally dry, cool and heavy so moderate consumption of them is ok for Pitta – Kapha types. They should be soaked ahead of time and consumed with spices to assist digestion. Of all the beans listed, organic mung are considered the best for all doshas.

Dairy

The best types of dairy products to consume are ones using skim milk.

Small amounts of ghee, goats milk and low fat yogurt are ok in small portions every other day or in larger amounts once or twice a week.

Avoid butter, buttermilk, whole yogurt, sour cream, hard and soft cheese, kefir, cottage cheese, cream cheese, cream, whole milk and fresh cheese such as mozzarella or paneer (farmer's cheese), ice cream and frozen yogurt.

Note: *Raw or organic milk products are best for Pitta-Kapha and should be taken warm with small amounts of spices such as ginger and cardamom.*

Fruits

The best types of fruit for Pitta-Kapha are apples, blueberries, cranberries, lemon, lime and pomegranate.

Small amounts of apricots, bananas (sweet), black berries, cantaloupe, cherries, coconut, grapefruit, pineapple (sweet), plums (sweet), tangerines and watermelon, peaches, nectarines, oranges, pears, persimmons and raspberries can be eaten in small portions often or in larger portions once or twice a week.

Avoid dates, figs, grapes, mango, papaya, plums (sour), pineapple (sour) and strawberries.

Note: *Because fruits are light and cooling in nature, they are generally good for Pitta-Kapha types. However because they contain a lot water, overuse can provoke Kapha. Dried fruit is excellent and greater amount can be eaten in the summer.*

Vegetables

The best types of vegetables for Pitta-Kapha are alfalfa sprouts, artichokes, bean sprouts, cauliflower, cilantro, asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, celery, green beans, lettuce, kale, leafy green vegetables, mushrooms, cooked onions, cress, green peppers, peas,

pumpkin, parsley, sunflower sprouts and turnips.

Small amounts of beets corn, carrots, cucumber, zucchini, cooked garlic, fresh onions, potatoes, spinach, sweet tomatoes, mustard greens, okra, seaweed and yellow squash can be eaten in small portions often or in larger portions once or twice a week.

Avoid avocados, chillies, eggplant, Jerusalem artichoke, radishes, tomato paste, and acorn or winter squash

Note: *Raw vegetables are best in the summer, while a mixture of raw and cooked can be eaten the rest of the year. Eating light and cool vegetables helps to reduce both Pitta and Kapha and should be eaten in abundance.*

Nuts and Seeds

The best type of nuts and seeds for Pitta-Kapha are pumpkin seeds and sunflower seeds.

Small amounts of filberts, pinyons and sesame seeds can be eaten in small portions often or in larger portions once or twice a week.

Avoid peanuts, almonds, brazil nuts, cashews, lotus seeds, macadamia nuts, pecans, pistachios, walnuts and coconut.

Note: *Heavy oily and warming nuts aggravate Pitta-Kapha people so they should consume more nuts that are lighter and drier. Seed butters such as pumpkin seed butter and sunflower seed butter are also good and can be eaten regularly.*

Sweeteners

The best sweetener for Pitta-Kapha is Stevia.

Small amounts of fresh honey can be taken.

Avoid white table sugar, brown sugar, maltose, maple syrup, maple sugar, palm sugar, date sugar, dextrose, fructose, grape sugar, molasses, rice syrup

and agave.

Note: *Over eating any type of sweetener is not recommended for any dosha type and will eventually cause an imbalance.*

Oils

The best oils for Pitta-Kapha are canola oil, corn oil, soy oil and sunflower oil.

Small amounts of margarine and safflower oil can be consumed in small portions often or in larger portions once or twice a week.

Avoid avocado oil, coconut oil, mustard oil, peanut oil, lard, almond oil, castor oil, flax seed oil, and sesame seed oil.

Note: *Oils are very important and crucial to the ayurvedic diet. Oils that are heavy and moist in nature should be used in small amounts. The best oils for Pitt-Kapha are ones that are light, cool and dry in nature.*

Spices

The best spices for Pitta-Kapha are cardamom, chamomile, fennel, coriander, cumin, curry leaves, lemon verbena, peppermint, saffron, spearmint, and turmeric.

Small amounts of allspice, anise, basil, bay leaf, caraway, dill, fresh ginger, fenugreek, hyssop, paprika, oregano, parsley, rosemary, poppy seed, sage, star anise, thyme, and tarragon.

Avoid asafoetida, black pepper, calamus, cayenne, celery seed, cinnamon, cloves, raw garlic, dry ginger, horseradish, hot mustards, marjoram, nutmeg and salt.

Note: *Spices are important as they aid in digestion, enhance flavor and aid in the absorption of nutrients. Because Pitta-Kapha people tend to feel warm, mild to moderate spicing is best ensuring that the food does not become too hot.*

Beverages

The best beverages for Pitta-Kapha are water (with a little lemon), green vegetable juices, chamomile tea, basil tea, mint tea and fennel tea.

Small amounts of naturally carbonated drinks and pure fruit juices with no added sugar can be taken in small amounts daily or occasionally.

Avoid black teas, coffee (caffeinated and decaffeinated), alcohol, soda drinks and sweet fruit juices and spicy teas.

Note: *Beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned there are none that are really considered great or good for Pitta-Kapha.

Small amount of Carob can be taken occasionally.

Avoid ketchup, chocolate, mayonnaise and vinegar.

The Vata–Kapha Diet

If your constitution is comprised of Vata and Kapha, it is recommended that you reduce the qualities of cold, dryness and heaviness. So in other words consume foods that are warm, wet and light in nature.

The following list of food groups suggests the particular types of food that are best for Vata-Kapha dosha and should be eaten regularly as well as those that should be avoided

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains for Vata-Kapha are amaranth, barley, basmati rice, quinoa, buckwheat, brown rice and wild rice.

Small amounts of millet and rye can be eaten in small portions fairly often or in larger portions once or twice a week.

Avoid regular wheat, oats, corn flour and white sticky rice.

Note: *Cooked wholesome grains that are unrefined are the best for Kapha-Vata, though a small amount of bread can be eaten regularly.*

Legumes

The best legumes for Vata-Kapha are mung beans, soy (including soy milk) tempeh and tofu.

Avoid , aduki beans, black gram, fava beans, kidney beans, lima beans, navy beans, pinto beans and split peas, chick peas, lentils and soybeans.

Note: Vata-Kapha people should soak their beans ahead of time and eat them well cooked with warm spices to assist digestion. Organic mung beans and soy (tofu) are considered the best for all doshas.

Dairy

The best types of dairy products for Vata-Kapha are 2% milk, buttermilk, ghee and low-fat yogurt.

Small amounts of kefir, sour cream and whole yogurt are ok in small portions every other day or in larger amounts once or twice a week.

Avoid butter, whole milk, hard and so ice cream and frozen yogurt and all cheeses including cottage cheese.

Note: *Raw or organic milk products are best for Kapha-Vata and should be taken warm with small amounts of spices such as ginger and cardamom.*

Yogurt and ghee should also be consumed with warm spices.

Fruits

The best types of fruit for Vata-kapha are apricots, cherries, grapefruit, lemon, papaya and pomegranate.

