

## Living in Harmony Through The Ayurveda Way



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### Disclaimer



This class is not intended to diagnose, treat, or mitigate any disease.

Dietary supplements and foods can interact with prescription medications. If you are taking a prescription medication, become informed about the possible interactions.

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### The Natural Grocers Difference



- THE 5 FOUNDING PRINCIPLES**  
of Natural Grocers
- 1** focus on **EDUCATION**  
nutrition
  - 2** **HIGHEST** quality
  - 3** **EVERY DAY**
  - 4** **LOCAL** communities  
supporting
  - 5** **GREAT EMPLOYEES**

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### Personalized Nutrition



This class is designed to give you a basic understanding of your constitution along with simple suggestions and ideas for supporting your health.

This presentation is not intended to be an in-depth teaching of Ayurveda science and philosophy.

At Natural Grocers we encourage you to learn more about your body and to take charge of your wellness.

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### Ayurveda



Ayurveda comes from the traditional science of Ayurvedic medicine which is designed to use diet and lifestyle to bring the body back into balance so it can heal itself.



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### A Brief Overview



Arising in India more than 5,000 years ago, an ancient system and philosophy for health and healing.

Through deep meditation and spiritual practice, the great rishis or seers of ancient India came to understand the relationship of all matter with the cycles of nature.

They observed the fundamentals of life, organized them into an elaborate system, and compiled India's philosophical and spiritual texts, called Veda of knowledge.

Ayur means life—Veda means knowledge

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### Veda Texts



Ayurvedic teachings were customarily passed on orally from teacher to student.

The most important Veda texts containing the original and complete knowledge of Ayurveda, is still in use today.

The wisdom of Ayurveda is recorded in Sanskrit, the ancient language of India reflecting the philosophy behind Ayurveda and the depth within it.



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### Understanding the Elements



The elements of nature, existing in the environment are also existing within the body. This is the relationship between the macrocosm and the microcosm

- The five elements represent the five possible states of matter.
- Ether
  - Air
  - Fire
  - Water
  - Earth



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### Qualities of the Elements



When the elements within the body are in balance, health is the expression

- Heavy vs. Light
- Solid vs. Liquid
- Cold vs. Hot
- Subtle vs. Gross
- Oily/moist vs. Dry
- Smooth vs. Tough/irregular/sharp
- Slow vs. Fast
- Clear vs. Sticky
- Stable vs. Mobile/moving
- Soft vs. Hard



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## Adapting to Your Environment

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**Different foods for different environments**

Cold environment – cooked, warm foods


Cold environment – more fat & protein

Dry environment – more fats & oils

Dry environment – hydration—water/liquid

Hot environment – less food

Hot environment – cooling foods—raw foods



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## Internal Environment

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**Cold raw food** – cools body temperature, reduces digestive secretions, and moves foods through the gastrointestinal tract more quickly



**Meat and Fat** – increases thermogenesis, increases digestive juices, slows movement of food through the gastrointestinal tract.

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## Food and Your Internal Environment

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Taste	Effects
Sweet	Is cooling, increases moisture, promotes heaviness and sluggishness
Sour	increases heat, increases damp, promotes heaviness
Salty	warming, increases moisture, heavy
Bitter	Is cooling, creates lightness, is drying
Astringent	Is cooling, creates lightness, is drying
Pungent	Is hot, light, drying

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### Understanding the Language of the Body



Ayurveda teaches one to understand the language of the Body. Through adjusting dietary choices and lifestyle habits, adaptation occurs allowing for wellness.



