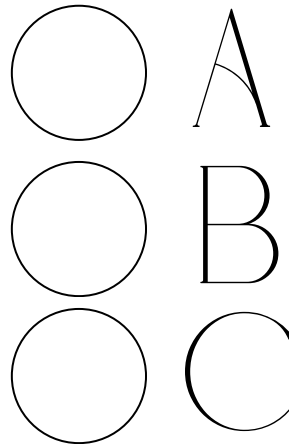


DOSHA QUIZ

- 1** How would you describe your body frame?
 - a) Thin and light
 - b) Moderate and well-proportioned
 - c) Solid and sturdy
- 2** What is your typical appetite like?
 - a) Variable, with irregular hunger levels
 - b) Average, with a balanced appetite
 - c) Strong and consistent
- 3** How do you generally react to stress or challenges?
 - a) Anxious or worried
 - b) Adaptable or easily adjustable
 - c) Stubborn or resistant to change
- 4** How would you describe your skin?
 - a) Dry or rough
 - b) Sensitive or combination
 - c) Oily or moist
- 5** What is your sleep pattern like?
 - a) Light and interrupted
 - b) Moderate, with a tendency to wake up occasionally
 - c) Deep and prolonged
- 6** How would you describe your energy levels?
 - a) Variable, with highs and lows throughout the day
 - b) Moderate and consistent
 - c) High and enduring
- 7** How do you prefer to spend your free time?
 - a) Engaging in creative or intellectual pursuits
 - b) Connecting with others, socializing
 - c) Being physically active, exercising or exploring outdoors
- 8** How is your digestion usually?
 - a) Irregular or prone to bloating/gas
 - b) Balanced, with normal digestion
 - c) Fast or strong, sometimes experiencing heartburn
- 9** How do you handle temperature changes?
 - a) Feel colder, prefer warmth
 - b) Adapt well to different temperatures
 - c) Tolerate heat, feel uncomfortable in hot weather
- 10** How do you handle unexpected changes in your routine?
 - a) Find it challenging to adapt
 - b) Adapt easily and go with the flow
 - c) Prefer stability and resist changes



If you have mostly A's: Your predominant dosha may be Vata.

If you have mostly B's: Your predominant dosha may be Pitta..

If you have mostly C's: Your predominant dosha may be Kapha.

DOSHA DIET

VATA

1. Warm cooked grains: rice, quinoa, oats
2. Healthy fats: ghee (clarified butter), olive oil, sesame oil, coconut oil
3. Warming spices: ginger, cinnamon, cumin, cardamom, black pepper
4. Juicy fruits: oranges, grapes, melons, berries
5. Cooked vegetables: sweet potatoes, carrots, beets
6. Warm or room temperature water
7. Herbal teas: ginger, licorice, chamomile
8. Avoid raw vegetables
9. Avoid excessive cold or icy beverages
10. Regular meal times with three nourishing meals per day

PITTA

1. Cooling Grains: basmati rice, barley, quinoa
2. Healthy fats: coconut oil, sunflower oil, ghee (in moderation)
3. Cooling Spices: coriander, fennel, mint, cilantro
4. Sweet and Ripe Fruits: sweet apples, pears, grapes, melons
5. Sweet and Bitter Vegetables: cucumbers, zucchini, leafy greens, broccoli
6. Cool Beverages: coconut water, mint-infused water, aloe vera juice
7. Herbal Teas: chamomile, rose, mint
8. Avoid spicy and oily foods
9. Avoid excessive caffeine and alcohol
10. Regular meal times with three balanced meals per day

KAPHA

1. Light and Dry Grains: quinoa, millet, buckwheat
2. Healthy fats: olive oil, flaxseed oil, avocado (in moderation)
3. Stimulating Spices: ginger, black pepper, cayenne pepper, turmeric
4. Astringent Fruits: apples, pomegranates, berries, cherries
5. Light and Pungent Vegetables: leafy greens, Brussels sprouts, cauliflower, radishes
6. Warm Beverages: ginger tea, cinnamon tea, herbal infusions
7. Herbal Teas: peppermint, nettle, dandelion root
8. Limit heavy and oily foods
9. Limit dairy products and sweets
10. Regular meal times with lighter, well-spiced meals and smaller portions