



Ayurvedic Health Center

AyurvedicHealthCenter.org

Guided Transformation in Health and Wellness

Winter Tip Sheet

Winter is a Vata-Kapha time of year

Vata and Kapha doshas are predominant during winter. Vata-Kapha is a cool-cold type of energetic. Vata-Kapha is enthusiastic, creative, sensitive, sympathetic, compassionate, calm, and stable. Depending on the climate where you live, your winters may see more Vata, more Kapha, or an equal blend of the two. Vata shows up at windy blustery weather; Kapha shows up at heavy, damp snow and ice that lingers for a spell.

Striking Balance—Daily Routines

- **Get moving:** Your body’s metabolism will thank you for it with increased energy and vitality. Trust me.
- **Calm down:** Allow your brain some much-needed down-time and leave the overthinking behind. Go with the flow and enjoy a bit of spontaneity.
- **Warm up:** Wear warm and insulating natural fiber clothing such as wool, hemp, and linen. Favor exciting colorful 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.
- **Regulate.** Regular daily self-care practices will keep you shored up and adaptable to life’s stresses.

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, lentils, dried beans, dals, pomegranates, potatoes, chili peppers, fermented foods, root vegetables, dairy, nuts and seeds, oils, meat, fish, and shellfish.
- **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 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.

WINTER’S DOSHA
Vata + Kapha
WINTER’S QUALITIES ARE:
<i>cold, cool, variable</i>
... uncharted depths and sky-high currents roll and ripple in cycles that span all of time and yet never seem to absorb the sun’s warming rays
EXTRA VATA + KAPHA DO THIS TO US:
<i>cold and more cold, fear, anxiety, overthinking, melancholy, depression</i>
... the paralyzing action of fear along with the contracting action of cold cause us to get stuck
TO RESTORE BALANCE, EMPHASIZE:
<i>regular routines, warmth and heat</i>
... find ways to keep yourself all year long: bask in the sun, sit close by the fire, wear layers of clothes, and make sure your home is cozy.

