

Earth & Water



kapha

The Kapha dosha brings the energy of earth and water into your body and mind. As a Kapha person, you're all heart. Kapha energy is solid and strong; it's the glue that binds your body together and creates calmness in your mind. Your strengths lie in your grounded nature and your ability to give love unconditionally.

At times, you may find it challenging to adjust to change or to get out of a rut. You may need more time to mull things over before you make a decision, but once you've made up your mind, you're able to stick to the plan. You may also be a bit introverted, but when you let someone in, they're in for life.

Kapha Imbalance

Kapha energy is essential to the nourishment of every cell in your body. It builds your tissues, lubricates your joints, and protects your organs and all other systems in your body.

In your mind, Kapha brings a sense of peace and calmness; it helps you feel grounded and present and opens your heart. When Kapha is balanced, your mind-body system is relaxed, content, and strong. When Kapha is out of balance, however, stagnation can occur in your mind-body system. Some common causes of Kapha imbalance include:

- Too many sweet and salty foods
- Processed and heavy food
- Excessive sleep
- Lack of exercise
- Late Winter/early Spring (rainy seasons)
- Excessive milk and cheese
- Overeating/ emotional eating

SIGNS OF IMBALANCE

While this list isn't comprehensive, some common signs of kapha imbalance include:

- Clammy skin
- Cough, congestion, sinus problems
- Weight gain
- Lethargy
- White-coated tongue
- Weak digestion
- Candida and food allergies
- Water retention and swelling
- Brain fog, slow thinking

KAPHA BALANCING TEA

Ingredients:

- 4 cups of water
- 1 tablespoon cinnamon sticks
- 1/4 teaspoon turmeric powder
- 1 teaspoon grated ginger

Heat water in a pot over the stove. Add crushed cinnamon sticks and turmeric powder and boil for 3 minutes. Add grated ginger, and boil for another 2 minutes. Strain and serve.

Stimulating



Enlivening

KAPHA BALANCING AROMATHERAPY

Aromatherapy is a fantastic way to invigorate yourself and energize stagnant Kapha energy. Some Kapha balancing essential oils include:

- Ginger
- Camphor
- Juniper
- Eucalyptus
- Saffron
- Clove

Lifestyle Tips

As a Kapha person, your main goal for balance is to avoid stagnation in your body and your life. Your tendency may be to go within, play it safe, and seek comfort. While there is a time and a place for all of that, the goal is balance. Lifestyle tips that can help keep you energized include:

- Wake up early in the morning (6am or earlier is ideal, but anything counts!)
- Move your body upon waking, even a brisk walk around the block is great.
- Avoid too many sweet, salty, or heavy foods
- Find novel experiences, even trying a new grocery store can mix things up
- Use warming herbs in your food like turmeric, ginger, cloves, cayenne, cinnamon, cumin, and black pepper.

