# Kapha-dominant.

Earth/water energy, stability, sweetness

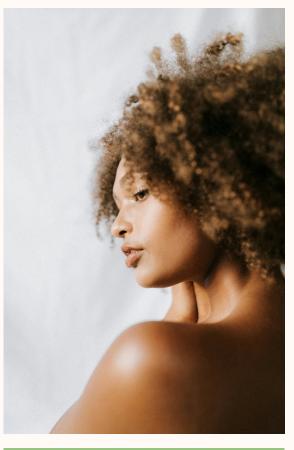
# **Characteristics:**

- Heavy, stable, slow, and moist.
- You may have a sturdy frame, smooth skin, slower digestion, and a calm demeanor.
- Prone to weight gain or congestion.



# **Herbal Recommendations**

- Trikatu (black pepper, long pepper, ginger) ignites agni and clears ama.
- Tulsi (Holy Basil) clears lungs, uplifts the mood.
- **Punarnava** supports urinary system, water balance, and weight.
- **Guggulu** detoxifying and supports healthy fat metabolism.
- Musta (Cyperus rotundus) enhances digestion and reduces bloating.
- Chitrak (Plumbago zeylanica) boosts metabolism and clears stagnation.





# **Supportive Ideal Foods**

- Light, dry, warm, and stimulating: quinoa, millet, bitter greens, light legumes.
- Use pungent and astringent spices like cayenne, mustard seed, and ginger.
- Limit cold, heavy, oily, and sweet foods.



# **Meat Recommendations**

Kapha types benefit from light, dry, and spicy meats that stimulate digestion and avoid heaviness.

- Wild game (venison, pheasant) light and lean, suitable for weight balance.
- Free-range chicken (grilled or roasted) when prepared without excess oil.
- Lean grass-fed beef (occasionally) with pungent spices to aid digestion.
- Quail light, warming, and good for cold/damp conditions.
- Turkey breast drier and lighter than dark meats, helps stimulate metabolism.

Best preparation: grilled, dry-roasted, or spiced well with black pepper, mustard seed, cinnamon, and chili.

# Kapha Dietary Guidelines

Maintain active to stay warm and keep the body resilient.

### **Best Foods:**

- **Vegetables:** Onions & garlic (cooked), all root vegetables, cruciferous green vegetables like broccoli, asparagus & kale
- **Grains & Legumes:** Brown rice, quinoa, buckwheat, hearty lentils, millet, chickpeas
- **Fruits:** Spiced baked apples, raisins, figs, prunes (soaked), spiced pears, cooked spiced banana, rhubarb, pomegranate
- **Dairy (nutritive):** Warmed whole goat's or cow's milk, ghee, cottage Cheese, aged cheeses & buttermilk
- **Fats:** Ghee, goose, chicken & duck fat, sesame & mustard oil, nuts & seeds like walnuts, hemp & sesame seeds

## Limit/Reduce:

- Cold smoothies, fried greasy foods, iced drinks, excess sleep, heavy grains
- Excessive dairy like yoghurt and cold butter (especially in wet climates)
- Cold/cured meats and overeating heavy meals late at night
- Excessively sweet, sour, and salty taste foods



Rooted like the earth, calm like the moon—your strength is in your stillness.



# **Skin Care**

- **Stimulating oils:** mustard or flaxseed, with warming herbs like cinnamon.
- Try dry brushing or udvartana (herbal powder massage) regularly.
- Avoid excess rich, greasy products and overly sedentary routines.
- Maintain activity to stay warm and keep the body resilient.

# Lifestyle Tips

- Build ojas with rich, warm, spiced meals.
- Move the body with strength-building practices, cardiovascular exercise and breathwork to prevent Kapha stagnation.

