

Autumn Tip Sheet

AUTUMN IS A VATA TIME OF YEAR

Vata dosha is predominant during autumn. Vata is a windy type of energetic: cold, dry, light, mobile, and variable. Vata is spontaneous, creative, inspired and inspiring, evocative, and artistic. Vata has real flair. It is Vata that rules all movement in the body: zooming thoughts, the conduction of nerve impulses, muscle contractions, the pulse of blood in your arteries, and the peristalsis that moves food through your digestive tract.

STRIKING BALANCE—DAILY ROUTINES

- **Slow down:** You will still get everything done, and you will feel less frantic.
- **Calm down:** Allow your brain some much-needed down-time. Wrap yourself in something cozy and (only) read a captivating story. Let go of overthinking.
- **Warm up:** Wear warm and insulating natural fiber clothing such as wool, hemp, and linen.
- **Hydrate:** Drink half your body weight in ounces every day. Filtered water, decaffeinated chai, and herbal teas are best.
- **Stroll:** Take a pleasant walk in a beautiful neighborhood. Really take in all of the sights and sounds that are around you.

STRIKING BALANCE—FOOD CHOICES

- **Make lunch your largest meal** of the day. Include some protein and fat to carry you easily through the afternoon doldrums.
- **Good food choices** for you include: yogurt, tempeh, soft cheeses and other dairy, whole grains, oils, nuts and seeds, meat, fish, shellfish, aloe vera, and root vegetables.
- **Herbs and spices** such as anise, basil, bay leaf, cardamom, cinnamon, clove, cumin, dill, fennel, fenugreek, garlic, ginger (fresh), mustard, nutmeg, oregano, pepper, rosemary, sage, thyme, turmeric are your great friends. Consume them. Cook with them. Garnish with them.
- **Add sesame oil** to your cooking. It will keep your skin supple *and* will warm you up.
- **Avoid drying and cooling foods** such as salads and raw foods. A good chai and nourishing soups are a fabulous thing.
- **Keep your digestive system healthy** by eating the last meal of the day by 6:30pm and go to bed by 9:30pm.
- **Choose organic** whenever possible.

AUTUMN'S DOSHA
Vata (air + ether elements)
AUTUMN'S QUALITIES ARE:
<i>cold, dry, light, mobile, variable</i> ... the season's cooler temperatures and windiness dries out the air (and us), blowing leaves off the trees and wreaking a bit of havoc
EXTRA VATA DOES THIS TO US:
<i>worry, anxiety, overwhelm, constipation, dry skin</i> ... we find ourselves thinking too much, being indecisive, noticing drier skin, having one or more days where we don't poop, and feeling agitated for no discernable reason
TO RESTORE BALANCE, EMPHASIZE:
<i>regular routines, moisture, slowness, heaviness, warmth and heat</i> ... stop zipping around, stick to a routine, eat warm moist foods (think soups and stews), pull on your favorite sweater and comfy socks, and sip a lovely milky chai

