



AYURVEDA FALL TIPS

Fall is the season of Vata and has the qualities cold, dry, light and mobil. Vata, is the energy of movement, it comes in bursts, moves erratically and is increased by the cool, dry, windy weather of fall. You may experience dry skin, chapped lips, cold hands & feet, constipation and scattered thoughts during this season. During the fall aim to embody calm, warm and grounded qualities.

1

EAT WITH THE SEASON

As the season shifts so too our diets. Choose seasonal foods that are higher in fat and protein. Meals should be easy to digest, served warm and favor sweet, sour and salty tastes. Think nourishing soups and stews.

2

STICK TO A ROUTINE

One of the best ways to support Vata dosha is to create a nourishing and grounding daily routine. Eat your meals at regular times. Head to bed by 10pm and rise by 6am. Vata imbalances are fueled by variability. Consistency is the key to a healthy Fall season.

3

HYDRATE AND NOURISH

Dryness is prevalent during the Fall season. Drink plenty of warm water and include healthy oils, like ghee in your meals. Try abhyanga, the Ayurvedic practice of self-massage with warm oil. Abhyanga is highly recommended during vata season to bring stability, warmth, and comfort to the body and mind.

4

DECLUTTER

Fall is a time of release. Just as the trees let go of their leaves it is a natural time for us to declutter and eliminate. Take time to reduce and release clutter. Clean closets, drawers, your car and the kitchen cupboards.

5

SLOW DOWN

Fall exercise should be warming, grounding and strengthening without exhausting you. Choose slow flows or hatha yoga. Take long walks in nature and spend some time in stillness each day.

6

TAKE CARE OF YOUR SENSES

Hearing is one of the senses associated with vata dosha. During the fall reduce exposure to loud, jarring and disruptive sounds. Favor music that is calming, meditative and soothing. Establish limits on the time you spend on your devices. Aim for less input, more quiet.