



Retailers of Organic Produce. Specialising in Raw Organic Foods & Health Appliances.

Shop 7/515 Walter Road East,
Morley, Western Australia 6062
Raw For Life Pty. Ltd.. ABN 28 138 778 908

Ph: (08) 9377 3880 Fax: (08) 9377 3885
Internet: www.AliveOrganics.com.au
E-mail: sales@aliveorganics.com.au

Healthy on Raw:

Isn't raw food the ultimate health food? Yes, raw food is the ultimate but we still need *balance*. An introduction to raw food is often by the way of gourmet recipes which contain way too much fat or oil to be considered healthy.

Plain raw food in its natural form in correct balance is healthy but what is the correct balance? This is what we endeavour to answer:

Common, Mistakes Budding Raw Fooder's Make:

1. They double their fat intake.
2. They continue to drink mineralised water & add salt to their diet.
3. They fail to balance sodium & potassium foods.
4. They lack a variety of leafy greens.
5. They fail to consume vital trace elements such as iodine, selenium, boron. Molybdenum, manganese.
6. They lack vitamin B12
7. They fail to exercise vigorously.
8. They over eat and eat too late at night.
9. They consume "raw" foods that are heated above 40 ° C and fluctuate between 100% raw and mostly cooked.
10. They fail to consume enough fruit.
11. They practice poor food combining.
12. They are too acidic or too alkaline.

Low Fat for Maximum Cellular Efficiency:

Most of us start on the raw food path by doubling our fat intake. In an effort to duplicate the cooked food dishes we have become addicted to, we substitute high fat raw dishes. Nuts, seeds & avocados can easily dominate our menu. The fat intake of the standard high fat western diet, is usually surpassed by the novice raw fooder keen to experience the health benefits of their new regime.

Admittedly, raw fats are healthier and easier to digest than cooked fats but they must be restricted to a healthy level. Initially, we may find our digestion is so poor from having cooked, processed foods that we don't fully assimilate much of what we eat in any case.

As our body becomes cleaner and our digestion more efficient however, we assimilate more fat. If we are young, we may be able to process this fat more efficiently but if we are gaining weight this may be a sign that we are consuming too many calories from fat.

Conversely, if we are losing weight on a high fat raw food diet, we may be consuming too much fat for our system to assimilate and eating too little fruit to supply the necessary calories.

What happens if we eat fatty foods to excess? The fat or oils in foods clog our circulatory system, causing the blood platelets to stick together and prevent the absorption of nutrients into our cells.

How much fat is too much fat? It depends on how well we assimilate fat but as a general guide, 5% to 10% of calories or a 3% to 5% by weight may be close to the mark. If performing vigorous exercise perhaps this can be increased slightly as some of this fat may be converted to energy.

If we look at the animals in nature, we find they consume very little fat. Even carnivorous animals are consuming flesh foods containing very little fat. For example, Kangaroo meat contains about 5% fat. Most animals in nature are lean with little fat in their tissues.

Prey need to be lean and fit to escape predators. Similarly, predators also need to lean & fit to catch prey.

Meat has traditionally made up a small portion of our diet but with increased affluence, meat is often consumed every day. Wild game meat contains 4 - 6% fat, high in omega 3, whereas today's farmed meat contains 25 - 30% fat., 50 - 60% of which is saturated.

What are the major signs of too much fat?

Some of us have the ability to absorb and process fat more

easily than others. It has been suggested that overweight individuals have a more efficient digestive system than underweight individuals.

Many overweight people say they don't eat excessively compared to others but they stack on the kilos. Underweight individuals often have ravenous appetites but they remain underweight. Perhaps overweight people absorb and store the excess calories in fat more efficiently whereas underweight people don't assimilate fats or other foods very well and cannot utilise the calories they consume from fat.

Fluctuating energy levels are another sign. If we are not absorbing sufficient glycogen into our cells, they cannot function well and we feel an energy drop. This is a sign that the fat in our system is clogging our tissues. The cells are coated with fat and are unable to absorb sufficient glycogen.

Extracted oils such as the heavily promoted olive, flaxseed and other "cold pressed" oils **lack the enzymes contained in the whole food**. Extracted oils are a processed food which results in what is termed an "empty calorie" food. This is a food that contains mostly calories with little in the way of other nutrients.

