



Ayurvedic Food Information

Here is some Ayurvedic information I have found recently regarding food options and other lifestyle aspects that will help you be in optimal health and balance. One thing I have been studying alot lately is balance in my diet, and I have been researching Ayurvedic concepts, mostly around food. See this site for some general overview information - <http://www.chopra.com/ayurveda> I have also found this website to be quite helpful - http://ayurveda-foryou.com/clinical_ayurveda/consti5.html

There are three body energies (see for more info - http://www.eattasteheal.com/ayurveda101/eth_bodytypes.htm) - fire, air, and water, with most people having a stronger influence of one (their dosha or body type), and when people get out of balance (too much of one), they either become too hot, too ungrounded, or too slow. I am a Pitta (fire) type, so I need to eat foods that keep me cool and calm. There are quizzes you can take to find out your type (see below) - I found it to be pretty helpful in knowing what foods to focus on and what to avoid. Luckily most of my favorites are on my good list :)

There are good Ayurvedic dosha type quizzes and information at the sites below. Quizzes just take a few minutes to complete and get results. Take more than one quiz if you want another opinion – I did, as I wanted to learn as much as I could and be sure I had my correct type identified - there were consistent results between the different quizzes.

- www.whatsyourdosha.com
- http://www.eattasteheal.com/ETH_dosha.htm
- <http://doshaquiz.chopra.com/>
- http://ayurveda-foryou.com/clinical_ayurveda/prakriti6.html

Once you find out your results, there are good food suggestions, as well as other pages for suggestions on types of exercise and activity levels that are good for your particular type. I have found it very helpful in knowing and understanding myself better. I hope it is helpful to you as well!

Finally, here are links to some great 1 page reference guides for each body type that I found recently. These are handy to print and take with for quick reference when grocery shopping.

http://www.amritaveda.com/learning/articles/Vatachart_back_bw_final.pdf
http://www.amritaveda.com/learning/articles/Pittachart_back_bw_final.pdf
http://www.amritaveda.com/learning/articles/Kaphachart_back_bw_final.pdf



Let me know what your results are, if you want to share :) and we can try to figure out some good food options for you that are both delicious, suited for your type and work, and help you stay on budget!

New links - Ayurveda and the Seasons

http://www.befityoga.com/yoga_nutrition_fall_winter.pdf

<http://www.chopra.com/ccl/healthy-habits-for-kapha-season>

Enjoy!

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