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### Health Begins in the Gut



**Agni** – Digestive fire

**Ama** – Accumulation of toxic matter in the body from improper digestion



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### Body Types – The Doshas



**The Doshas**—Vata, Pitta, and Kapha are derived from the five elements.

**The Doshas**—Express unique blends of physical, emotional, and mental characteristics.

- Vata**--Air--the function of the nervous system
- Pitta**--Fire—digestive juices, heart
- Kapha**--Earth & water—the structure of the body (the skin and bones)



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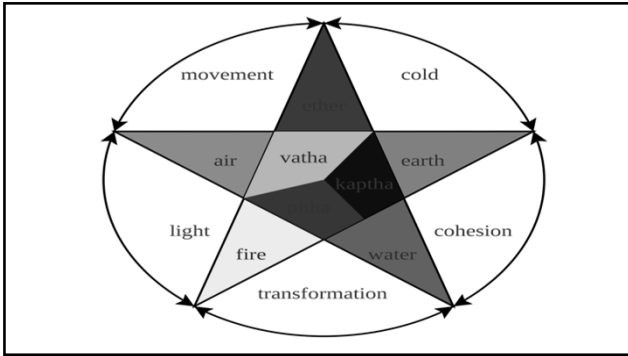
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**The Vata Dosha**

**Qualities:** Dry, light, fast, changeable, subtle, rough, moving, jagged, cold, hard

**Constitution:** Thin with dryer skin and hair, always moving about, tends to have cold hands and feet, irregular bowel habits, and experiences more anxiousness

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**The Pita Dosha**

**Qualities:** Moist, heavier, slower, more stable, less subtle, smoother, less movement, sharp hot, softer

**Constitution:** Medium in build, medium in weight, intelligent with sharp wit, good sense of humor, imbalances may show up as heart burn and irritability.

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**The Kapha Dosha**



**Qualities:** Wet, heaviest, slowest, very stable, gross, smooth, stagnant, dull, cold, soft



**Constitution:** Heavyset, suffer from allergies and/or bronchitis, gain weight easily (difficult to lose), is calmer and more peaceful than other types, tends toward oily skin, tends to be more emotionally stable.

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**There are 7 Dosha**



1. Vata-predominant
2. Pitta-predominant
3. Kapha-predominant
4. Vata-Pitta predominant
5. Pitta-Kapha predominant
6. Vata-Kapha predominant
7. Vata-Pitta-Kapha predominant




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**Vatta**



**Air Element**  
**The function of the nervous system**

<p><b>Attributes:</b></p> <ul style="list-style-type: none"> <li>• Quick, energetic, and subtle transmission</li> <li>• Split second timing, cell-to-cell communication.</li> </ul>	<p><b>Organs:</b></p> <ul style="list-style-type: none"> <li>• Large Intestine</li> <li>• Kidney</li> <li>• Bladder</li> <li>• Brain</li> </ul>
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### Excess Vata



#### Excess Vata

- Dislike of cold and wind
- Difficulty tolerating loud noises
- Light, interrupted sleep
- Spacey, forgetful, scattered feeling
- Excess thinking or worrying
- Nervousness, anxiousness, panic, fear
- Twitches, tics, tremors, spasms
- Dry or chapped skin
- Constipation, gas, bloating, dry, hard stools
- Low body weight (weight loss)

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### Pitta



#### Fire Element Digestive Juices

Attributes:

- Hot, sharp, liquid
- Changing substances into usable forms

Organs:

- Small Intestine
- Heart (Cardiovascular system)
- Liver and gallbladder
- Spleen




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### Excess Pitta



#### Excess Pitta

- Red, inflamed rash, acne, cold sores
- Acute inflammation in body or joints
- Acid reflux, gastric or peptic ulcers, heartburn
- Nausea or discomfort upon missing meals
- Loose stools
- Uncomfortable feeling of heat in the body
- Frustration, anger, irritability
- Judgment, impatience, criticism, intolerance
- Red, inflamed or light-sensitive eyes
- Excessive perfectionist tendencies




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### Kapha



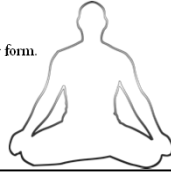
#### Earth and Water Element The structure of the body

Attributes:

- Heavy, slow, cool, oily, smooth, soft, dense, stable
- Provides the cohesiveness needed to maintain a particular form.

