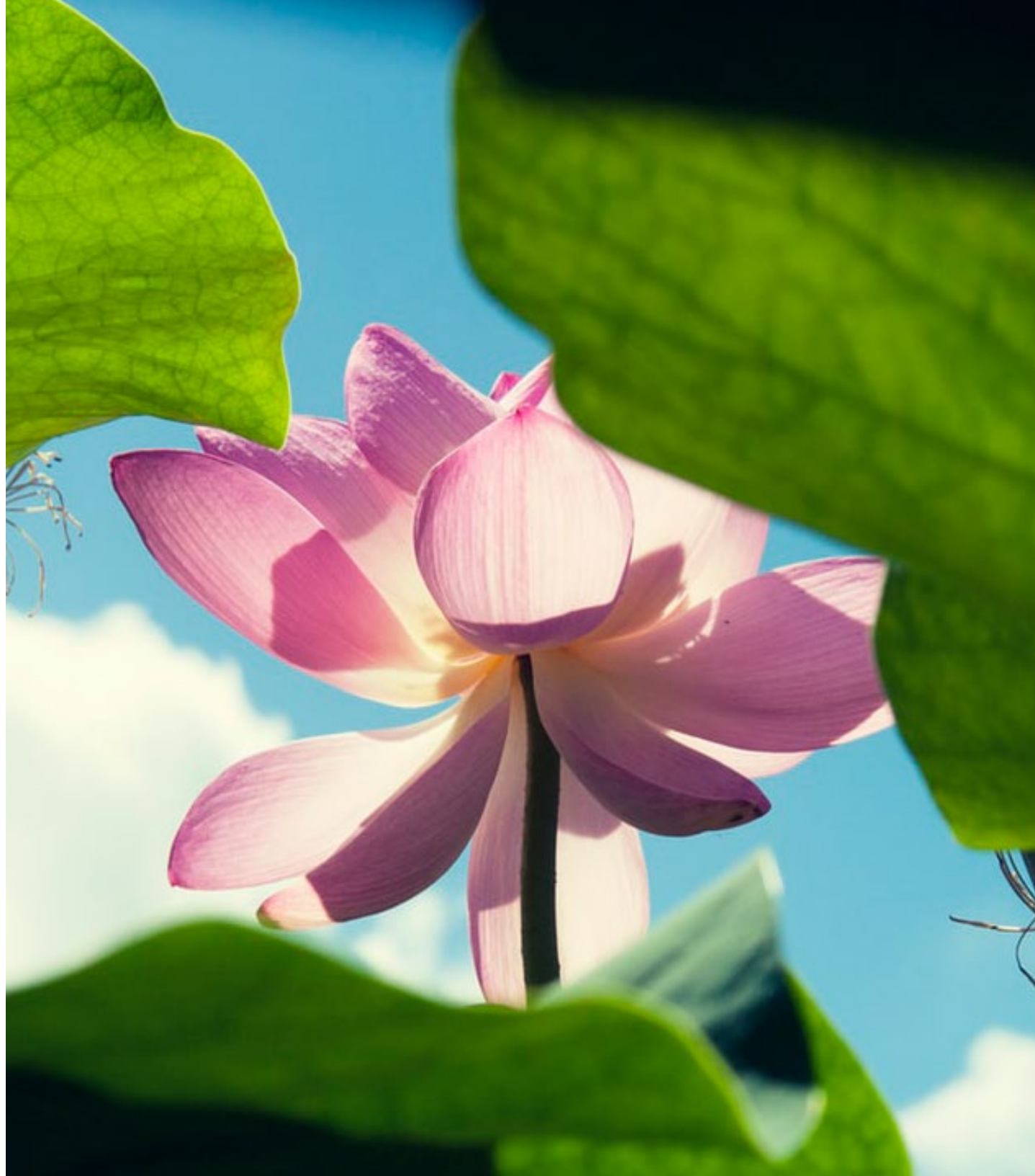


SPRING GUIDE

Ayurvedic





Ayurveda 101

Ayurveda (pronounced aye-your-vay-duh) originated in ancient India over 5,000 years ago. It's the sister science of yoga, focused on balancing the mind and body for radiant health. Ayurveda originates from two Sanskrit words: ayur, meaning "life," and veda, meaning "knowledge." In order to achieve balance, you must have complete knowledge of your entire life.