Small amounts of apples (cooked), bananas (sour), blueberries, cranberries, cherries, black berries, mango, lime, oranges (sour), pineapple, plums (sour), pomegranate, prunes, raspberries, and tangerines can be eaten in small portions often or in larger portions once or twice a week.

Avoid avocados, bananas (sweet), coconut, dates, figs, grapes, water-melon, cantaloupe, sweet oranges, peaches, nectarines, pears, persimmons, sweet plums, raisins and strawberries.

Note: *Fruit for Vata-Kapha is best consumed when it is not over-ripe or too sweet because this helps bring balance to both doshas. Also, due to fruit's cooling quality, it should be taken in small amounts and occasionally for Vata-Kapha.*

Vegetables

The best types of vegetables for Vata-Kapha are artichokes, beets, carrots, cauliflower, chili-peppers, whole fresh corn, green beans, leeks, mung bean sprouts, mustard greens, onions, radishes, potatoes, parsley, sunflower sprouts and tomatoes.

Small amounts of alfalfa sprouts, avocado, bell peppers, broccoli, brussel sprouts, celery, cilantro, lettuce, kale, spinach, leafy green vegetables, mushrooms, okra, snow peas, seaweed, rutabagas, squash and turnips can be eaten in small portions often or in larger portions once or twice a week.

Avoid asparagus, bitter melon, cabbage, cucumber, eggplant, artichokes, squash (acorn & winter), sweet potatoes and yams.

Note: *Raw vegetables for Vata-Kapha should be eaten only occasionally (if*

there is gas or constipation, they should be avoided altogether) as it is best to consume mostly cooked vegetables.

Nuts and Seeds

The best type of nuts and seeds for Vata-Kapha are pumpkin seeds, sunflower seeds and pinyons.

Small amounts of filberts can be eaten in small portions often or in larger portions once or twice a week.

Avoid peanuts, almonds, brazil nuts, cashews, lotus seeds, macadamia nuts, pecans, pistachios, walnuts and coconut.

Note: *Nuts/seeds for Vata-Kapha should be lightly dry-roasted with very little salt. All, nut butters and seed butters can be eaten except for peanut butter.*

Sweeteners

The best sweetener for Vata-Kapha is honey.

Small amounts of jaggery, molasses and sucanat can be consumed.

Avoid all sugar, maltose, maple syrup, dextrose, fructose, rice syrup and agave.

Note: *Over eating any type of sweetener is not recommended for any dosha type and will eventually cause an imbalance which can cause disease. The sweeteners listed under small amounts for Vata-Kapha should not be used more than once a month and honey can be used daily but in moderation.*

Oils

The best oils Vata-Kapha are flaxseed oil, mustard oil, safflower oil and ghee.

Small amounts of almond oil, canola oil, soy oil, castor oil, corn oil, olive oil, peanut oil, sesame oil and margarine can be taken often in small amounts or in large amounts once or twice a week.

Avoid avocado oil, coconut oil, soy oil, sunflower oil and lard.

Note: *It is extremely important to incorporate oils in the ayurvedic diet for all dosha types, especially if the skin is dry. Most light oils will not aggravate Vata-Kapha and ghee should be taken with warm spices.*

Spices

The best spices for Vata-Kapha are allspice, anise, asafoetida, basil, bay leaf, black pepper, caraway, catnip, cayenne, celery seed, chamomile, cloves, coriander, cumin, curry powder, fennel, dill, garlic, fenugreek, horseradish, ginger, lemon verbena, hyssop, marjoram, nutmeg, mustard seed, paprika, oregano, peppermint, parsley, rosemary, poppy seed, sage, saffron, spearmint, star anise, thyme, turmeric and tarragon.

Use only small amounts of salt.

Note: *Spices not only enhance the flavor of the food but also help with the digestion processes and the absorption of nutrients. A combination of warm and hot spices are best for Vata-Kapha types, however, if the food becomes too hot, it may have a drying effect on the body, therefore, the hottest spices should be used in moderation.*

Beverages

The best beverages for Vata-Kapha are water, chamomile tea, licorice tea, mint tea and spicy teas such as chai.

Small amounts of vegetable juice and sour fruit juices (lemonade, limeade, cranberry & pomegranate) can be taken occasionally but not recommended every day.

Avoid black teas, coffee (caffeinated and decaffeinated), alcohol, soda drinks and sweet fruit juices.

Note: *Beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned the best one for Vata-Kapha is vinegar.

Small amounts of ketchup, chocolate, and carob are ok occasionally and in small amounts.

Avoid mayonnaise.

The Tridoshic Diet

If your constitution consists almost evenly Vata, Pitta and Kapha it is recommended that you reduce the qualities of heat, dryness and heaviness. So in other words consume foods that are cool, wet and light in nature.

The following list of food groups suggests the particular types of food that are best for Vatta-Pitta-Kapha (Tridoshic) dosha and should be eaten regularly as well as those that should be avoided

Foods listed as avoid should be eaten only on rare occasions or once a month.

Grains

The best grains for tridosha are basmati rice.

Small amounts amaranth, barely, brown rice, oats, buckwheat, corn flour products, millet and quinoa can be eaten in small portions fairly often or in larger portions once or twice a week.

Note: *Cooked wholesome grains that are unrefined are the best for Tridosha, though yeast bread can be eaten regularly.*

Legumes

The best legumes for tridosha are mung beans and tofu.

Small amounts of aduki beans, black beans, chick peas, kidney beans, navy beans, pinto beans, soy beans, tempeh, split peas, black eyed peas, lima beans, peanuts, lentils and gram can be eaten in small portions often or in larger portions once or twice a week.

Note: *Legumes for tridosha should be taken with spice to aid in digestion.*

Dairy

The best types of dairy products for tridosha are two percent milk and ghee.

Small amounts of butter, buttermilk, sour cream, cottage cheese, cream, kefir, goat milk, whole cow's milk are ok in small portions every other day or in larger amounts once or twice a week.

Avoid hard cheese, ice cream, frozen yogurt

Note: It is best to use raw or organic milk products for all dosha types if possible. Milk on its own should be consumed warm with small amounts of spices such as ginger and cardamom.

Fruits

The best types of fruit for tridosha are apricots, apples, black berries, blueberries, cantaloupe, cherries, grapefruits, grapes, jujube, lemon, lime, mango, nectarines, oranges, pears, watermelon, papayas, peaches, pears, plums, pineapple, sweet plums, pomegranate, raspberries and tangerines.

Small amounts of apples, bananas, cranberries, dates, figs, persimmons can be eaten in small portions often or in larger portions once or twice a week.

Avoid cantaloupe, sour plums, and strawberries.

Note: *It is best for tridosha types to consume a lot of fruit. Fruit is light, cool and moist, and therefore, brings balance to tridosha.*

Vegetables

The best types of vegetables for tridosha are bean sprouts, cauliflower, cilantro, fresh corn, cooked leeks, cooked onion, parsley, potatoes, seaweed and sunflower sprouts.

Small amounts of alfalfa sprouts, artichokes, avocado, asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, celery, cucumber, okra, radishes, squash, peas, cooked garlic, raw onions, cress, pumpkin, eggplant, green beans, lettuce, kale, mushrooms, mustard greens, parsley, cilantro, spinach, sweet potatoes, turnips and sweet tomatoes can be eaten in small portions often or in larger portions once or twice a week.

