

Eating for Balance

- An Ayurvedic Approach -

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One of the first things to consider when looking to overcome a health concern is what you eat and drink on a daily basis. Follow these tips to balance your doshas or body energies, thereby reinforcing your inherent potential to heal. The idea is to be aware of your agni or digestive power and direct a subtle ojas or nourishment, rather than become susceptible to ama or toxic residue build-up in your blood.

To Decrease Kapha, in other words to reduce:

Weight, congestion fluid retention, sluggishness or allergies

Eat More: pungent, bitter and astringent foods

Eat less: sweet, sour and salty foods

To Decrease Pitta, in other words to reduce:

Inflammation, heartburn, irritability, or skin rashes

Eat More: sweet, bitter and astringent foods

Eat less: pungent, four and salty foods

To Decrease Vata, in other words to reduce:

Dryness, stiffness, emaciation or ungroundedness

Eat More: sweet, sour, and salty foods

Eat less: pungent, bitter and astringent foods