Ayurveda is a holistic health system focused on finding the optimal foods and lifestyle practices for your Dosha, mind-body type. In fact, Ayurveda gave IIN founder and primary teacher Joshua Rosenthal the inspiration to create the term bio-individuality.

The word Dosha means "energy" and there are three types:

1. **Vata** – comprised of air and space.
2. **Pitta** – comprised of fire and water.
3. **Kapha** – comprised of Earth and water.

If you're a Vata, you have the qualities of the wind: dry, cold and ever-moving. You are the friend who's always freezing when everyone else is in shorts. You may have dry skin, as well as a colon, which leads to constipation, gas, and bloating. You're easily bothered by the wind and tend to have cracking joints. When you're out of balance, you feel bloating, gas, constipation, insomnia, or anxiety.

If you're a Pitta, you have a lot of fire within you. You tend to get hot easily and gravitate towards iced water and drinks to cool off. You have oily and sensitive skin and break out very easily. You are hungry right at meal time and aren't a happy camper if you skip lunch. Your digestive system runs in overdrive, leading to hyperacidity, heartburn, and loose stools.

If you're a Kapha, you're an Earth mama. You have a calm, soothing demeanor, and people tend to come with you with their problems. You have a stable and supportive body, with the tendency to gain weight easily if you don't watch what you eat and exercise. When you're out of balance, you'll feel mucus-y and experience phlegm, coughs, or sinus infections. Your digestion is on the slower end and a heavy meal will keep you on the couch for hours. You're a big lover of naps.

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Eating for Your Dosha

Vata

Focus on warm, grounding, moist foods with sweet, sour, and salty tastes.

FAVOR

- Cooked vegetables: sweet potatoes, turnips, onions, garlic, beets, carrots, green beans
- Ripe, sweet fruits: bananas, figs, mangoes, grapes, plums, peaches, stewed fruits
- Cooked grains: rice, quinoa, oats
- All dairy
- Oils: sesame, ghee, olive oils
- Warming spices: cinnamon, cumin, ginger, cardamom, cloves, black pepper

AVOID

- Dry or unripe fruits
- Excess of raw vegetables
- Cold foods and beverages

Pitta

Focus on cool, dense, grounding foods with sweet, bitter, and astringent tastes.

FAVOR

- Bitter vegetables: Brussels sprouts, asparagus, broccoli, parsley, sprouts, zucchini
- Sweet fruits: mangoes, melons, cherries, prunes, raisins
- Grains: wheat, barley, oats
- Oils: olive, sunflower and soy
- Cooling spices: coriander, mint, dill, caraway, parsley

AVOID

- Pungent, sour, salty tastes
- Spicy foods or beverages
- Red meat

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Kapha

Focus on light, airy, dry and warm foods with pungent, bitter, and astringent tastes.

You may be confused about which Dosha to eat for. We are all a combination of all three Doshas with varying amounts. Eat according to the imbalances that you feel, which may change over the course of the year and throughout your life. The spring time is naturally higher in Kapha so it's a good time to follow a more Kapha-pacifying diet, full of herbs, spring vegetables and berries. Notice how nature naturally harvests the foods we need for that time of year.

You may be thinking “How can I ever make a meal for my family?!” The good news is each Dosha does not have to eat a separate dinner! There are ways you can create a meal to be tridoshic, which means it works with all three Doshas.

FAVOR

- Pungent and bitter vegetables: kale, cabbage, okra, peppers, eggplant, squash
- Astringent fruits: raspberries, lemons, limes, cranberries, pomegranates
- Grains: whole grain cereals, crackers, rice, wheat
- Oils: almond, sunflower, olive oil
- All legumes

AVOID

- Hot or steamed cereals and grains
- Excess oil in cooking
- Excess use of sweeteners



The key fundamentals to making a dish tridoshic are:

1. Keep out excess raw foods, which imbalance **Vata**.
2. Eliminate excess spicy foods, onion and garlic, which imbalance **Pitta**.
3. Steer clear from excess dairy and carbohydrates, which imbalance **Kapha**.

Keep reading for some delicious tridoshic spring recipes!

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Sweet Potato Lentil Burger



Everyone loves a veggie burger but most frozen ones are filled with processed oils and/or soy. Make your own with a base of easy-to-digest red lentils, protein-packed quinoa, and grounding sweet potato with digestive-stimulating spices for an Ayurveda-approved lunch.