Avoid chillies and hot peppers.

Note: *Cooked vegetables are best for Tridosha but can also be eaten raw without to much difficulties.*

Nuts and Seeds

The best type of nuts and seeds for tridosha are pumpkin seeds, pinyons and sunflower seeds.

Small amounts almonds, brazil nuts, cashews, walnuts, filberts, coconut, lotus seeds, macadamia nuts, pecans, pine nuts, pistachio nuts, sesame seeds and peanuts can be eaten in small portions often or in larger portions once or twice a week.

Avoid peanuts.

Note: *Nuts for tridosha types should be eaten in moderation and will cause aggravation in relied upon as a staple due to their heavy, oily and warming characteristics. Nut butters are also good and can be eaten.*

Sweeteners

The best sweetener for Tridosha is fresh honey.

Small amounts of dextrose, date sugar, fructose, grape sugar, old honey, maple syrup, maltose, molasses, rice syrup and stevia can be eaten in small portions often or in larger portions once or twice a week.

Avoid white table sugar

Note: *Over eating any type of sweetener regardless of your dosha type is not recommended and will eventually cause an imbalance.*

Oils

The best oils for tridosha are canola oil, corn oil, soy oil and sunflower oil.

Small amounts of almond oil, avocado oil, castor oil, coconut oil, flaxseed oil, mustard oil, peanut oil, sesame oil, lard, margarine and safflower oil can be consumed in small portions often or in larger portions once or twice a week.

Note: *Oils are very crucial tridosha as it enhances lubrication for the whole body.*

Spices

The best spices for tridosha are cardamom, chamomile, coriander, cumin, lemon verbena, peppermint, saffron, spearmint, turmeric, basil, bay leaf, rosemary, catnip, caraway and dill.

Use only small amounts of anise, allspice, asafetida, black pepper, calamas, celery seed, cinnamon, curry leaves, fenugreek, hyssop, fresh ginger, marjoram, nutmeg, oregano, poppy seed, sage, salt, tarragon, star anise, and paprika, parsley and thyme.

Avoid cayenne, cloves, raw garlic, dry ginger, horseradish and hot mustard.

Note: *Spices not only the enhance flavor of the food but also help with the digestion processes and the absorption of nutrients. Moderate spicing (not too hot) is best for Tridosha types.*

Beverages

The best beverages for tridosha are water, lemon-water, and herbal teas with the spices listed above.

Small amounts of black tea, green vegetable juice and naturally carbonated fruit drinks can be taken occasionally.

Avoid coffee (caffeinated and decaffeinated), alcohol, soda drinks, and sweet fruit juices.

Note: *As with all doshas beverages should be taken at room temperature or warm, but, never ice cold.*

Condiments

As far as condiments are concerned there are none that are really considered to be best for Tridosha types, however, small amounts of Ketchup, mayonnaise and vinegar is ok.

The Six Tastes Of The Ayurvedic Diet

Ayurveda describes food based on the six tastes which are called rasas in Sanskrit. These tastes are reflected in a combination of the five great elements as described in Chapter 5: **Sweet** - Earth & Water, **Sour** - Fire & Earth, **Salty** - Water & Fire, **Pungent** - Fire & Air, **Astringent** - Air & Earth, and **Bitter** - Air & Ether.

All foods are based on these six tastes which represent the actual taste of a food herb or mineral that is taken into the mouth.

They are important because each taste maintains balance in the body and mind and all six tastes need to be consumed in the right proportion for your body-mind or dosha type.

The six tastes can be applied by selecting the right foods or herbs to balance

your doshas, treat diseases and prevent disease. Here are the descriptions and some food examples of the 6 tastes.

Sweet - Sweet foods not only include sugar but also starches and complex carbohydrates such as fruit, all grains (e.g. rice, pasta, oatmeal, wheat), root vegetables, honey and milk.

They strengthen the tissues in the body, improve circulation, and strengthen the heart. They enhance the senses, improve complexion, promote healthy skin & hair and provides for a good voice. Sweet foods give the mind a sense of compassion and satisfaction.

Their qualities are heavy, oily, and cold. Eating too many sweet foods can lead to lethargy and obesity. They can cause coughs, colds, congestion, tumors, edema and diabetes.

Sour - Sour foods include yogurt, sour cream, citrus fruits, sour fruits, vinegar, fermented foods and some cheeses.

They improve digestion, stimulate acid secretions in the stomach, reduce gas, increase circulation and energize the body. Sour foods provide the mind with a sense of stimulation and clarity.

Their qualities are light, oily, and hot. Eating too many sour foods can lead to excessive thirst, heartburn, hyper-activity, ulcers, infections and skin conditions such as dermatitis, acne, eczema, and psoriasis.

Salty - Salty foods not only include various types of salt but also foods that have added salt. They also include foods that come from the sea such as kelp and seaweed.

They improve digestion, calm the nerves, help the body retain water, maintain electrolyte balance and enhances absorption and the elimination of wastes. Salty foods provide the mind a sense of confidence and zest for life.

Their qualities are heavy, oily, and hot. Too many salty foods can cause

conditions such as hypertension, water retention, edema, ulcers, bleeding disorders, kidney stones, baldness and skin conditions such as skin wrinkling.

Pungent - Pungent foods include all hot foods and spices like ginger, cayenne, black pepper, chili peppers, jalapenos, radishes, mustard, onions and garlic.

Consuming the right amount of pungent foods and spices can help improve metabolism, aid in digestion and absorption, reduce congestion, improve circulation, and promote sweating. They also kill germs and parasites. Pungent foods can help one to be clear, outspoken, and bold with his or her thoughts.

Their qualities are light and dry. Too many pungent foods can lead one to over-heat physically and mentally. They can cause sexual debility and anger. Excessive uses can also increase tremors and insomnia.

Staying Balanced And Healthy Using The Six Tastes

Everyone needs to consume a certain amount of food, herbs and minerals containing the six tastes as classified according to Ayurveda. The proportions of these six essential tastes differ according to the doshas or constitution of the individual.

As outlined in the chapter above, too much of a particular tasting food, mineral or herb can be harmful to any dosha type. It should also be noted that too little can also have a negative effect because you won't receive the benefits needed to have a balanced and healthy lifestyle.

Before I list which tastes effect and are most suited for each dosha, it is important to note the damaging effects of consuming too much of one taste has on the organs.

Too much sweet tastes damages the spleen and pancreas

Too much salty taste damages the kidneys

Too much pungent taste damages and dries the lungs

Too much sour tastes damages the liver

Too much bitter tastes damages the heart

Too much astringent tastes damages the colon

Selecting foods with specific tastes should carefully be considered according to your constitution or dosha type. Here are the effects that each of the six tastes has on each of the 3 doshas.

Vata will mostly be increased by bitter taste, then by astringent and pungent tastes so it's best to minimize these if your dosha is predominantly Vata. Vata is mostly decreased by salty taste, then sour and sweet, so it's best to maximize these tastes if your dosha is primarily Vata.

The recommended foods listed for Vata above consider these tastes that are best for Vata but extra care should be taken when your Vata dosha is out of balance regardless of what type of dosha you are.

