



Ayurvedic Health Center

AyurvedicHealthCenter.org

Guided Transformation in Health and Wellness

Spring Tip Sheet

Spring is a Kapha Time of Year

Kapha dosha is predominant during spring. **Kapha** is a cool, damp, heavy, stagnant type of energetic. **Kapha** has tremendous endurance and stamina; it is steady and consistent. **Kapha** shows up at heavy, damp snow and ice that lingers until the first warm day melts the accumulation, allowing it to dive deep into the earth to stimulate and propel new plant growth, initiating another year's fruitful and nourishing harvest.

Striking Balance—Daily Routines

- **Get moving:** Your body's metabolism will thank you for it with increased energy and vitality. Trust me.
- **Calm down:** Go with the group flow and enjoy a bit of—ok, a lot of—spontaneity.
- **Warm up:** Wear warm and insulating natural fiber clothing such as wool, hemp, and linen. Favor exciting colors and prints.
- **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. The life-force energy is so nurturing for you.
- **Lighten up.** Get rid of some of the accumulation. Yes, it has purpose and is useful—for someone else. Move it out of your life. It seems daunting at first, but it really does feel so very good.

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: leafy greens, bitter herbs, lentils, dried beans, dals, pomegranates, potatoes, chili peppers, and fermented foods.
- **Herbs and spices** such as basil, bay leaf, black pepper, cardamom, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horseradish, marjoram, mustard, nutmeg, oregano, peppermint, rosemary, saffron, sage, spearmint, star anise, thyme, and turmeric are your great friends. Consume them. Cook with them. Garnish with them.
- **Add sesame and mustard oils** to your cooking. It will keep your skin supple and will warm you up.
- **Avoid heavy, rich foods** such as pizza, mac and cheese, quiche, candies/cookies/cake, pie, meatloaf. You will learn in time that eating lighter, more lively foods is 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.

SPRING'S DOSHA
Kapha (water + earth elements)
SPRING'S QUALITIES ARE:
<i>cool, wet, stable, heavy</i> ... like a pristine lake where the squishy bottom and sandy shore provide a place to drop in and feel all that is around us
EXTRA KAPHA DOES THIS TO US:
<i>being stuck, lack of motivation, nausea, depression, overweight congestion, attachment</i> ... too much of the same old—same old digs those ruts ever deeper, leading to stagnation
TO RESTORE BALANCE, EMPHASIZE:
<i>warmth, movement, lightness, dryness</i> ... be wild and crazy, be bold, be spontaneous, shake things up—even if just for an afternoon

