

Kapha Tip Sheet

THE ELEMENTS THAT MAKE UP KAPHA

water + earth

BECAUSE OF THE EARTH + WATER ELEMENTS, KAPHA'S QUALITIES ARE:

cool, wet, stable, heavy

... like a pristine lake where the squishy bottom and sandy shore provide a place to drop in and feel

TOO MUCH OF A GOOD THING CAUSES KAPHA TO BECOME UNBALANCED:

being stuck, lack of motivation, excess sleep, too little change

... too much of the same old—same old **increases** Kapha, digging those ruts ever deeper

WHEN THERE IS TOO MUCH KAPHA, IT LOOKS LIKE THIS:

nausea, depression, overweight, congestion, attachment

... hay fever and springtime allergies, feeling blue, wanting (and having) *all* of the stuff, a roly-poly body, wanting a nap

TO RESTORE BALANCE TO KAPHA, EMPHASIZE:

lightness, dryness, warmth, movement, spontaneity

... be wild and crazy, be bold, be spontaneous, shake things up—even if just for an afternoon

SO, WHAT IS KAPHA GOOD FOR?

... maintaining stability; being calm, cool, and collected; making sure everyone is all right; nurturing others; having *great* skin and hair

WHAT IS KAPHA?

Kapha is a combination of the water and earth elements. It is a cool, damp type of energetic: cold, wet, heavy, and stable. Kapha rules all of the structures in the body: dense bones and strong muscles.

Kapha is consistent, stable, traditional, devotional, nurturing, supportive, and reliable. Kapha is very happy to do almost anything—as long as someone who is near and dear will do it, too.

People who are predominately Kapha types tend towards a fuller body type, large round features, a fantastic head of hair, well-lubricated joints (no popping or cracking here!), beautiful eyes, and very few, if any, wrinkles. How do they do it?

Kaphas love to indulge in rich, thick, creamy foods. The saucier the better! “More fat, please. More sugar, too, while you are at it!” Comfort foods are where it’s at.

EXCESSIVE KAPHA

When they are out of balance (ie: have too much Kapha/ cold and damp), Kapha types run too wet, ie: congested and mucousy. They easily become overweight and can succumb to melancholy or lethargy. Kaphas tend to accumulate much and get stuck—and understandably so: they are so comfortable right where they are; why would they want to change a thing?!

REDUCING KAPHA

To restore balance to Kapha, we apply the opposite qualities of warm, dry, light and mobile. We heat Kapha up, we dry her out, and we get her moving! How do we do that? We go dancing, we eat smaller portions of less dense food, and we get rid of some of our “stuff.”



WHAT BRINGS BALANCE TO KAPHA?

In a nutshell: warming up, getting moving, and lightening things up. Check out these strategies for dumping excess cold, wet, heavy and stagnant from your body and mind. Your loved ones will thank you for it!

DAILY LIFESTYLE ROUTINES

- You are so steadfast and loyal! You would do anything for “your people,” wouldn’t you? Friends and family are lucky to have you in their lives! In addition, you are a steady, trusted, and hard worker. You have such great endurance and stamina; it’s as if, once a project is begun, you could keep working at it forever. This is so admirable to those of us who tire more easily.
- Get moving. Your body’s metabolism will thank you for it with increased energy and vitality. Trust me.
- Be spontaneous. Once in a while. I know it’s daunting, but it is also exhilarating and promotes life-force energy.
- Keep it well insulated and warm. Wear natural fiber clothing such as wool, silk, hemp, and linen. Favor exciting energetic and colorful prints.
- Hydrate. Drink half your body weight in ounces every day. Filtered water, decaffeinated chai, and herbal teas are best.
- Find something to be grateful for every day.
- Soak up the warmth of the sun—and its vitamin D. Better yet: be active in the outdoors.
- Take a pleasant walk in a beautiful neighborhood. Really take in all of the sights and sounds that are around you. The life-force energy is so nurturing for you.
- Fragrant flowers give the thick Kapha mind something delightful to wake up to and orient around. Cultivate a simple garden or treat yourself with weekly fresh-cut bouquets.
- Do an Abhyanga everyday. This ancient practice of self-massage with oil is deeply detoxifying and supportive of the skin. Abhyanga lubricates the skin, cleanses the sweat glands, calms the nervous system, hydrates the tissues, and promotes healthy circulation. For Kapha, the best oil to use is sunflower. Choose organic whenever possible.

FOOD CHOICES

- Make lunch your largest meal of the day, and eat lighter breakfast and dinner.
- Eat organic whenever possible. Avoid processed, canned, and pre-packaged foods. Your digestive system will appreciate the more easily digestible nutrition.
- Leafy greens, bitter herbs, lentils, dried beans, dals, pomegranates, potatoes, chili peppers, and fermented foods are good food choices for you.
- Hot spices are best for Kaphas. There are so many wonderful flavors to choose from: basil, bay leaf, black pepper, cardamom, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horseradish, marjoram, mustard, nutmeg, oregano, peppermint, rosemary, saffron, sage, spearmint, star anise, thyme, turmeric. Consume them. Cook with them. Garnish with them.
- Ghee, corn, flaxseed, mustard, and sunflower oils will keep you lightly lubricated and nicely warmed.
- Raw honey that is older than six months will keep Kapha warmly sweet.
- Avoid heavy, rich foods. You know them; they are the things you love to consume the most: pizza, mac and cheese, quiche, candies/cookies/cake, pie, meatloaf. I apologize. You will learn in time that eating lighter, more lively foods is a fabulous thing.

- Keep your digestive system healthy. It can keep your Kapha from becoming excessive. Eating the last meal of the day by 6:30pm and going to bed by 9:30pm will do wonders in ensuring a good night’s sleep.