Pitta will mostly be increased by sour taste, then by pungent and salty tastes so it's best to minimize these if your dosha is predominantly Pitta. Pitta is mostly decreased by bitter taste, then astringent and sweet, so it's best to maximize these tastes if your dosha is primarily Pitta.

The recommended foods listed for Pitta above consider these tastes that are best for Pitta but extra care should be taken when your Pitta dosha is out of balance regardless of what type of dosha you are.

Kapha will mostly be increased by sweet taste, then salty and sour so it's best to minimize these if your dosha is predominantly Kapha. Kapha is mostly decreased by pungent taste, then bitter and astringent, so it's best to maximize these tastes if your dosha is primarily Kapha.

The recommended foods listed for Kapha above consider these tastes that are best for Kapha but extra care should be taken when your Kapha dosha is out of balance regardless of what type of dosha you are.

The best tastes for Vata-Pitta dosha is sweet. Small amounts of astringent and sour foods can be consumed but should not be taken in excess. Stay away from salty, pungent and bitter foods as much as possible.

The best tastes for Pitta-Kapha are bitter and astringent. The worst tastes are sour and salty. Pungent and sweet foods can be taken in small amounts but not in excess.

The best tastes for Vata-Kapha dosha are pungent and sour. The worst tastes are sweet and bitter. Salty and astringent foods can be taken in small amounts but not in excess.

The best tastes for Tridoshic people should include equal amounts of the six tastes – sweet, salty, sour, pungent, bitter and astringent.

Here is a quick summary.

Sweet taste decreases Pitta and Vata and increases Kapha

Salty taste increases Kapha and Pitta and decreases Vata

Pungent taste increases Pitta and Vata and decreases Kapha

Sour taste increases Pitta and Kapha and decreases Vata

Bitter taste decreases Kapha and Pitta and increases Vata

Astringent taste decreases Pitta and Kapha and increases Vata

It's important not to incorporate too much taste of one food in your diet as it can be detrimental to your health and cause certain diseases. In our society and daily lifestyles, we usually consume too many salty and sweet foods no matter what are dosha type is. Learn to cut back on these.

It's also important not to consume too little food of a specific taste. Usually in our culture and we tend to use too very little of the pungent and astringent tasting foods. The lack of these tastes can cause the accumulation of toxins and weaken our digestive system. Proper digestion is much needed and the basis of the Ayurvedic diet so learn to incorporate more of these tastes.

Exploring and experimenting with the right amount of foods and their associated tastes plays a big part in developing a well-balanced diet. If you are not sure which tastes you are lacking or which ones you may be consuming in excess, then seek consultation or advice with an Ayurvedic counselor or doctor.

Top 10 Ayurvedic herbs and super-foods

When it comes to super foods the Ayurveda diet includes an abundant and a variety of different foods which are considered extremely healthy however, many are specific to certain doshas which should be considered. For example Kale, which is high in vitamins and antioxidants are considered a super food for Pitta and Kapha but not necessarily Vata. Many of the specific super foods and super herbs that are best for different doshas types are explained and described in my blog PlanetWell.com.

There are several super foods that are good and balancing for all doshas that I am outlining here. Although there are others (you can read about them in my blog) I have selected the Top 10 super foods and herbs that are best for all dosha types.

Some of these super-foods may be common to you and other you may have never tried or even heard of. The point is to get to know these foods more and include them in your diet more often. I have included foods from the major food groups.

Mung Beans

Mung beans are sweet, astringent and cool in nature. They are balancing for all the doshas and provide a complete food of protein, fat, carbohydrate and dietary fibre especially when they are mixed with rice such as basmati. They are an excellent source of complex carbohydrates which aid in digestion and stabilize the body's blood sugar levels.

Nutritional Properties: Mung Beans are very low in saturated fat, sodium and cholesterol. They are a good source of thiamin, niacin, vitamin B6, vitamin K, vitamin C, riboflavin, folate acid, copper, manganese, pantothenic acid, iron, magnesium, phosphorus and potassium.

Healing Properties: Mung beans are good for convalescence (the gradual recovery of health and strength after illness), especially from febrile (feverish) and infectious diseases.

Mung beans are also really good for liver, spleen and bleeding disorders as well as alcohol, drug and smoking detoxification. They are good for people who suffer from diabetes, high cholesterol, cancer and other immune deficiency diseases. Mung bean tea is excellent for heat stroke and fevers.

Externally, mung bean flour makes a good paste for burns, sores, swelling and inflamed joints. It also helps draw out toxins and good for individuals that suffer from mastitis, swollen breasts or breast cancer

Basmati Rice

Basmati Rice is sweet and balanced in nature – neither too hot nor cold. It balances all the doshas and because it is mostly composed of starch, it is bland and easy to digest. Basmati rice is tonic (strengthening and energizing), nutritive, demulcent (relieves pain and inflammation), laxative and harmonizing for the lungs and stomach.

Nutritional Properties: Basmati rice contains mostly carbohydrates but also some proteins, a small amount of fats & fiber and a few vitamins and minerals. It is an excellent source of energy composed of thiamine and niacin.

As far as fiber content of basmati rice is concerned, the brown variety has more fiber than the white variety and thus the brown basmati rice is often considered to be more nutritious than the white variety, due to the fact that it is minimally processed. However white basmati rice can be more easily digested and suitable for some people.

Healing Properties: Basmati rice helps build all tissues of the body and is good for convalescence, debility (loss of strength) and for those who practice yoga and meditation – it is nourishing to the brain and helps maintain focus.

It combines well with fruit, dairy and spices for light but nourishing meals. According to Ayurveda, basmati rice taken with mung beans is the best staple food for health maintenance and treatment of diseases.

Basmati rice also helps to maintain normal appetite and growth, and is very important for the normal functioning of the heart, muscles and the nervous system.

Ghee/ Clarified Butter

Ghee is sweet and cool in nature. It may, at times mildly increase Kapha dosha but it is generally balancing for all doshas and is considered an excellent tonic, emollient (softening and relaxing to the skin), rejuvenate (slows the aging process) and antacid (neutralizes stomach acidity). It is the best form of fat for the body and it helps balance the entire digestive system.

Ghee is an excellent cooking oil and will not burn like butter. Spices can be added to it to make various curries. For people who feel the need to eat meat

as a strengthening food, ghee can have the same effect by adding such spices as ginger, garlic, onion and peppers; then adding it to your food dishes. See my ghee recipe on my blog to learn how to make delicious healthy ghee.

Note: ghee can evoke a strong cleansing reaction in some people, as it quickly removes toxins; thus for some, it shouldn't be taken directly without other foods.

Nutritional Properties: Ghee contains moderate amounts of vitamin A and small amounts of vitamin E, vitamin K, riboflavin and pantothenic acid. It is rich with amino acids, antioxidants and aids in the absorption of vitamins and minerals from other foods, feeding all layers of tissues in the body. It has anti-viral properties and strengthens the immune system.

Ghee is considered a healthy butter because it is free of hydrogenated oils, milk proteins (excellent for those who are lactose intolerant), artificial additives, preservatives and trans-fats.

Consuming large quantities of ghee is obviously unhealthy and can increase cholesterol levels but if used in moderation is an excellent source of healthy fat for the body.

Healing Properties: Ghee helps stimulate the secretion of stomach acids which aid in digestion, while many other fats, such as butter and oils, slow down the digestive process and sit heavy in the stomach. It is used in Ayurveda to get rid of and prevent ulcers and constipation.

