



# kapha tips to feel great this spring

Adapting your habits to the shifts in seasons brings a sense of connection and harmony. If your doshas are in balance and you have plenty of energy, these tips will help you get the most out of kapha season.

## eat for the season

### favor

- fresh bitter greens
- sprouts
- cruciferous veggies (broccoli, brussels sprouts, cauliflower)
- citrus fruits
- all beans (except soy & kidney)
- corn, millet, quinoa
- seeds
- yogurt (spiced), goat milk
- chicken, salmon, venison

### reduce

- heavy oily or super sweet foods
- squashes, olives, avocados
- tropical fruits (mango, papaya, banana)
- nuts
- oats, rice, wheat
- dairy, plain yogurt, cheese
- dark meat, lamb, turkey
- caffeine

## align with spring energy

flow. awaken. embrace new things. kapha is about beginnings, growth, nurturing & abundance.

## ideal activities

- learn something new
- take a class
- get to know someone new
- declutter your house
- do a gentle cleanse
- do a DIY retreat at a B&B or cabin
- try a new hairstyle
- get rid of old clothes

## staying healthy

- use a neti pot 3x per week to reduce mucous and allergy symptoms
- do a full body massage with sesame or coconut oil several times per week to support lymphatic drainage
- embrace physical activity
- avoid early burnout by getting a full night's sleep