Organs:

- The stomach
- The lungs and respiratory system
- The Pancreas




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### Excess Kapha



- Excess mucous
- Overly sentimental
- Excess body weight
- Complacent or stubborn
- Thick, white tongue coat
- Difficulty rising in the morning
- Tendency for "emotional overeating"
- Slow, sticky, sluggish bowel movements
- Feeling slow, foggy, dull, lethargic or heavy
- Easily attached or possessive about ideas, relationships, or objects




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### Balancing the Doshas



Vata sets the rhythm to which the rest of the body dances!



Keep Vata balanced by supporting a calm and relaxed nervous system.

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### Balancing Vata

1. Regular Routine
  - Eat at regular times (3 meals per day)
  - Snack if more than 4-5 hours goes by between meals
  - Bed by 10:00pm
2. Daily movement
  - Yoga, Pilates, walking, weight lifting, (avoid or minimize endurance exercise)
3. Quiet time for Relaxation and Meditation
4. Adequate sleep
  - 8 hours per night




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### Foods to Keep Vata Balanced

- Warm, cooked foods are preferred to raw foods
- Cooked Vegetables (steamed, sautéed, braised, stewed, etc.)
- Generous with fats (butter or ghee, coconut oil, olive oil, sesame oil, lard, tallow, nut butter, whole fat dairy (when well tolerated), and coconut milk)
- Adequate protein at all meals (a palm of hand serving size)
- Adequate Starch --sweet potatoes, potatoes (if tolerated), squash, beets, carrots, and some whole grains (rice, oats, millet, quinoa, amaranth, teff, etc) and legumes (properly prepared).
- Tastes—sweet, sour, and salty are good

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**5. NATURAL GROCERS**  
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### Herbs and Spices for Vata Balance

**Herbs and Spices for Vata:**

- Ginger
  - Modulate inflammation, support digestive health
- Cardamom
  - Gastrointestinal support, modulates inflammation, cardiovascular support
- Cumin
  - Aids digestion, supports immunity, supports respiratory health, calming to the nervous system
- Cloves
  - Supports digestive health, supports healthy circulation, supports dental health




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**Herbs and Spices for Vata Balance** 

**Herbs and Spices for Vata:**

- Mustard seed
  - Part of the Brassica family, high in glucosinolate antioxidant phytonutrients— Supports detoxification and immune system function
- Sea salt
  - Provides minerals, is warming, increases moisture and provides heaviness (slowing Vata down)
- Ashwaganda
  - Rejuvenating herb that helps the body cope with physical and emotional stress.
- Triphala
  - Supports digestive health, immune system balance, and detoxification.

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**Vata Meal Plan** 

	Pre-breakfast	Breakfast	Lunch	Snack	Dinner	
	Hot water with lemon; ginger tea; Stress Ease Traditional Medicinal tea with almond milk	Steamed red skin potato, broccoli, red pepper, & zucchini topped with ghee and 2 over medium eggs	Baked sweet potato with ghee, roasted chicken thigh with skin on, and sautéed collard greens in coconut oil	Plain full-fat Greek yogurt with blueberries	Butternut squash soup with sautéed apples and plain Greek yogurt. Broiled wild-ocean salmon, roasted beets, and steamed kale.	

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**Balancing Pitta** 

- Eat 3 well-balanced meals and 1-2 light snacks daily
  - Emphasize salads and fresh fruit
  - Adequate protein, lots of vegetables, and adequate starch
  - Moderate cheese if well tolerated (minimize yogurt and do not drink milk)
- Follow a regular routine for exercise, meals, sleep, and rest.
  - Include relaxation, meditation
  - Does well with moderate cardio and weight training
- Avoid excess exposure to heat (weather temperatures and hot/spicy foods)
- Avoid caffeine

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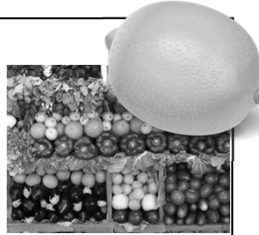
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### Balancing Pitta