Ghee also increases marrow and semen in the body as well as strengthens the eyes, liver, kidneys and brain. It increases the power of vision, improves the voice and promotes healthy skin. Ghee is great for chronic lung disorders and wasting diseases.

Externally it can be used to for the treatment of burns and blisters.

Aloe Vera

Aloe Vera in the form of gel and juice is bitter, sweet and cooling in nature. It is balancing for all doshas and nurtures all the tissues of the body. It is considered an excellent blood purifier, rejuvenate, anti-bacterial, anti-fungal and natural antiseptic for healing wounds.

Nutritional Properties: Aloe Vera is a rich source of over two hundred naturally-occurring nutrients and elements. It includes over twenty amino acids and many enzymes, minerals, plant sterols, monosaccharides , polysaccharides, antioxidants, and vitamins – including vitamin A, C, D, B-1 and B-2 which are found in the highest amounts. All of these healthy and nutritious phytonutrients work together in synergy like the instruments of orchestra to produce amazing results.

Healing Properties: Aloe Vera is an excellent tonic for the liver, spleen and blood. It helps keep the female reproductive system healthy and stimulates blood flow in the pelvic area and uterus - enhancing menstruation. It also purifies the blood, stimulates the digestive enzymes of the body, regulates bowel movements and promotes healthy sugar and fat metabolism.

Externally Aloe Vera can help heal burns, sores, rashes, herpes and other skin conditions. It reduces swelling and itching. The antibacterial components in Aloe Vera reduce bacteria; it improves blood circulation and regenerates skin cells.

Flax Seeds

Flaxseeds are pungent, sweet, astringent and warm in nature. Although it can sometimes increase pitta, it is generally balancing and nutritious for all doshas. They can be used as a laxative, demulcent, emollient, expectorant (supresses cough) and nutritive tonic. Flaxseeds are best consumed grinded

or take as flaxseed oil.

Nutritional Properties: Flax seeds contain a healthy oil known as alpha linolenic acid (ALA) - an Omega-3 that is a precursor to the fatty acids found in salmon and other fatty cold-water fish (called EPA and DHA). Thus, flaxseeds can balance your Omega 3/6 fatty acid ratio which is necessary for a healthier lifestyle.

Flax Seed is also high in fiber, phytochemicals, antioxidants and minerals such as magnesium, phosphorus, calcium, selenium, copper, thiamin and manganese.

Healing Properties: The Omega-3 fatty acids in flaxseeds plays a key force against inflammation in our bodies. They help reduce and prevent many chronic diseases such as heart disease, arthritis, asthma, diabetes, and even some cancers.

Flaxseeds are a good expectorant for the lungs and helps stop mucous producing cough – it loosens congestion of phlegm and draws mucous out of the body

The fiber in flaxseed is mainly responsible for lowering cholesterol, stabilizing blood sugar and promoting proper functioning of the intestines (excellent for constipation). They also strengthen the bones and the reproductive organs.

Sunflower Seeds

Sunflower seeds are sweet, a little bitter and cool in nature. Out of all the seeds and nuts available, sunflower is considered the best for all 3 doshas. They are a great source of protein, building all tissues of the body. Sunflower seeds on their own are very nutritious but they can also be very beneficial by taking it as a butter.

Nutritional Properties: Sunflower seeds contain significant amounts of vitamin, B1, B6, calcium manganese, magnesium, copper, selenium, tryptophan, phosphorous and folate acid. They are high in energy and also contain many health benefiting nutrients, minerals, antioxidants and vitamins that are essential for wellness.

Sunflower seeds are especially rich in poly-unsaturated fatty acid - linooleic acid and mono-unsaturated oleic acid which helps lower LDL or "bad cholesterol" and increase HDL or "good cholesterol" in the blood.

Sunflower seeds also contain poly-phenol compounds such as chlorogenic acid, quinic acid, and caffeic acids which are natural anti-oxidants that help remove harmful oxidant molecules from the body. They also help reduce blood sugar levels by reducing breakdown of glycogen in the liver.

Healing Properties: Sunflower is excellent for coughs and excessive heat in the lungs. They are great for treating febrile and infectious diseases. Sunflower seeds help cleanse the lungs tissues and lymphatic tissues. They also nourish the skin and the oil can be used externally for sunburns, burns, skin rashes, wounds and sores.

Ginger

Ginger is pungent, sweet and hot in nature. It decreases Kapha and Vata but can increase Pitta. Nevertheless it is considered an Ayurvedic super food and one of the most important and universal of all herbs and spices. It is considered an excellent stimulant, diaphoretic (induces sweating), expectorant (supresses cough), carminative (prevents gas) and antiemetic (prevents nausea and vomiting). It can be taken in dry powdered form but fresh ginger root is more beneficial.

Nutritional Properties: Ginger root contains many health substances and oils such as gingerol, zingerone, shogaol, farnesene and small amounts of B-

phelladrene, cineol, and citral which are responsible for its healing properties mentioned below.

Specifically, gingerols help with intestinal movements and acts as analgesic, sedative, anti-pyretic (fever reducing) and anti-bacterial agent. Zingerone, which gives the pungent characteristic to the root is effective against ecoli induced diarrhoea, especially in children.

Ginger is low in calories and contains no cholesterol, but contains a very rich source of many nutrients, vitamins and minerals such as vitamin C, B-6, B- 5, folate, potassium, manganese, copper, calcium, iron, phosphorous, zinc and magnesium . All are essential for optimum health.

Healing Properties: Ginger is known for its antifungal, antibacterial, anti-tumour, anti-ulcerous and pain relieving properties. Ginger helps relieve indigestion, colds, flu, chills, fevers, chest congestion, general pain, headaches and stomach aches.

It improves blood circulation, reduces nausea & morning sickness during pregnancy and improves liver function. Ginger has been known to help heal certain types of arthritis and heart disease

Caution – Ginger should be avoided by individuals with ulcers in digestive tract, and by those suffering very high fever or skin inflammation.

Turmeric

Turmeric is bitter, pungent, astringent and slightly warm in nature. It balances all three doshas and is considered an excellent stimulant, alterative (blood purifier), antiseptic and analgesic (pain reliever). It can be taken in dry powdered form but fresh turmeric root is more beneficial.

Nutritional Properties: Turmeric root contains many healthy substances and

oils such as as termerone, curlone, curcumin, cineole, and p-cymene which are responsible for its healing properties mentioned below.

Specifically, curcumin, a poly-phenolic compound (the main pigment that imparts a deep orange color) is known to have the anti-tumor, antioxidant, anti-arthritic, anti-amyloid (prevents neurodegenerative diseases), anti-ischemic (prevents cardiovascular diseases), anti-cancer and anti-inflammatory properties.

Turmeric is low in calories and contains no cholesterol, but contains a very rich source of nutrients, vitamins and minerals including such as vitamin C, E, B-6, B- 5, niacin, riboflavin, potassium, manganese, copper, calcium, iron, phosphorous, zinc and magnesium. The anti-oxidant strength of turmeric is one of the highest among known herbs and spices.

Healing Properties: Turmeric is a natural preservative, anti-inflammatory, antibacterial and antibiotic. In addition it strengthens digestion and helps improve intestinal flora. Eating turmeric with meals helps prevent gas.

