



VATA



ELEMENT	air
BODY TYPE	thin, delicate bone structure, low body fat, hard to gain weight
CHARACTERISTICS	sensitive, spiritual, running late, can't sit still, forgets to eat, routine of the day feels difficult and overwhelming, flightiness, memory problems, easily confused, baldness
SIGNS OF BALANCE	sharp, quick-thinking, creative, fast-talking, abstract, creative, artistic, writing, poetry, music
SIGNS OF IMBALANCE	gas, bloating, unfocused, spacey, dry skin, hair and nails, coldness and chills, nervousness, sleeplessness, worry, cavities
ORGANS TO NOURISH	nervous system, colon, bones
FOODS TO REDUCE	low-fat foods, raw and cold foods, need very careful planning if vegetarian or vegan to stay grounded and focused
FOODS TO INCREASE	warming, lubricating, grounding, heavier foods to calm down, good quality oils, warming foods to counteract coldness
BENEFICIAL	creamy-tasting soups, lighter proteins like fish and eggs, mashed sweet potatoes, root vegetables, heavier grains, regular and balanced meals, weightlifting, Pilates, yoga

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PITTA



ELEMENT	fire and water
BODY TYPE	medium body frame, well-proportioned, prone toward muscularity, easily overheated
CHARACTERISTICS	type A personality, compelled to accomplish things, focused, organized, never misses meals and can be cranky if a meal is skipped (has a strong metabolism), workaholic, doesn't do well in hot, humid climates, sassy, creates problems that don't really exist when feeling too balanced, needs to eat often
SIGNS OF BALANCE	productive, get-it-done person, organized, has a capacity to work until they drop, energized, enthusiastic, quick, sharper than Vata
SIGNS OF IMBALANCE	easily agitated under stress, irritable, overly competitive and other heat-associated conditions, diarrhea, skin rashes, burning eyes, increased appetite, perspiration, over-working
ORGANS TO NOURISH	liver, gallbladder, spleen, small intestine, blood, eyes
FOODS TO REDUCE	excessive spices, red meat
FOODS TO INCREASE	sweet and bitter foods, cooling and astringent foods, sweet-tasting spices (cardamom, fennel), protein
BENEFICIAL	peppermint tea, fresh lime, lighter proteins (chicken and fish), dark leafy greens (bitter and cooling), sweet vegetables, calming and relaxing physical exercise, Pilates, gentle relationships

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KAPHA



ELEMENT	earth and water
BODY TYPE	larger body type, not necessarily overweight, gains weight easily, holds fat and water, strong, powerful athlete when in shape
CHARACTERISTICS	grounded, stable, solid, clear about the ways of the world, sensual, strong sexuality, sense of physicality, steady appetite but not overly strong like Pitta, can miss a meal, slower metabolism, resists exercise and is slower moving, often trying to lighten up (physically and emotionally)
SIGNS OF BALANCE	reliable, dependable, calm, peacekeeper, even-tempered, loving, affectionate
SIGNS OF IMBALANCE	holds on to emotions, lethargic, sleeping too much, depressed, lack of enthusiasm, feeling dull and sluggish, overweight, congestion
ORGANS TO NOURISH	lungs, stomach, body fat, lymphatic system
FOODS TO REDUCE	high-fat foods, heavy and fatty proteins, dairy, gluten-based grains, red meats, starchy vegetables
FOODS TO INCREASE	drying and heating foods, heating and pungent spices for their thermogenic properties, light grains, light proteins, vegetables
BENEFICIAL	beans, quinoa, spinach, dandelion, salads, cayenne, pepper, ginger, self-acceptance and body-image affirmations, cardiovascular exercises, love the body you have