- Develop skills to manage emotions
- Seasonal detoxification
  - Morning hot lemon water routine
  - Raw vegetables and juice cleanse (during warm-weather seasons)




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### Foods to Keep Pitta Balanced



- Consume an abundance of vegetables.
  - Lightly steamed and/or sautéed
  - Raw is also fine
- Consume whole-food complex carbohydrates (squash, sweet potato, beets, carrots, fresh fruit, and properly prepared quinoa, millet, oats, and rice)
- Consume adequate protein at all meals (chicken, turkey, wild ocean fish, grassfed Beef, buffalo, and wild game).
- Use fats in moderation (coconut oil, butter or ghee, olive oil, lard, tallow, and nut butters)
- Focus on reducing internal heat, reducing inflammation, and balancing the digestive fire.




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### Herbs and Spices for Pitta Balance



#### Herbs and Spices for Pitta:

- Cardamom
  - Gastrointestinal support, modulates inflammation, cardiovascular support
- Fennel
  - Reduces appetite, soothing to stomach, supports digestive health (antispasmodic, carminative, expectorant, diuretic--relieves indigestion and flatulence), supports a healthy inflammatory response, supports a healthy microbial balance in the digestive tract.




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### Herbs and Spices for Pitta Balance

**Herbs and Spices for Pitta:**

- Cinnamon
  - Supports blood sugar balance and immune function, modulates
- Coriander
  - Supports the health of the mucosal lining in the GI, supports skin health, healthy blood pressure, modulates inflammation.
- Small amounts of spicy pepper and black pepper
  - Spicy peppers contain capsaicin which plays a role in supporting digestive health, cardiovascular health, immune system function, and a healthy inflammatory response.



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### Pitta Meal Plan

	Pre-breakfast	Breakfast	Lunch	Snack	Dinner	
	Hot water with lemon; Stress Ease Traditional Medicinal tea with almond milk	1 apple 2-3 egg omelet filled with kale, red pepper, and broccoli and a little cheese	Large leaf lettuce salad with grated carrot, beet, cucumber, and olives; topped with chicken breast and olive oil dressing	Smoothie with protein powder almond milk, berries, and greens	Broiled wild-ocean salmon, roasted beets and parsnips, and steamed kale.  Dessert: Fresh fruit with walnuts or almonds	

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### Balancing Kapha

- Needs stimulation and warmth
- Regular routine (meals, exercise, sleep)
- Hot water (morning ritual)
- Staying warm and dry
- Warm, light and less oily foods are beneficial
- Avoid over-eating, and under-eating (skipping meals)
- Minimize sweet, sour and salty foods.
- Regular movement—walking, hiking, biking, weights, yoga, etc.
- Lively invigorating music, smells, and experiences



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### Foods for Kapha Balance



- Increase foods that are pungent, bitter, and astringent (arugula, asparagus, berries, spices, ginger, garlic, mustard seed, turmeric, hot peppers, etc.)
- Consume lots & lots of vegetables
  - 8-10 servings per day (more cooked than raw)
  - **Emphasize low-carbohydrate**, chives, eggplant, spinach, chard, radishes, lettuce, broccoli, cauliflower, cabbage, sunflower sprouts, broccoli sprouts, etc.
- **Moderation with high-carbohydrate-starchy veggies**, rutabaga, winter squash, parsnips, potatoes, sweet potatoes, etc.




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### Foods for Kapha Balance



- A moderate intake of fat (extra Virgin olive oil, Grassfed butter or Ghee, coconut oil, coconut milk, lard, tallow)
- Fresh foods (soups are especially good)
- Balanced macronutrients (adequate protein, vegetables, and fat at all meals)
- Avoid dairy products (cooling and mucus forming, **increase weight gain**)
- Avoid cold beverages and cold foods
- Avoid grains and flour products
- 1 cup of coffee or tea (containing caffeine) per day  
(Kapha is the only body type that tolerates caffeine)




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### Herbs and Spices for Kapha



#### Herbs and Spices for Kapha:

- Turmeric
  - Is bitter, pungent, and astringent and heating. Helps to modulate Inflammation, supports digestive health and detoxification.
- Ginger
  - Is pungent and heating. Helps to modulate inflammation, supports digestive health, and may support a healthy metabolism.
- Triphala
  - Is sweet, sour, pungent, bitter and astringent. Supports digestive health and helps with detoxification.