INGREDIENTS

- 1 cup cooked red lentils
- 1 cup cooked quinoa
- 1 cup roasted sweet potato flesh
- 3 tbsp. hemp hearts
- 2 tbsp. ground flax seeds
- 2 tsp. curry powder
- 1 tsp. garam masala
- ¼ tsp. sea salt
- 6 tbsp. cilantro, chopped

INSTRUCTIONS

1. Preheat oven to 375°F and line a baking sheet with parchment.
2. In a large bowl, combine the lentils, quinoa, and sweet potato flesh. Mash all together.
3. Sprinkle in the hemp hearts, ground flax, curry powder, garam marsala, and salt. Stir to combine. Add in the chopped cilantro. Stir and let sit 5 minutes.
4. Divide the mixture into 8-9 equal parts and form burger-sized patties with slightly wet hands. Place burgers on lined sheet.
5. Bake for 20 minutes.
6. Pull out of the oven and flip the burgers over, careful not to break.
7. Bake for another 5-10 minutes, until crispy.
8. Remove from oven and allow cool for several minutes.
9. Enjoy with roasted vegetables, greens, or a sprouted bun!

Store in airtight container in the fridge for up to one week.

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Creamy Herbal Butternut Squash Noodles



This recipe tastes indulgent but it's actually grain-free! It's warming on the digestive fire without being full of pungent spices. Perfect for a date night or dinner with your bestie!

INGREDIENTS

- 1 butternut squash, spiralized
- 1 tbsp. avocado oil
- 4 cups organic spinach
- ¼ tsp. salt
- To garnish: 4 tbsp. pepitas, fresh parsley

CREAMY HERBAL SAUCE

- ½ cup hemp hearts
- ½ cup water
- 2 tbsp. olive oil
- ¼ cup fresh parsley, chopped
- ½ lemon, juice
- ¼ -½ tsp. salt

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Divide the spiralized butternut squash between 2 baking sheets (lined with parchment paper) and bake for 15 minutes.
3. While the butternut squash noodles are baking, make the sauce by blending all ingredients in a high-speed blender.
4. Heat up a cast iron skillet or large pan. Add 1 tbsp. avocado oil and the organic spinach and sauté for 1 minute until wilted.
5. Add the butternut squash to the spinach and pour the sauce onto the noodles. Stir well to combine and add sprinkle of salt.
6. Serve hot and garnish with pepitas and fresh parsley.

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Coconut Quinoa Veggie Stir-fry Lettuce Wraps



This is a fun tridoshic recipe for feeding your family or having friends over because everyone gets to serve themselves! Option to switch the veggies out for those of your choosing.

COCONUT QUINOA

- 2 tbsp. virgin coconut oil, divided
- 1 ½ cup uncooked quinoa
- 1 13-ounce can coconut milk, unsweetened (full-fat or light)
- 1 ½ cups water

VEGGIE STIR-FRY

- 3 cloves garlic, minced
- 1 small yellow onion, minced
- 1 inch knob ginger, grated
- 1 cup of bean sprouts
- 1 zucchini, chopped
- 1 large carrot, peeled and chopped
- 1 cup of chopped broccoli florets
- 1 cup of shitake mushrooms, destemmed and sliced thiney.
- 2 cups of chopped greens (spinach, bok choy or kale)
- ½ tsp. turmeric
- ¼ tsp. salt
- ½ tsp. black pepper

INSTRUCTIONS

1. Heat 1 tbsp. coconut oil in a medium saucepan over medium heat. Add quinoa and cook, stirring often, until golden, about 5 minutes.
2. Add coconut milk and water and stir to combine. Bring to a boil, reduce heat, cover, and simmer until quinoa is tender and liquid is evaporated, about 20–25 minutes. Let sit 10 minutes. Fluff with a fork. Set aside.
3. In a cast iron skillet or large pan, heat 1 tbsp. coconut oil. Add garlic, onion, and ginger, sauté until fragrant and golden, about 3 minutes. Add chopped veggies, turmeric, salt, and pepper and sauté until slightly tender, about 5-7 minutes. Transfer to a bowl.
4. Make dressing by combing all ingredients and whisking well.
5. Arrange lettuce cups on a serving platter. Top with 2 tbsp. coconut quinoa and 2 tbsp. veggie stir-fry. Garnish with slivered almonds, cilantro, and shredded coconut. Squeeze a lime and enjoy!

