

# ELEMENTAL EATING

Ayurveda, though a complex and sophisticated system of healing, has a beautiful way of reminding us that, at the simplest level, everything is made up of elements. By using this simple principle, we can unlock the essence of our food, herbs and self-care rituals to use them as tools to find balance everyday. Once you know what your constitution or dosha is, you're much more likely to 'intuitively' know what your body is calling for. Here are some examples of constitutional imbalances:

## CONSTITUTIONAL IMBALANCES:

**COLD** | cold hands + feet, poor circulation, slow digestion, low energy, tends to worry

**DRY** | rough skin, dehydrated, low blood pressure, overthinks

**HOT** | lots of energy, acidic metabolism, heartburn, red complexion or rashes, overworks

**WET** | poor metabolism, sluggish energy, water retention or puffy, overeats

## OPPOSITES AS REMEDIES:

AIR | FIRE | WATER | EARTH

When we're experiencing an imbalance, the first thing we can do is the opposite of what we're experiencing. For example, if you're feeling cold, grab a warm cup of tea or some soup with lots of ginger and grab your favorite socks to warm up your feet. Better yet, make yourself a warm foot soak while enjoying your tea!

When looking for herbal allies to support your dosha, don't be afraid to use your senses to have an understanding of their energetics. What color is it? Does its taste bitter, astringent, pungent, sweet?

Also consider the environment and season you're in when looking to herbs and food for balance. Here are some examples of using opposites for balance:

## USING OPPOSITES FOR BALANCE:

**COLD** needs **WARMING** | warm soups/stews, broths, pungent, sour and sweet flavors, grounding self-care rituals, soaks/scrubs and needs to eat consistently.

Warming herbs: ashwagandha, ginger, cinnamon, tulsi

**DRY** needs **NOURISHING** | wet cooked foods, broths/stews, sweet and salty flavors, abhyanga or oilinate the skin, grazing on food throughout the day.

Nourishing herbs: licorice root, cardamom, basil, cilantro

**HOT** needs **COOLING** | raw, wet and alkaline foods, bitter and astringent flavors, taking rest, eating three meals on time each day.

Cooling herbs: aloe vera, mint, fennel, dill

**WET** needs **CLEANSING** | raw, juices, light foods, sour, pungent, bitter flavors, steams, salt scrubs and invigorating self-care rituals, daily exercise and eating three small meals a day.

Cleansing herbs: elecampane, rosemary, thyme, black pepper