

## AYURVEDIC SECRETS FOR RESTORING EMOTIONAL BALANCE WITH DIET

by Cynthia Copple

### V A T A

#### **IMBALANCES**

anxiety, fear,  
manic depression,  
insecurity, panic, phobias  
worries, victim, dread  
overwhelm, schizophrenia,

#### **CAUSES:**

**Foods:** excess of dry, light, fermented,  
bitter, raw, astringent, pungent, cold,  
carbonated drinks, sweets, sodas, caffeine,  
undereat or skip meals  
undereating, skipping meals

#### **TO RESTORE BALANCE:**

**Foods:** more hot, soupy, cooked foods, sweet,  
sour and salty taste, at regular times, don't

### P I T T A

#### **IMBALANCES**

frequent anger or irritability,  
shame, blame, grief,  
control issues, rage  
alcoholism, jealousy,  
guilt, addiction,  
hate, humiliation  
excessive criticism,  
hostility, frustration  
disappointment

#### **CAUSES:**

**Lifestyle:** Too much heat (sun, sweat ),  
delaying meals (too hungry), pushing self to  
do too much,

**Foods:** excess of hot spicy, salty, sour foods,  
fermented, fried, greasy foods

**Foods:** more sweet, bitter, astringent foods  
like rice, sweet fruits, turmeric, milk,  
wheat, less protein in general, don't delay  
meals

**Misc:** see what is, and decide it is ok  
Good activities: leadership, singing, teaching  
Accept imperfection, in self and others. Accept  
that we do not have complete control.

### K A P H A

#### **IMBALANCES**

depression, stubbornness  
emotional stuckness,  
affectless, withdrawal, numb

#### **CAUSES:**

**Lifestyle:** Too little activity, ie couch  
potato, too little stress, unwillingness to  
change, ignoring stresses

**Foods:** excess of sweet, salty and sour foods,  
cold foods, fruit, sweets, ice cream

#### **TO RESTORE BALANCE:**

**Lifestyle:** Be more active; take on  
responsibilities, help others, challenge  
yourself, less sleep, no day sleep, get up early  
and exercise before breakfast

**Foods:** More pungent, bitter and astringent  
foods, hot, cooked, more protein  
eat until 2/3 full at regular intervals, no  
snacking

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