

SEPTEMBER DIET TIPS

For the Northern Hemisphere



Vata Dosha
Air and Ether

GUNAS

Dry (ruksha)
Light (laghu)
Cold (shita)
Rough (khara)
Subtle (sukshma)
Mobile (chala)

Balance the gunas of vata with nourishing food and routines. Enjoy foods and activities that are warm, moist, and grounding.



STAY HYDRATED

Start your day with 2-4 cups of warm to tea like hot water to rehydrate after 8 hours of sleep and to stimulate morning elimination. Sip hot water throughout the day to keep your lymphatic system clear and make it easier for your body to push waste through you.

Practice **abhyanga** (oil massage) to get your skin, tissues, and joints well lubricated for the upcoming months. Start the process of building up insulation and nourishing your tissues to build immunity and resiliency.



QUICK DIET TIPS	FAVOR
Tastes	Reduce the astringent (drying) taste and increase sweet, sour, and salty tastes.
Grains	Rice, brown rice, oats, wheat, quinoa
Dairy, fats, oils	Butter, buttermilk, cheese, cream, ghee, kefir, milk (not cold), sour cream, yogurt. Almond oil, ghee, olive oil, peanut oil, safflower oil, sesame oil, coconut butter.
Beverages	Warm beverages. Tulsi tea to calm vata nerves. <u>Building ojas tonic</u> . <u>Golden Milk</u> . <u>Warm</u> , spiced teas.
Sweeteners	Honey, jaggary, maple syrup, molasses, rice syrup, raw sugar
Spices	allspice, anise, asafoetida, basil, bay, black pepper, cardamom, cinnamon, clove, cumin, dill, garlic, ginger, mustard, nutmeg, oregano, paprika, parsley, rosemary, saffron, turmeric
Nuts and Seeds	blanched and peeled almonds, sunflower seeds, pumpkin seeds, coconut, cashews, chestnuts, chia seeds, flax, hazlenut, hemp seeds, pine nuts, poppy seeds, sesame seeds
Fruits	apples, avocados, bananas, dates, figs, grapefruit, grapes, lemons, limes, mangoes, oranges, papayas, soaked prunes, soaked raisins, tangerines
Proteins	Beef, buffalo, chicken, crab, duck, eggs, fish, lobster, oysters, mussels, clams, shrimp, turkey, venison, kidney beans, miso, mung, toor dal, urad dal
Oils	ru thus (vetiver), lavender, clary sage, palo santo, cedar wood

