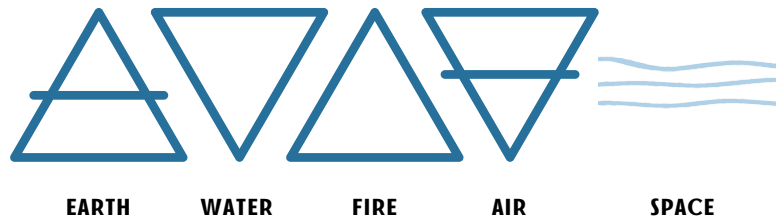


# AYURVEDA



*Ayurveda is the Science of Life*  
*Ayur = Life      Veda = Science*

According to Ayurveda, at the material level, all of Life is the play of 5 elements.



*3 energies make all life function. They are made of the five elements.*

*They are called "doshas," which means "that which is easily thrown off balance."*

## DOSHAS      FUNCTIONING ENERGIES



**VATA**  
air + space  
*the energy of transportation*



**PITTA**  
fire + water  
*the energy of transformation*



**KAPHA**  
earth + water  
*the energy of building*

## 20 QUALITIES

*heavy/light, cold/hot, oily/dry, dull/sharp,  
smooth/rough, dense/liquid, soft/hard,  
static/mobile, gross/subtle, cloudy/clear*

## QUALITIES OF THE DOSHAS

### VATA

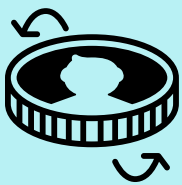
*body: dry, rough, light, cold, subtle, mobile  
mind in balance: expressive, talkative, intuitive,  
imaginative, artistic, active //  
mind out of balance: anxious, restless, ungrounded,  
obsessive, frail, agitated*

### PITTA

*body: oily, sharp, hot, light, moving, liquid, acidic  
mind in balance: strong, sharp, well-spoken, direct,  
driven, goal seeking, punctual, tidy, resilient //  
mind out of balance: impatient, judgmental,  
manipulative, sharp, angry, selfish*

### KAPHA

*body: moist, heavy, cold, dull, soft, sticky, static  
mind balanced: loving, compassionate, nurturing, enduring //  
mind out of balance: heavy, congested, lethargic, attached*



*BODY and MIND are two sides of the same coin!*

*If you balance your body, your mind will come into balance.*

*If you balance your mind, your body will come into balance.*

## FOODS & TASTES TO BALANCE EACH ENERGY



### VATA - BALANCING

to balance vata energy, bring in the qualities of warm, moist, heavy, and slow

✓ eat tastes that are sweet, sour, and salty

✗ avoid tastes that are astringent and pungent

☕ add warm, cooked foods and fruits: soups; milk; soaked nuts; root vegetables; and eggs;  
limit the amount of raw foods, nuts, and iced beverages you eat



### PITTA - BALANCING

to balance pitta energy, bring in the qualities of cool, dense, dry, and dull

✓ eat tastes that are sweet and astringent ✗ avoid pungent, sour, and salty tastes

🍏 add sweet fruits, coconut, legumes, milk, cheese, raw veggies, rice, quinoa

### KAPHA-BALANCING

to balance kapha energy, bring in the qualities of warm, dry, light, and sharp

✓ eat astringent, sour, & pungent tastes

✗ avoid sweet and salty tastes

🥦 add leafy and cruciferous veggies, light veggie broths, garlic, ginger



## YOU ARE WHAT YOU DIGEST

*tips for proper digestion, the key to health:*

- finish breakfast by 8am; finish lunch by 1pm; finish dinner by 6-7pm
- eat a medium-sized breakfast, large lunch, small dinner
- try not to drink for at least 30 minutes after each meal

## DAILY ROUTINE FOR A HEALTHY BODY AND MIND

### MORNING

- wake up (out of bed) by 6am
- scrape tongue with a copper tongue scraper first thing in the morning, & clean teeth
- drink 1-2 warm glasses of water to hydrate and encourage a healthy poop
- breathe in fresh air outdoors & do gentle stretches to wake up the body and mind before breakfast
- head massage: wake up your brain and get your blood flowing by giving yourself a head massage

### EVENING

- clean your body before putting on pajamas, and clean your teeth after your last meal
- technology off by 5pm to encourage wind-down
- find 3 things you're grateful for that day
- in bed by 8pm and asleep by 9pm