

Tip Sheet Vata in Spring

Spring is a wonderful time of year for Vata! The earth is beginning to warm back up, there are more hours of daylight, and the life-force is waking up again. Take this time to enjoy being outside again. Ground yourself with gardening and walks in nature. You'll still want to bundle up, but you can shed a few layers as the days warm up and you get more active.

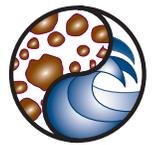
Kapha's heavy and wet qualities really manifest in Spring. They are both good for (ie: balancing for) Vata's cold and dry qualities. You should notice that your skin is less dry, your hands and feet are less cold, and your joints are less achy. So good, right?

Continue with a regular abhyanga practice to move lymph and to pamper yourself. (You can find details on our website.) Sesame oil is a great choice for you at this time of the year. And definitely continue with having a regular routine: getting up and going to bed at the same time every day as well as eating meals at (approximately) the same time every day.

Spring is generally a wonderful time to do a cleanse such as Ayurveda's Pancha Karma. Please consult with a qualified practitioner to ensure a successful outcome.



Vata dosha



Kapha dosha
Spring

LIFESTYLE ROUTINES

- Hydrate. Drink half your body weight in ounces every day. Filtered water and herbal teas are best.
- Keep moving: walking, running, doing yoga. Just be sure to take notice of what is around you while you are zooming around. Smell the roses!
- Try a warm and restorative style of yoga.
- Fragrant flowers give the flighty Vata mind something delightful and soothing to light upon. Cultivate a simple garden or treat yourself with weekly fresh-cut bouquets.
- Do an Abhyanga everyday. This ancient practice of self-massage with oil is deeply detoxifying and supportive of the skin.
- Cook with sesame oil and/or ghee.
- Make lunch your largest meal of the day.
- Keep the colon and digestive system healthy. It can keep your Vata from becoming excessive. Eating the last meal of the day by 6:30pm and going to bed by 9:30pm will do wonders in ensuring a good night's sleep.
- Maple syrup, raw honey, molasses, rice syrup, and sucanat keep Vata warmly sweet.
- Avoid salads and raw foods. They are cold, and you need to warm up!

FOOD CHOICES

- Eat organic whenever possible. Avoid processed, canned, and pre-packaged foods. Your digestive system is strong, and your body appreciates nutrition that it can use.
- Yogurt, tempeh, cheese and other dairy, whole grains, oils, nuts and seeds, meat, fish, shellfish, aloe vera, and root vegetables are good food choices for you.

WARMING FOODS

asparagus, barley, beans, broccoli, cabbage, cauliflower, corn, dals & lentils, white meat, cooked leafy greens, quinoa, basmati rice, sunflower seeds, ginger, nettles, ghee, sprouts, sunflower oil

HERBS AND SPICES

anise, basil, bay leaf, caraway, cardamom, cinnamon, clove, cumin, dill, fennel, fenugreek, garlic, ginger (fresh), marjoram, mustard, nutmeg, oregano, pepper, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, thyme, turmeric



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