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Food Guide  
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Food Shopping  
for Kapha Season

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Weight Loss Tips  
for Kapha Types  
According to  
Ayurvedic  
Nutritionist  
Sahara of Eat  
Feel Fresh

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All About the  
*Page 5/45*

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Kapha Ayurvedic  
Dosha (Mind-Body  
Type) Kapha

Season ☐☐☐☐ *How  
To Balance Kapha*

**Layers of  
Dis-ease Part 3:  
The Causes of  
Kapha Imbalance  
(The Earth +  
Water Dosha) in  
Ayurveda**

Ayurveda: Kapha  
Eating | Kapha

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Dosha Ayurvedic  
Lifestyle

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10 Spring foods  
to balance the  
Kapha dosha

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How  
The Ayurvedic  
Doshas Deal With  
Stress (Vata,  
Pitta and Kapha)  
The Most  
Balancing Diet  
for Kapha

---

An Introduction  
to Ayurveda -

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The Three Doshas  
(Vata, Pitta,  
Kapha)

---

Kapha Recipes

Breakfast |

Stewed Apples

Ayurveda and

Oats Granola

Recipe |

Clare-minded

Kapha - Food

Veda by Dr

Pratap Chauhan

and Chef Sanjeev



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Kapoor Vata Food  
List | How to  
Balance Vata

Dosha |

Claremind

*KAPHA INCREASING  
FOOD | AVOIDABLE  
FOODS IN KAPHA*

*DOSHA BY*

*NITYANANDAM*

*SHREE Wise*

*Traditions*

*podcast #243*

*Maximize*

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*nutrient density*

~~□□□ □□□□□ □□~~

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~~I Knowledge of~~

~~Vata, Pitta,~~

~~Kapha Ayurvedic~~

~~Dosha in Telugu~~

~~I ET Telugu~~

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The Ayurvedic

Body Types and

Their

Characteristics

(Vata Pitta

Kapha)

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Q+A: Managing  
Your Weight with  
Nutrition with  
Kim D'Eon

Holistic  
Nutritionist  
~~Simple Weight  
Loss through  
Ayurveda~~ *How the  
Ayurvedic Doshas  
Are In  
Relationships  
(Vata, Pitta +  
Kapha In Love)* **5**

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**Days Of Ayurveda**

**| Try Living  
With Lucie |**

**Refinery29 Kapha  
Diet for Weight  
Loss / Ayurvedic  
Recipes / Kapha  
Dosha/ Samyuktha  
Diaries Vata**

**Kapha Diet ☐☐**

**Dual Dosha Food  
List Program in  
Ayurveda How To  
Balance Vata-**

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**Kapha Dosha | 5  
Tips | Lifestyle**

**\u0026 Diet** *How  
to Balance Vata  
Pitta and Kapha  
in Winter-*

*Charaka Samhita-  
Hemanta Ritu*

*Charya Kapha*

Dosha Diet [10

Ayurvedic Tips  
for Balance]

~~Find Your Body~~

~~Type—A~~

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~~Comprehensive  
Guide to Vata,  
Pitta~~

**Kapha What  
balances Vatas  
and Pittas in  
Kapha Season? *I***

*Tried An  
Ayurvedic Diet  
Based On My  
Dosha! ~~Kapha  
Weight-Loss Diet  
| Ayurvedic Food  
List for Kapha~~*

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~~Clareminded~~

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Kapha Food List

Grains Toasted

bread are very

good, as they

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Best:\* amaranth,  
barley, basmati  
rice, buckwheat,  
corn flour,  
quinoa Small

Amounts:\*

millet, rye

Minimize:\* oats,  
long and short  
grain rice Dairy

It is best to

use raw or

organic and non-



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season

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Approximately runs from the start of Spring (late March) until early June. This is the time of year when snow is melts, days get longer, leaves return to trees, the first flowers bloom, and greens start

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Food List Grains

Toasted breads  
are very good,  
as they are  
drier. Best:\*  
amaranth,  
barley, basmati  
rice, buckwheat,  
corn flour,  
quinoa Small  
Amounts:\*  
millet, rye  
Minimize:\*

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points.

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will have enough  
money each  
success. next-  
door to, the  
notice as

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competently as  
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season food  
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can be taken as  
competently as  
picked to act.  
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Imbalance & Diet  
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Food List Grains

Toasted breads  
are very good,  
as they are  
drier. Best:\*

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amaranth,  
barley, basmati  
rice, buckwheat,  
corn flour,  
quinoa Small

Amounts:\*

millet, rye

Minimize:\* Kapha  
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Food from the start of Spring (late March) until early June. This is the time of year when snow is melts, days get longer, leaves return to trees, the first flowers bloom, and greens



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Kapha types have a strong build and excellent stamina. Large, soft eyes; smooth, radiant skin; and thick hair are also important Kapha characteristics. Those who are predominantly

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**Kapha Sleep**  
soundly and have  
regular  
digestion. But  
when Kapha  
builds to  
excess, weight  
gain, fluid  
retention, and  
allergies  
manifest in the  
body. When  
they're out ...

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Understanding

Kapha: Body

Type, Imbalance  
& Diet ...

Kapha Food List

Grains Toasted  
breads are very  
good, as they  
are drier.

Best:\* amaranth,  
barley, basmati  
rice, buckwheat,  
corn flour,

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quinoa Small

Amounts:\*

millet, rye

Minimize:\* oats,  
long and short  
grain rice Dairy

It is best to

use raw or  
organic and non-  
homogenized  
milk.

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Kapha Food List

*Page 38/45*

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- Ayurvedic  
Health Center  
Sadhana  
The fall brings  
with it a  
predominance of  
air element and  
prana, the vital  
breath, the  
subtle essence  
of life, is  
abundant in the  
atmosphere.

Autumn is dry,  
rough, windy,

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erratic, cool,  
subtle, and  
clear. These are  
all qualities  
shared by vata  
dosha, and  
because like  
increases like,  
autumn is  
considered a  
vata season.



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Guide to a  
Soothing and  
Stable Fall  
Season ...

Kapha Season.  
Kapha season  
extends from  
frigid winter  
days, when the  
ground freezes  
solid, to mud-  
luscious early  
spring, when the  
snow melts, the

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Food rises, and  
the first  
tentative shoots  
break through  
the ground.

These conditions  
disturb kapha  
dosha's heavy,  
dense, wet,  
gooey, stable,  
cool qualities.  
To pacify kapha  
during the early  
part of ...

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Ayurveda's Guide  
to Health (In  
Every Season)  
3-Season Diet  
Guide Partners.  
Providing all  
the fantastic  
seasonal recipes  
is Emma Frisch,  
a cook, blogger,  
freelance food  
writer, and

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former farmer.

She is Co-  
Founder and

Director of  
Culinary

Experience at  
Firelight Camps  
and was a top  
finalist on Food  
Network Star,  
Season 10.

Emma's recipes  
fall right into  
place with the

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