Turmeric is especially known to cleanse and purify the blood and lymph tissues – it helps dissolve tumors and blood clots. It is used in Ayurveda to strengthen the liver, improve circulation, promote menstruation and nourish all the body tissues.

It also aids in the metabolism of sugar, fats and oils, thus it is excellent in treating hypoglycemia and diabetes.

Externally it can be made into a paste and applied directly to the skin to improve complexion and help relieve rashes, eczema, acne sores and wounds.

Caution: Too much turmeric may thin your blood and contribute to bleeding disorders. Excessive intake of turmeric may cause stomach upset.

Fennel Bulb

Fennel is pungent, sweet and slightly warm. It is balancing for all three doshas and is considered an excellent stimulant (natural and mild), diuretic (alleviates fluid retention), carminative (prevents the formation of gas), antispasmodic (relieves convulsions or muscle spasms) and lactagogue (promotes lactation –the secretion of milk in women). Although we are talking about the vegetable here the fennel seeds are also very nutritional, beneficial and can be considered a super-food.

Nutritional Properties: Fennel contains a variety of phytoestrogens, and phytonutrients such as flavonoids, carotenoids, fenchone, camphene, and anethole - these active principles in fennel are known for its antioxidant, anti-bacterial, anti-fungal, digestive, carminative and anti-flatulent properties

Fennel has small but healthy amounts of nutrients, vitamins and minerals including vitamin C, E, B-6, B- 5, niacin, riboflavin, potassium, manganese, copper, calcium, iron, phosphorous, zinc and magnesium . The good levels of heart-friendly potassium are excellent for balancing electrolyte and reducing blood pressure.

Healing Properties: Fennel is good for many conditions including diarrhea, colic, vomiting, nausea, morning sickness, anorexia, coughs, inflammation, urinary infections, flatulence (gas) and most digestive disorders. It also supports the nervous system, preventing and relieving muscle spasms. Fennel strengthens the immune system and is believed to prevent cancer.

Apples

Apples are mainly sweet, sometimes bitter and astringent in nature. They generally have a cooling effect and are balancing to all doshas especially when cooked. Pitta and Kapha types can handle more raw apples.

Nutritional Properties: Apples are full of phyto-nutrients, phytochemicals such as quercetin, epicatechin, procyanidin and tartaric acids. Quercetin is a

natural anti-inflammatory, an anti-allergen and has been used to treat skin and prostate cancers.

Epicatechin and other catechins reduce plaque build-up in the arteries preventing heart disease and stroke. Procyanidin is also beneficial in the prevention of heart disease and diabetes.

Tartaric acids help in neutralizing the acid by-products of indigestion and assist the body with the breakdown of excess protein and fat. Many of the phytonutrients are found in the peel of the apple.

Apples are rich in vitamins including vitamin C, beta carotene and B-complex vitamins; including riboflavin, thiamine, procyanidin (vitamin B2) and pyridoxine (vitamin B-6). They contains small amount of minerals like potassium, phosphorus and calcium.

Healing Properties: Apples contain healthy fibres and are considered low-glycemic because they do not cause a spike in blood sugar and insulin levels.

Apples are an excellent food for weight-loss because they contain a natural fibrous chemical called pectin which limits the amount of fat absorbed by your cells. The pectin in apples also helps to cleanse the liver and eliminate toxins from the body.

Apples help reduces the risk of obesity, diabetes, unhealthy cholesterol levels, heart disease, inflammatory bowel disease, ulcerative colitis, hemorrhoids, Crohn's disease and many other disorders that involve the intestinal tract.

Apples are believed to prevent life-threatening diseases, such as Alzheimer's, Parkinson's, colon and rectal cancer.

Ayurvedic remedies for common health conditions

Although there are hundreds, probably even thousands of different Ayurvedic remedies for certain health conditions and diseases I am going to list a few that are more common and that I have used for myself and my family, that have proved to be very effective. For additional remedies please visit and get updates on my blog - you can visit the Ayurvedic remedies category.

Colds

Ingredients:

1 teaspoon or thumbs nail size of grated ginger

1/2 teaspoon of freshly ground cinnamon or 1 cinnamon stick

A pinch of cardamom powder or 1 crushed cardamom pod

Add the ingredients above to one cup of boiling water and let it steep for 5 to 10 minutes. Strain the mixture into a cup and add a teaspoon of raw honey once it has cooled a bit. This tea is especially used for colds that include cough, runny nose, congestion, headaches and body aches.

Drink this tea several times a day to help relieve and rid you of a cold. You can also take the tea when you feel a cold coming on to boost your immune system. Note: do not combine ginger and aspirin as they are both blood thinners and should not be taken together.

Flu

Ingredients:

1 teaspoon or a thumb nails size of grated ginger

1/2 teaspoon of freshly ground cinnamon or 1 cinnamon stick

1 teaspoon of freshly ground lemon grass or 1 lemon grass stick (about 4 inches long)

Add the ingredients above to one cup of boiling water and let it steep for 5 to 10 minutes. Strain the mixture into a cup and add a teaspoon of raw honey once it has cooled a bit. This tea is especially used for flu but can also be used for colds that include cough, runny nose, congestion, headaches and body aches.

Drink this tea several times a day to help relieve and rid you of cold and flu. Note: As noted above, do not combine ginger and aspirin as they are both blood thinners and should not be taken together.

Sore Throat

Ingredients:

1 teaspoon or a thumb nails size of grated ginger

1/2 teaspoon of freshly ground cinnamon or 1 cinnamon stick (about 3 inches long)

1 teaspoon of freshly ground licorice root or 1 1/2 teaspoons of licorice seeds

Add the ingredients above to one cup of boiling water and let it steep for 5 to 10 minutes. Strain the mixture into a cup and add a teaspoon of raw honey once it has cooled a bit. This tea is especially used for sore throats and other inflammation and irritations to the throat.

Drink this tea several times (up to 3 times) a day to help relieve and rid you of your throat condition. Note: Again, do not combine ginger and aspirin as they are both blood thinners and should not be taken together.

Note: Another great remedy for quickly relieving a sore throat is to gargle 1 cup of hot water with 1/2 a teaspoon of turmeric powder and 1/2 teaspoon salt two to three times a day.

Fever

Ingredients:

1 teaspoon of tulsi powder or holy basil
1 teaspoon of fennel seeds or 1/2 teaspoon of freshly ground fennel powder
1 teaspoon of freshly ground lemon grass or 1 lemon grass stick (about 4 inches long)

or

Ingredients:

1 teaspoon of cumin seeds
1 teaspoon of fennel seeds
1 teaspoon of coriander seeds

Add the ingredients above to one cup of boiling water and let it steep for 5 to 10 minutes. Strain the mixture into a cup and consume every few hours to relieve fever. Consult a doctor if fever is high, lasts more than 3 days or if it is accompanied by any other conditions.

Fatigue

Ingredients:

1 teaspoon of ginseng powder or Ashwagandha powder or 1 prepared ginseng or Ashwagandha herbal tea bag

Add the ingredients above to one cup of boiling water and let it steep for 5 to 10 minutes. Add a teaspoon of raw honey if you would like to sweeten once it has cooled a bit. This tea is especially used for boosting your energy levels.

