

JANUARY DIET TIPS

For the Northern Hemisphere



Vata Dosha
Air and Ether
or
Kapha Dosha
Earth and Water

Observe:

Is your environment and body more dry? This will be Vata. Or do you feel wet, dense, and heavy? This is Kapha.

Balance the cold quality of both vata and kapha with warmth. Warming foods, spices, beverages, clothing, and activities.



PRACTICE ABHYANGA (OIL MASSAGE)

to get your skin, tissues, and joints well lubricated and mobile. Abhyanga helps to move lymph, increases circulation, stimulates your organs, and helps you detoxify. It is very grounding, nourishing, and restorative.

Vatas - use a base oil of organic untested sesame or almond oil.

Pittas - use a base oil of organic sunflower oil during the winter.

Kaphas - use a base oil of organic sesame or corn oil.

QUICK DIET TIPS	FAVOR
Tastes	warm, cooked foods that are generously spiced
Grains	Vata & Pitta - continue with more nourishing, heavy grains. Kapha - start to lighten up with rougher grains like amaranth, millet, brown rice, buckwheat. Kaphas avoid wheat and heavy bread.
Dairy, fats, oils	Vata - enjoy the dairy warmed, especially fermented dairy like kefir, yogurt, sour cream. All warming, heavy oils for vata like sesame or almond. Kapha - lighten up on the dairy and oils overall, use sesame, ghee, mustard, corn, or sunflower oil. Both Vata and Kapha will be supported with dairy from goats and ghee. Pittas keep nourishing.
Beverages	For Vata and Kapha: All Warm. Cinnamon Water. Chai. Tulsi tea to calm vata nerves.
Sweeteners	Honey, never cooked put added in after cooking has commenced.
Spices	All stimulating and warming spices. Less warming spices for Pitta.
Nuts and Seeds	Pumpkin seeds and sunflower seeds in moderation for Kapha. Vatas all nuts and seeds. Pittas - almonds, coconut, flax.
Fruits	Apricots, berries, cherries, peaches, soaked prunes, soaked raisins
Veggies	Asparagus, carrots, chilies, green beans, mustard greens, okra, rutabaga, bitter roots, cooked spinach...vatas and pittas can go heavier with more sweet roots
Proteins	Vatas can go with heavier proteins. All dosas start to enjoy lighter proteins like freshwater fish and shrimp. All beans and legumes are great for balancing Kapha, but may aggravate Vata. Vatas do better with soaked beans that are very well cooked.
Oils	Vata - chamomile, cedarwood, geranium, lavender, jasmine, rose, rosewood, sandalwood, vetiver. Kapha - rosemary, eucalyptus, clary sage, juniper, orange