

Tips for Balancing Kapha

Kapha Balancing Diet

Primarily: favor warm cooked foods, eat lighter. Favor pungent, bitter, and astringent tastes.

- Dairy. Raw milk is best milk option—if not available select organic whipping cream (it is not homogenized and is pasteurized at a lower temp in order to be whippable) and add water then boil and serve cool to warm). Always boil milk before you drink it -- which makes it easier to digest -- and take it warm. Do not take milk with a full meal or with sour or salty food. You might add one or two pinches of turmeric or ginger to whole milk before boiling it to help reduce any Kapha-increasing qualities in the milk. Note: avoid dairy during purification/detox diet
- Sweeteners. Honey is excellent for reducing Kapha. Reduce sugar products, as these increase Kapha.
- Grains. Most grains are fine, especially barley and millet. Do not take too much wheat or rice, as they increase Kapha.
- Fruits. Lighter fruits, such as apples and pears, are better. Reduce heavy or sour fruits, such as oranges, bananas, pineapples, figs, dates, avocados, coconuts and melons, as these fruits increase Kapha.
- Legumes. All beans are fine, except tofu.
- Vegetables. All are fine, except tomatoes, cucumbers, sweet potatoes and zucchini. They all increase Kapha.
- Spices. All are fine, except for salt. It increases Kapha.
- Nuts. Reduce all nuts.
- Beans. Reduce all beans (especially large beans), except for tofu and mung dahl. Add hing (Asafoetida) to beans.
- Oils. Small amounts of oil only—almond, sunflower, ghee, corn, olive

Kapha Churna

- 1 Tblsp fenugreek seeds
- 2 Tblsp whole coriander seeds
- 1 Tblsp Ground Ginger
- 1 Tblsp Whole Cumin Seeds
- 1 Tblsp ground Turmeric
- 1 Tblsp Ground Cinnamon
- 1 Tblsp Dried Sage Leaves
- 1 tsp Ground Clove
- ½ tsp cayenne pepper or chili powder

Put all ingredients in a spice/coffee grinder and grind them. Store in an airtight container. From Eat, Taste, Heal

Kapha Chutney

- 1 Tblsp Lime Juice
- 1/3 C Orange Juice
- ¾ C chopped, peeled ginger root
- ½ C raisins

Combine in food processor and grind to desired consistency. (also somewhat vata pacifying)