Drink 1 to 2 cups a day but avoid drinking too late in the evening, as it may affect your sleep.

Constipation

Ingredients:

1 teaspoon of Triphala powder or 1 prepared Triphala herbal tea bag

Add the ingredients above to one cup of boiling water and let it steep for 5 to

10 minutes. Add a teaspoon of raw honey if you would like to sweeten once it has cooled a bit. This tea is an effective remedy for balancing the digestive system for most people.

Drink 1 cup a day - preferably first thing in the morning. Avoid drinking too late in the evening, as it may affect your sleep due to its diuretic effect.

Gas

Ingredients:

1 teaspoon or thumbs nail size of grated ginger

1 tablespoon of fresh lime juice or freshly squeezed juice from half a lime

1/2 cup of spring water (warm or room temperature)

Add the ginger and lime juice to the water and consume immediately after eating. This will help with indigestion and relieving excess gas and flatulence.

Bad Breath

Ingredients:

1/2 teaspoon of roasted fennel seeds

1/2 teaspoon of roasted cumin seeds

Chew 1 teaspoon of the combined seeds after meals to improve digestion and relieve bad breath.

Heartburn

Ingredients:

1/2 teaspoon of organic raw sugar

1/4 teaspoon of baking soda

1/4 teaspoon of lime juice

1 cup of spring water

Add the ingredients into the spring water and as soon as you see an effervescent reaction drink the mixture to relieve your heartburn and

neutralize stomach acid.

Rashes

Ingredients:

1 teaspoon of organic raw sugar

1 teaspoon of coriander powder

1/2 teaspoon of cumin powder

1 cup of hot milk

Add the ingredients into the hot milk and consume once or twice a day to get rid of your hives, rashes and even nausea.

These remedies are merely suggestions from various Ayurvedic doctors that have been passed down from generation to generation and have proven the test of time to be effective.

Although I have tried and applied many of these remedies myself, it is best for you to try them out and see how they work for you. Always consult a doctor or seek a medical professional if these conditions persist more than a few days or become a serious threat to your health. Although most of these recipes will be effective for many, they may not be suitable for everyone.

Five things to avoid in your diet

Note: You don't have to be completely rigid with these. In fact, not avoiding these once in a while may be ok. Just but don't become habitually dependant on them.

Not all foods are good for all people. Your dosha or constitutional type, which you should be familiar with now, will guide you and determine which foods you should be eating and which foods you need to avoid.

However, regardless of your dosha type there are just certain foods that you should avoid altogether because they are unhealthy for your body, mind or both.

In addition, there are certain strategies that should be practiced and avoided in the Ayurvedic diet. Here are five key things you should avoid when participating in the Ayurvedic diet:

1. Avoid too much sweetness and refined sugar. Sugar is addicting. Eat naturally sweet foods such as fruit and vegetables including carrots, beets and sweet potatoes.

Try other natural sweeteners such as honey, agave, sucranant, stevia, Yucatan syrup and organic cane juice. Remember to try those sweeteners that are recommended for your dosha type.

Too much of any sweetener however can spike your blood sugar levels and insulin levels, leading to health condition and diseases such as diabetes.

2. Avoid alcohol & caffeine. There are numerous studies showing the negative effects of consuming these drugs & stimulants. Some people have their reasons for consuming them. For example “it helps with my bowel movements” or “it helps me with my digestion” or even “it helps speed up my metabolism”.

In Ayurveda there are other more beneficial herbs and foods you can take to help with such things. Despite what the latest research and studies say (often convincing you that they are beneficial but misleading), alcohol and caffeine can disturb your physical, emotional & psychological well-being.

3. Avoid eating out. Refrain from eating out as much as you can. You don't know where your food is coming from or how it is prepared. There may be ingredients in the food that are unhealthy that even the cooks are unaware of.

If you must eat out, find a place that serves simple, pure, organic whole food

that is in line with your dosha and diet. See if you can meet the chef or develop a friendly relationship with the person preparing your food.

4. Avoid sleeping right after eating. Give yourself at least two hours before going to bed to allow your food to digest properly while you're awake. Undigested food leads to toxic build up in the body.

This is a pretty simple tip to follow and it often requires some discipline. If you eat at 5 pm and you go to bed at 10 pm, try eating a little bit later like 7 pm rather than having a late night snack. If you feel hungry before bed time try having some warm milk or drink some tea.

5. Avoid eating between your meals. This is a simple tip but often a difficult one to manage. If you have 3 or 4 meals a day (preferably 3) make sure you are not snacking in between.

Some diets suggest that eating often boosts your metabolism but, your organs – stomach, large intestine, small intestine, liver and kidneys need a break. Giving your digestive system a break in between meals will also help prevent the accumulation of undigested food in your stomach.

If you feel the need to eat between meals, have some water, a beverage conducive to your dosha or some herbal tea.

These are important guideline that will help you develop healthier eating habits. Not avoiding these tips once in a while won't cause you any harm but, be completely mindful when you are indulging in these actions, knowing that it is a conscious choice you are making.

Seven secrets for proper eating and digestion

One of the greatest ways to become healthier and successful using the Ayurvedic is to become aware of how you eat your meals. Eating shouldn't

just be regarded as a meaningless act, but rather as a sacred way in which you enrich your mind, body and spirit.

Think about it for a moment; what is the greatest source of nutrition, energy and life you give to yourself besides breathing. Yes, eating. How and what you eat plays a vital role in the development of your body and mind on an ongoing basis.

Here are some of the most important tips on how to eat your meals. Remember, as you perform these acts; bring to them a deep sense of awareness and presence.

1. Drink a little bit of warm water before or during meals to aid with digestion. Avoid icy or cold drinks before or with meals because it will cool the digestive fire (agni) and inhibit proper digestion of food.

If you are drinking a full glass of water give yourself ½ hour before and after meals. Too much water during your meals dilutes your digestive enzymes.

2. Eat your meals cooked and warm. Although some raw foods such as fruits, vegetables, nuts and seeds can be consumed for breakfast, lunch and dinner, the Ayurvedic diet promotes regular meals of cooked foods for better digestion and absorption.

A general rule of thumb is to consume about 20 % raw foods and 80% cooked foods. If you are in a warmer climate or in your hot summer season you can increase the amount of raw foods in your diet as they have a more cooling effect.

Occasionally more raw foods –including various fruits and vegetables can be consumed for cleansing and healing purposes. For example, replacing a cooked meal with a healthy green smoothie of nutritious fruits and vegetables will quickly and effectively cleanse and eliminate certain toxins out of the body.

If you eat beans, other legumes, grains and rice (which are staple foods in the

Ayurvedic diet) not fully cooked, you simple won't digest them properly. The same goes for most vegetables. According to Ayurveda, too many raw foods, especially fruits and vegetables, can cause imbalances in your energy.

3. Eat the right amount of food portions. Most people have the habit of eating much more food than they really need. Try eating a serving of food in a bowl the size of your hands put together.

See if you can stop eating after your first belch and notice how you feel. This tip is a difficult one for most people; approach it gradually by eating less and less food at each meal. Don't eat until you feel bloated.

The important thing is to eat only until you are two thirds full. Keep your stomach one third empty to allow energy and space for proper digestion. Note: If you are not feeling full after this strategy wait 5 to 15 minutes to allow your brain to process the food you ate.