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**Herbs and Spices for Kapha** 

**Herbs and Spices for Kapha:**

- Fenugreek
  - Is bitter, pungent, sweet and warming. Supports digestive health and modulates inflammation.
- Black pepper
  - Is pungent and warming. It enhances circulation and digestion is also beneficial for respiratory health.
- Cumin
  - Is bitter, pungent, astringent, warming and drying. Supports digestive health and is useful for drying up excess wetness or dampness in the body—supporting respiratory, immune, and digestive health.

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**Kapha Meal Plan** 

	Pre-breakfast	Breakfast	Lunch	Snack	Dinner
	Hot water with lemon; 1 cup of green, black, white or purple tea. Or 1 cup of black coffee	Steamed broccoli, green beans, celery & leek blended into soup seasoned w/cumin seeds sautéed in ghee, or 2 poached eggs over asparagus, arugula, red onion	Curry Elk burger (w/o bun) over sautéed kale and onions	berries	Broiled wild-ocean salmon, roasted cauliflower, and steamed kale.  Dessert: Hot tea with almond milk

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**Balancing Vata-Pitta** 

Vata-pitta type means that two doshas are predominant in your constitution

- Follow a vata-balancing regimen during the fall and winter seasons, during the change of seasons and especially when the weather is cold and windy.
- Follow a pitta-balancing regimen during the spring and summer and especially when the weather is warm.

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### Balancing Pitta-Kapha



Pitta-kapha type means that two doshas are predominant in your constitution.

- Follow a pitta-balancing regimen during the late spring and summer seasons especially when the weather is hot.
- Follow a kapha-balancing regimen during the cooler times of year like fall, winter and early spring and especially when the weather is cool and damp.

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### Balancing Vata-Kapha



Vata-kapha type means that two doshas are predominant in your constitution.

- Follow a vata-balancing regimen during the summer and fall seasons, during the change of seasons and especially when the weather is cool and dry.
- Follow a kapha-balancing regimen during the winter and spring and especially when the weather is cool and damp.

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### Balancing a Tridosha



Tridosha-Vata-pitta-kapha type (all doshas are in the constitution).

- Can tolerate a wide variety of seasons and environmental conditions.
- Follow a vata-balancing regimen during the fall, early winter, the change of seasons and when weather is cool, dry and windy.
- Follow a pitta-balancing regimen during the late spring and summer seasons and especially when the weather is hot.
- Follow a kapha-balancing regimen during the late winter and spring and especially when the weather is cool and damp.

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### The Key to Ayurvedic Wellness



- Health is not a “one size fits all” proposition.
- Through understanding the unique nature of your constitution, your situation, the season, the geography in which you live you can work toward harmony and balance in your body and your being.




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### Summary of Ayurveda’s Approach



1. Always support the digestive fire, so that nutrition can be absorbed and waste materials can be eliminated.
2. Combat imbalances by removing the cause of the problem.
  - When the trouble-maker is out of the picture, the body starts to heal itself.
  - For example, if the body is excessively hot, use cooling foods, herbs, spices, and beverages to rebalance.
3. Take charge of your body--you can reach your unique state of balance expressing health in your whole being—body, mind, and spirit.

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### Resources



- Ayurvedic Vegan Kitchen by Talya Lutzker
- Complete Guide to Herbal Medicine by Charles Fetrow, Pharm. D. & Juan Avila, P
- Prescriptions for Herbal Healing by Phyllis Balch, C.N.C.
- Special Order:
  - The Complete Book of Ayurvedic Home Remedies: Based on the Timeless Wisdom of India’s 5,000-Year-Old Medical System by Vasant Lad

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**Eat Well, Live Well, Be Well!**



Questions?



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