



So you're a vata...

When in balance you are:

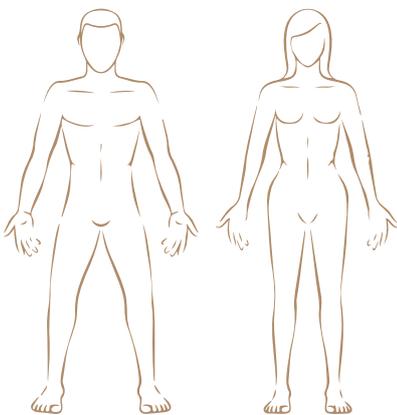
Intuitive; Creative; Social; Quick thinking; Able to grasp new ideas and concepts easily; Able to express feelings, Adapts easily; Active and lively; Enthusiastic; Idealistic; Find travel and change exciting

Signs of imbalance:

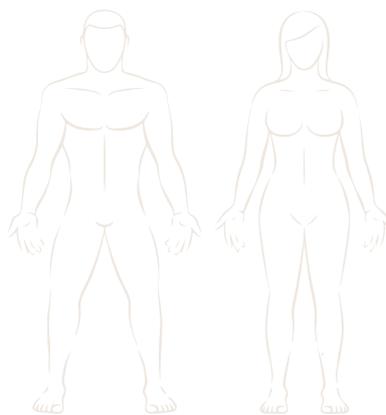
Feeling anxious and fearful; Insecurity; Constipation; Feeling scattered and ungrounded; Being indecisive; Doing too many things at once and not finishing anything; Forgetfulness; Difficulty sleeping & insomnia; Exhaustion; Inability to switch off; Dryness of skin and hair

KEY ADVICE

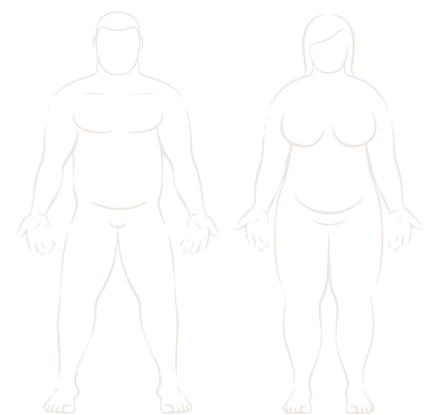
ROUTINE - Vata responds to regularity and routine in as many things as possible - especially sleeping/waking times and meal times. Vata people will often start a new habit - diet, exercise routine, meditation etc but quickly get bored and want to move on to something new. Consistency is the key to health if Vata features prominently in your constitution.



VATA



PITTA



KAPHA



DIET GUIDELINES

Vata is balanced by a diet of freshly cooked, whole foods that are soft or mushy in texture, rich in protein and fat, seasoned with a variety of spices, and served either warm or hot. These foods calm vata by lubricating and nourishing the tissues, preserving moisture, and maintaining warmth—all while supporting optimal digestion and elimination.

Below are some general guidelines that can help turn your food into medicine:

- **Favour warm over cold foods**
- **Favour moist and oily over dry**
- **Favour grounding and nourishing over light**
- **Favour soft over rough**
- **Eating more sweet, sour, and salty foods**
- **Eating less pungent, astringent, and bitter foods**

Foods to favour:

Ripe bananas, cherries, fresh dates, figs, mangos, melons, raisins, prunes, pineapple, oranges, avocados, beets, black olives, cooked onions, garlic, green beans, pumpkins, sweet potato, zucchini, cooked oats, quinoa, rice, wheat, sprouted wheat breads, amaranth, red lentils, mung beans, tofu, butter, buttermilk, cheese, cottage cheese, cows milk, ghee, sour cream (in moderation), almonds, cashews, hazelnuts, pine nuts, pistachios, pumpkin seeds, sesame seeds, macadamias, beef, chicken, duck, eggs, salmon, sardines, fish, tuna, turkey, castor oil, sunflower oil, sesame oil, olive oil, avocado oil

Foods to avoid:

Raw apples, cranberries, dry figs or dates, pomegranate, dried fruits, pears, artichokes, broccoli, cabbage, cauliflower, raw carrots, kale, green olives, radish, raw onion, mushrooms, barley, buckwheat, couscous, crackers, rice cakes, oat bran, millet, granola, wheat pasta, spelt, rye, yeasted breads, kidney beans, brown lentils, chickpeas, split peas, lima beans, adzuki beans, frozen yoghurt, powdered milk, popcorn, lamb, pork, venison, canola oil, flaxseed oil

What to do when you feel unbalanced:

Slow down. Have something to eat - preferably warm, soft, cooked foods. Write down a list of all the things you have to do and prioritise them. Focus on doing one thing at a time. Make sure you are warm. Schedule time to rest - if this is very difficult for you, try reading a book so that your body is resting, even if your mind is occupied. Take a warm (not hot) bath. Oil your skin with warmed Black Sesame or Vata oil.

Helpful herbs:

Triphala - will help ensure regular bowel movements and remove toxins from the body
Ashwaganda - to boost energy levels, relax the nervous system, and improve strength

