



Ayurveda Spring Wellness Tips

Spring is associated with Kapha dosha, the energy of water and earth elements. Throughout winter these elements build in the body and mind leaving us feeling heavy and a little dull. In spring as nature comes alive we begin to feel more energetic and are ready to shed winter's heaviness. Spring is a season of new beginnings, renewal, and growth. This is a natural opportunity for a fresh start. In order to maintain harmony and balance during this time, Ayurveda suggests adopting a seasonal regime.

8 Ayurveda Tips to Optimize Spring Health

Eat Warm, Light & Spicy

1

During the winter we naturally eat heavier foods. It's time to lighten up! Eat plenty of steamed veggies, greens and light soups. Eat smaller meals and have dinner by 7 PM. Include spices such as turmeric, cumin, coriander, fennel, cinnamon and ginger.

2

It's time to eliminate the excess. Giving your home a makeover clears away physical and energetic clutter and creates space to make a fresh start.

Declutter & Detach

Cleanse your Body

Spring is one of the best times to cleanse. Ayurveda cleansing allows us to harness the new growth energy of spring to remove accumulated Ama (toxins) from the physical, mental and emotional bodies and restore health to our whole being.

3

Sleeping after sunrise increases the Kapha dosha. Wake up with the sun and eliminate sleeping during the day.

4

NO NAPS

Move it. Move it.

5

This time of year we naturally become more active. Like taking a big stretch after waking from hibernation – the body is ready to move. Whatever type of exercise you enjoy commit to a daily practice.

Dry Brush

Dry skin brushing (Garshana) refreshes and stimulates the skin and lymphatic system, enhancing blood circulation and releases toxins. Done in the morning will brighten your skin, mind and spirit.

6

Go Gluten & Dairy Free

Spring is a gluten and dairy-free season. Grains are traditionally not harvested until fall, so reduce your portions of rice, breads and pastas. Dairy increases Kapha and can lead to more sinus congestion.

7

Start Sprouting

Ayurveda's foundation of health is optimizing digestion. Sprouts are light, fresh, easy to digest, full of protein and prana (energy). Sprouting is particularly beneficial for balancing Kapha dosha.

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