

## Balancing the Doshas

Each doshas is balanced by the qualities that are opposite to it's nature. It is logical!: Dryness is pacified by moisture; coldness is pacified by heat. Below are tangible "To Do's" for each doshas, to bring it back into balance:

### Balancing Vata:

Vata is balanced by warmth, moisture, heaviness, and regularity - the qualities it lacks.

Here are some suggestions with this idea in mind:

- Keep a regular schedule of sleep and wake.
- Regular meals are also helpful; supper before 7pm.
- Be mindful of hydration: drink 6-10 glasses of fluid a day.
- Oil your skin (food-grade oil is nourishing vs chemical-laden lotions)
- Warmth in general is good for Vata: warm food, drinks and adequate clothing help keep Vata comforted and grounded.
- Spend some time every day breathing deeply and relaxing to calm and nourish the sensitive vatic nervous system.
- Wind down before sleep; unplug at least an hour before bedtime.
- Consider taking herbs that nourish the nervous system (nervines) and adrenal glands (adaptogens). These are supportive tonics.
- Be mindful to not exhaust yourself: Aim to get 7-9 hours of sleep, don't overdo, rest when you need to (this sounds easy, but...).
- Nurture positive relationships; stay connected.

### Balancing Pitta

Pitta is balanced by the qualities it lacks: coolness, calmness, dryness, and heaviness. Pittas need to reign in their tendency to overdo, and burnout. They need to nurture themselves.

- Like Vata, Pittas are served by a routine of adequate sleep, and regular meals.
- Eat beans and greens - especially bitter ones - regularly
- Avoid caffeine, alcohol and hot spices.

- Learn to breathe, relax and meditate !
- Exercise vigorously a few times a week - but don't hurt or exhaust yourself.
- Take herbs that clear heat and support liver function. And probably you'll need some tonics for nourishing your adrenals and nervous system too (if you get depleted).
- Honor the needs of the body: you actually do need to eat and sleep.
- Remember that in the choice between "right" or "happy" sometimes it's OK to be wrong (and happy).

### **Balancing Kapha**

Kapha is balanced by heat, lightness, dryness, invigoration, and challenge. It has a cold, heavy quality, and a tendency to inertia that is balanced by these opposites.

- Like Vata and Pitta, Kapha needs a regular schedule of supports. However, the focus here is more on movement and lighter food
- Exercise 6-7 times a week. Aim to break a sweat 2-3 times a week.
- Eat food that is whole and fresh; with lots of vegetables, minimal oil and moderate spicing (hot spices counter the cold, heavy qualities of Kapha)
- Avoid/minimize dairy (especially ice cream), wheat/flour products, and oily food.
- Clean out closets often - get rid of stuff you don't really need.
- Do a seasonal cleanse every spring: Juice fast for 2-3 days, and do a colon cleanse.
- Take herbs that are warming and drying if you are out of balance (and too cold/wet)
- Nurture others - but make sure you nurture you too.
- Remember that your tendency is to slow down and stop - so keep moving!