Eat your main and heaviest meal at lunch time. This is when your digestive fire is the greatest. Eat a light breakfast and even a lighter dinner for optimal digestion and health.

4. Chew your food well. It seems easy and simple but this can be challenging for a lot of people. Eat consciously with full awareness. Pay attention to every bite and mouthful.

Don't try to stuff too much food in your mouth and chew your food 15-20 times for pre-digestion, before it enters the stomach. Both the large and small intestines have difficulty digesting large chunks of food.

5. Eat slowly. Start by taking a minute or so to observe and smell your food. Then say a short prayer or give thanks to those who produced, prepared and served your food.

This not only allows you to connect with your food but it also allows time for the enzymes in your saliva to become activated which is the first process of digestion

6. Eat without distractions. Refrain from eating while on the computer, watching TV or reading. Don't eat while you are standing, driving or having an excited conversation.

Distractions prevent you from doing many of the above steps such as eating slowly, chewing your food well, eating less and maintaining a connection with your food.

Focusing on your food while you are eating, without distractions, helps your mind & body assimilate the nutrients.

7. Eat your meals at about the same time every day. In Ayurveda regularity is important for maintaining a healthy lifestyle. It is extremely important to eat on an empty stomach, so give yourself a few hours between meals and wait until your last meal has been digested regardless of your next scheduled meal.

If you think these tips may be difficult for you to achieve, consider practicing them one at a time. Perhaps you could pick one and do it for a week and then move onto another one. Try some of these as an experiment to see what kind of results you are getting and how you feel before, during and after your meals.

More Ayurvedic diet secrets

The following tips and strategies are what I refer to as the Secrets to The Ayurvedic Diet that people don't realize or apply with consistency. They may seem common sense once you read them but many people are really unaware of these and they should be practiced with some discipline. They will truly help bring more health and wellness into your life.

No food is completely off limit. If you are a Vata type it doesn't mean you

can never eat raw apples, or that Pitta types can never eat tomatoes, or Kapha types can never eat pasta. You are allowed to eat some things occasionally. Be your own judge and experiment with different foods.

Eat fresh pure (organic if possible) unprocessed foods. Know your dosha type and do your best to eat those foods that are recommended for your dosha and are listed above.

Shop and eat local as much as you can. Eat foods that are available during their natural season of growth. Visit your local farmers market for your selection of whole foods. Local foods are a lot fresher and usually exposed to less chemicals and toxins. They may not necessarily be certified organic.

Shop at health food stores that specialize in organic foods. Use foods that haven't been treated with pesticides, herbicides, synthetic preservatives and hormones. These chemicals are toxins that can lead to various diseases. You may pay a little extra for organic but it is definitely worth your health.

Take in as much fresh air as you can. The quality of air you breathe reflects the vital essence of your wellness. Good quality air provides your cells with the nutrients and energy they need for food absorption and optimal health.

If you live in a city with polluted air, make regular trips to the countryside or areas where there is an abundant of pristine nature.

Reduce the amount of meat you consume. The Ayurveda diet promotes a strictly vegetarian diet without the consumption of meat - including fish & poultry. Eating meat can cause health condition leading to cardiovascular disease.

It's a deception to believe that you cannot get all your essential protein and amino acids from vegetable sources. I am leaner, I feel more energetic and have acquired more muscle mass since giving up meat.

In Ayurveda it is believed that animals which are slaughtered under stressful conditions contain many negative memories and energies which are passed

on to you when you eat them.

Explore your options with dairy. Although many people refrain from consuming dairy, the Ayurveda diet consists of consuming milk products and is considered to be one of the most important foods for strengthening bodily tissues. Many of the yogis who live long healthy lives in India depend on their cows or goats for their main source of food.

Use organic milk which comes from the cows that are raised in gentle conditions. Milk is to be taken warm and often with certain spices that are good for your dosha. Never drink cold milk.

If you have an allergy to milk you can use soy milk, rice milk, or nut milk such as almond milk as a substitute. However, real dairy milk helps lubricate your joints and has many other health benefits.

Don't keep your cooked foods or left-overs for over 24 hours. Use them within this time frame otherwise all the prana or energy of the food is lost.

Make sure you are eating them at room temperature. Try not to reheat your food. If your refrigerating left-overs take them out and leave them at room temperature an hour before eating if possible.

Cook with feel good emotions and a positive mental attitude. In Ayurveda your state of mind and attitude becomes part of the food you are handling and preparing. If you are angry or anxious while cooking that's the energy you are putting into the food and, feeding yourself and others.

Be in a joyful state when you cook and show nothing but love and kindness toward the food you are going to create, eat and share.

Maintain a connection with your food. Be gentle and handle your food as if you were handling a little baby. When possible use simple non-electric hand tools to prepare your food. For example, grind your spice with a brick & mortar.

Allow your hands to come in contact with the food you are preparing and feel its energy. Having a loving relationship with your food will nurture your mind and body.

Prepare & cook your food with the right Ayurveda herbs & spices. There are a wide variety of herbs and spices, as listed above for your dosha type, which you can incorporate to make your food not only tasty but healthier. Experiment with different herbs and spices such as turmeric, ginger, coriander, cumin, cayenne and mustard seed which are found in many curries and sauces.

Cook at regular times. This is a simple tip which can be very effective in developing proper regular eating times. By getting into the habit of cooking at regular times and eating at regular times your body can regulate its metabolism creating a state of homeostasis and balance - this is essential for your health and wellness.

Use the proper oils and ghee when cooking. This is an important part of the Ayurveda diet. Each dosha or constitution is recommended a specific type of oil as listed above. Use them in cooking and preparing your foods.

Most common oils are coconut oil, sesame seed oil, sunflower seed oil, safflower oil and ghee. Ghee (clarified butter) can be made quite easily – check out my recipe on my blog.

Ghee and oils have many benefits – one of the most important is that they provide lubrication for many areas of your body including your tissues and organs. Use un-hydrogenated, unrefined and cold pressed oils which can be found at most health food stores.

Cook using simplest and purest way possible. If you can cook using a fire such as a gas heated stove, this is optimal. If not use an electric stove. Never use a microwave as it will destroy the vital energy – life force (prana) of the food.

Consider light exercising to help digest food. Taking a short walk or doing some yoga postures between meals is helpful. You can also lay on your right side for 5 or 10 minutes, which also helps facilitate proper digestion.

Consider a light fast to help maintain digestive capacity. This gives your digestive system a break and release toxicity. This can be accomplished by skipping breakfast hence the word “break-fast”. You can also do a 1- 3 day juice fast, fruit fast or vegetable fast.

There are also certain Ayurvedic cleanses you can do such as a kitcheree cleanse, but I won’t get into the details about these in this book. You can visit PlanetWell.com for more information about these.

If you are doing a fast or cleanse, it is a good idea to consult an Ayurvedic doctor or Ayurvedic practitioner who can assist you and provide you with recommendations.

Congratulations and thank you for taking the time to read what I have created, with the help of my teachers and mentors. I wish you all the happiness, health and success with your new diet.

Please check out the references and resources below.

Sincerely,

Jai Kai

References and Resources

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* Denotes excellent books for beginners to start learning more about Ayurveda.

