

APRIL DIET TIPS

For the Northern Hemisphere



Gunas
(qualities)
cold, wet, heavy, dull,
slow, sticky, slimy,
dense, liquid, static

Balance with
lighter and rougher
qualities and the
tastes of
**bitter, pungent,
sour, astringent**



BITTER ROOTS!
Bitter roots help to scrub the villi and lymphatics within the intestinal skin. Clean it out so you can refresh the microbiome with chlorophyll from late spring and summer greens. Enjoy turmeric, dandelion, burdock, ginger, burdock, Oregon grape, and burberines.



Reduce sugar, gluten,
dairy, heavy grains,
heavy fats and oils.



QUICK DIET TIPS	FAVOR
Tastes	pungent (spicy), bitter, astringent, sour
Grains	lighter grains like corn, millet, rye, quinoa, brown rice, buckwheat
Dairy, fats, oils	lighter fats and oils in moderation like ghee, low fat yogurt, goat milk, sunflower oil, hemp oil, flax oil, coconut oil
Beverages	kombucha, dry wines, chai, ginger, black tea, cinnamon, clove tea, orange peel tea, CCF tea
Sweeteners	raw honey, raw maple syrup, molasses
Spices	cumin, cayenne, chilis, turmeric, ginger, mustard, tarragon, mexican spices, rosemary, basil, cinnamon, black pepper
Nuts and Seeds	sunflower, sesame, caraway, filberts, pinons, pumpkin
Fruits	apricots, cherries, oranges, grapefruits, lemon, pomegranates, tangerines, kumquats
Proteins	all sprouted beans, adzuki, garbanzo, fava, kidney, lentils, lima, mung, split pea. Lean meat and fish like chicken, freshwater fish and turkey. Duck, eggs, lamb and ocean fish in moderation.