TO SERVE

- 8 lettuce cups
- To garnish: slivered almonds, cilantro, shredded coconut, lime wedges

DRESSING

- 9 tbsp. apple cider vinegar
- 3 tsp. toasted sesame oil
- 3 tsp. coconut aminos or tamari
- 3 tsp. maple syrup (optional)

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Exercise



Regardless of your Dosha type, exercise is one of the most healing things we can do for the mind, body, and spirit. It's important to find the right type of exercise that gives your body what it needs, without over or under doing it. Just like there is no one diet for everyone, there is no one workout for everyone. Finding the right workout for you is like finding a crystal—sometimes it takes holding a bunch to really find what feels right.

Vatas typically have thin bodies and a very difficult time putting on muscle or fat. Vatas are naturally attracted to intense cardio classes like cycling and running, but what they need is actually more grounding. Vatas benefit from slow and steady strength training, TRX bands, dynamic stretching, barre, and anything that improves their balance. Vatas often have creaking, cracking joints that are easily injured, so they have to make sure their form is right. A boot camp might be too quick and intense for them, so they're better off exercising in their own time and making sure their alignment is on point so they can build muscle safely. Try lunges, squats, resistance bands, and exercises on a single leg to improve balance and agility.

Pitta is the hot and fiery Dosha. They are naturally drawn to intense workouts like Orange Theory, Barry's Boot Camp, and CrossFit because they are naturally athletic with a bit of a competitive streak. However, what they really need is to calm and cool down. Hardcore exercise will actually cause adrenal fatigue and an increase in cortisol, the stress hormone. Even though they love dripping in sweat, they really need the opposite of that. Pittas should strive to practice more yoga, Pilates, and swimming, which build muscle without overtaxing the adrenals. They don't do well in the heat, so hot yoga isn't quite the best for them as it will lead to burnout. Instead, a slow-cooling yin practice is perfect. It's also really important that they meditate after a workout to ground their energy so they don't take tension into the rest of their day.

Kapha is the Earth mama Dosha. They are the ones who have to convince themselves to work out. And maybe bribe themselves with a snack afterward. They often resist movement and would much rather hang out on the couch. Kaphas gain weight easily—most easily of the Doshas—and become sluggish, heavy, and lethargic when imbalanced. Kapha types may not exercise at all but benefit from it the most. Walking is a good start, especially uphill to get the body moving. Kaphas should strive to sweat every day, because that is the antidote to their imbalance. They should incorporate more high-intensity interval training (HIIT) moves such as jumping jacks and mountain climbers into their workout routine. They do best with quick-moving Vinyasa yoga classes, and heated sweaty sessions are highly recommended. Kaphas actually have the highest endurance of all the Doshas and can tolerate the longest duration of exercise. All it takes is getting over the mental hurdle!

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Meditation

Meditation is not a one size fits all, nor should it be! Find your flow and do what makes you centered.

Meditation does not have to mean sitting in Lotus Pose for two hours without moving. There are all sorts of meditation styles and the best one for you will depend on your Dosha's needs.



Vatas

To prevent your mind from wandering off bring your attention to a mantra or affirmation. Since Vatas often start many tasks they cannot complete, try the affirmation “I am centered, I am focused” to evoke those qualities in your daily life. Practice the mantra “ram” to ground you and connect you to your root Chakra. Try meditating in a chair if you have an aching back, which Vatas often do.

Pittas

Firstly, Pittas should know that meditating is not a waste of time but rather one of the most productive things they can do. Meditation has been clinically proven to increase performance, enhance cognition, improve brain function, and promote emotional wellbeing. So even though it may feel like you're just sitting there, it's anything but! Pittas should try a form of pranayama called alternate nostril breathing, which can cool their bodies and help them settle in for meditation.

Kaphas

Kaphas love a good nap, but meditation is not the time for that. Because of that, Kaphas should not use meditation chairs or lie down. If you're a Kapha Dosha, try using mudras (ancient Vedic hand gestures) to help evoke certain qualities in meditations. Using their bodies helps Kaphas keep their minds alert and promote a stronger mind-body connection. Kaphas can also try walking or dancing meditations to stay alert and focused.

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We hope this Ayurvedic Spring Guide written by IIN graduate Sahara Rose gave you an insight on your mind and body to prepare yourself for a radiant spring season full of joy and growth. Take a dive deeper into Ayurveda by taking Sahara's Dosha quiz at iamsahararose.com. Also be sure to check out Sahara's two books - *the Idiot's Guide to Ayurveda* and *Eat Feel Fresh: A Plant-Based Contemporary Ayurvedic Cookbook*, both with foreword by Dr. Deepak Chopra.

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