How to balance Vata:
✓ Sleep: Get more of it! Go to bed early (by 10pm) and awaken at the same time every day
✓ Diet: Eat 3 meals a day, warm/cooked hearty foods, hot drinks; favor sweet, sour, salty; limit raw foods
✓ Selfcare: Perform daily self massage with warm oil, stay warm and comfortable in your environment
✓ Routine: Create more rhythm and routine in your life, try doing one thing at a time
✓ Practice yoga and meditate to quiet the mind; seek serenity and steadiness

Key Phrase: Nourish yourself and get grounded

How to balance Pitta:
✓ Routine: Spend time outside connecting with nature, spend time with family and friends
✓ Selfcare: Daily morning self massage with oil, schedule space into your day to breathe and relax
✓ Exercise: Non-competitive physical activities,
✓ Diet: Eat meals on time and don't skip lunch; eat mindfully; avoid caffeine and spicy/acidic foods.
✓ Try to be more playful, relax, cool off

Key Phrase: Chill out and have fun

How to balance Kapha:
✓ Sleep: Awaken at sunrise
✓ Diet: Avoid eating when not hungry; favor pungent, bitter, and astringent tastes; eat heaviest meal at noon. Stop eating the "white stuff" (refined sugar and flours)
✓ Be spontaneous and try new things, look for ways to try healthy change, express yourself
✓ Exercise daily, as vigorously as possible; do vigorous self-massage with warm oil

Key Phrase: Get invigorated and let go
What’s your dosha?  http://doshaquiz.chopra.com/

Instructions: Check each description below that applies to you. Total each section. Follow guidelines for the type you score highest in, or for the two highest if within 2 points of each other.

Airy Type (Vata)

_____ My skin is dry and I have a tendency for dry, scaly patches or cracked heels and hands.
_____ My digestive tract is prone to gas, bloating or constipation.
_____ When stressed, I tend to feel worried or anxious.
_____ I can easily get joint pains, a headache or backache.
_____ I often have trouble getting to sleep and sleep fitfully through the night.
_____ I usually learn quickly, but also forget quickly.
_____ I’m creative and spontaneous -- being organized and methodical is not my forte.
_____ TOTAL

Fiery Type (Pitta)

_____ My skin is sensitive and tends to rashes, rosacea, freckles and sunburn.
_____ I am experiencing excessive hair loss, premature graying or early wrinkling.
_____ I am ambitious, focused, learn quickly and am a powerful and articulate speaker.
_____ I get hungry easily and am very uncomfortable missing a meal.
_____ When stressed, I can easily feel irritated, angry or aggressive.
_____ I frequently wake up from 12 AM- 3 AM and have trouble getting back to sleep.
_____ My digestion is usually good, but can be prone to hyperacidity, loose stools or inflammation.
_____ TOTAL

Earthly Type (Kapha)

_____ My skin is oily and doesn’t wrinkle easily, but can tend to enlarged pores and acne.
_____ My body often feels stiff, bloated or heavy, especially in the morning.
_____ I may take longer to learn new things but I rarely forget anything.
_____ My stomach often feels heavy; food “just sits there.”
_____ I tend to respiratory problems like congestion, bronchitis, allergies, colds or asthma.
_____ I have a sturdy physique and a lifelong tendency to get overweight.
_____ My mood is usually stable and nurturing, but when stressed, I tend to feel melancholy, lethargic or lacking in motivation.
_____ TOTAL

<table>
<thead>
<tr>
<th>YOUR DOSHA</th>
<th>VATA</th>
<th>PITTA</th>
<th>KAPHA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personality Traits</td>
<td>Physically active, busy, bustling</td>
<td>Quick thinker with a sharp tongue, ambitious</td>
<td>Calm and easily irritated</td>
</tr>
<tr>
<td>Effects on appetite</td>
<td>Person often forgets to eat</td>
<td>Never misses a meal</td>
<td>Easily gains weight, even without overeating</td>
</tr>
<tr>
<td>Benefits when balanced</td>
<td>Creative, spiritual, abstract thinking</td>
<td>Intelligent, focused, works tirelessly</td>
<td>Strong, trustworthy, loving</td>
</tr>
<tr>
<td>Problems when out of balance</td>
<td>Weight loss, insomnia, brittle nails and dry skin, gas</td>
<td>None, hot, ulcers, skin irritations</td>
<td>Obesity, lethargy, congestion, avoids exercise</td>
</tr>
<tr>
<td>Foods that can balance doshas</td>
<td>Chicken, seafood, rice, eggs, sweet potatoes, bananas, avocados, cream unrefined butter, honey, oranges, lemons, sea salt</td>
<td>Turkey, chicken, rice, corn, wheat, coconut, asa, broccoli, zucchini, cauliflower, mangoes, pears, green leafy vegetables (e.g., spinach)</td>
<td>Brussels sprouts, eggs, pineapple, leafy greens (e.g., spinach), lentils, apples, apples, pomegranate, buckwheat, spinach (beet, ginger, and black pepper)</td>
</tr>
<tr>
<td>Foods that can imbalance doshas</td>
<td>Potatoes, beans, cabbage, sprouts, cold or carbonated drinks, crackers, barley, peas, apples</td>
<td>Red meat, fried foods, brown rice, tomatoes, vinegar, yogurt, sour cream, garlic, hot peppers, papaya, BBQ sauce</td>
<td>Seafood, meat, cheese, wheat, tomatoes, sugar, maple syrup, oranges, coconut, potatoes, bananas, ice cream, yogurt</td>
</tr>
</tbody>
</table>