A high fat diet is linked to cancer as cancer thrives in an anaerobic environment which is a depleted oxygen environment. We can bring more oxygen into our tissues by having an abundance of dark leafy greens (high in iron) and plenty of high vitamin C foods. A lemon dressing, made from the whole lemon is ideal for salads. Vigorous exercise also helps.

Mineralised water, Salt:

Alkaline water, acid water? There is no such thing. Pure water is just H₂O. Water is an element. The only way water can be made alkaline or acidic is by the addition of alkaline or acid minerals. If the minerals are inorganic they cannot be readily utilised by the body. Minerals that cannot be utilised by the body must be eliminated or they will accumulate in our arteries and tissues.

The only minerals that can be fully utilised by the body are *organic* minerals which come from plants. If we need to become more alkaline, we need to consume more leafy greens in our diet. Leafy greens are the most alkalizing foods we can eat. Alkaline water will never give us the alkalinity that leafy greens will. The most alkaline leafy greens are the grasses such as wheatgrass & barely grass. Kale is also excellent as it is high in minerals.

Salt is a preservative. It stops enzyme activity. A major reason for going on raw food is to obtain the live enzymes that help digestion and metabolism. Salt has long been used as a preservative because it *kills* enzymes!

Our bodies cannot utilise salt in its crude form. Organic sodium derived from plants is the only sodium we can easily assimilate. **Celery** is the #1 food source. Spinach, tomatoes, beetroot, carrots and **young coconut water** are other good sources.

Salt, whether it be Celtic, Himalayan or sea salt is still inorganic salt. Advocates of salt point to the minerals contained in these salts but the minerals are in an inorganic form which the body cannot use. So where do the salt & inorganic minerals go? Our kidneys are given the job to eliminate excessive salt intake. Not all salt is eliminated however. Some remains in our tissues and arteries, leading to circulation problems.

Inorganic minerals cause their own problems. Inorganic iron causes constipation, inorganic calcium supplements cause calcium to be lost from our bones. Vitamin & mineral supplements cause mineral imbalances.

Foods must be our only source of nutrition. If a food smells and tastes good, we need that food for optimal nutrition. If it smells or tastes offensive, we don't need that food. Mono eating will always be superior to food combinations as our body begins to recognize the need for certain foods in preference to others for its nutritional requirements.

Animals usually eat one food at a time. They smell their food before eating it to determine whether they like it or not. An ill animal, put out to pasture in a natural environment, will usually find the foods it needs to satisfy its nutritional requirements and will get

well. Most diseases affecting domesticated animals can be rectified by supplying the missing vital elements in their diet. We are the same!

A craving for salt is often a craving for minerals. The best sources of minerals are the **dark leafy greens, sea vegetables, wheat & barley grass, alfalfa, seeds, nuts & sprouts.**

Sodium & Potassium Balance:

The fluid inside our cells is dominated by potassium. The fluid between our cells is dominated by sodium. If we have too much potassium, our cells will absorb nutrients but they will not be able to efficiently eliminate toxins generated by their metabolism. Sodium outside the cells, in the intracellular fluid, is required to draw out these metabolic wastes for elimination.

Sodium is vital for efficient elimination. Potassium is vital for efficient assimilation. We need to balance the two to be healthy. Notice how we usually feel like something savory after eating high potassium, sweet fruits. Conversely, after a savory meal, we usually feel like sweet fruit. Potassium gives fruit its enticing sweetness. Sodium gives leafy greens and celery its satisfying savory flavor.

Variety of Greens Essential:

It is easy to consume too much of one particular green leafy vegetable. All leafy greens have mild poisons called alkaloids. Alkaloids are a defense mechanism for plants. They help ensure that the plant is not totally destroyed by foragers.

Alkaloids are no problem in small quantities but if we continue to have the same leafy green, there is a cumulative effect and we end up being poisoned and begin to suffer adverse symptoms. When we stop having the poison, we quickly recover.

This is a good reason to follow the seasons. Every 3 months we need to change our diet to suit what is in season.. Like the animals, we also need to vary our intake of leafy greens.

In the warmer months try greens such as lettuce, endive, dandelion, basil, parsley, thyme, oregano, celery, mizuna. In the cooler months, try kale, cabbage, spinach., collard greens, swiss chard (better than silverbeet because of its lower oxalic acid content).

Trace Elements:

Australian soils lack many minerals because they are so old and weathered. The minerals they once contained have been leached out by rain over the eons. Our soils lack selenium: the vital anti-cancer mineral, iodine: essential for thyroid function, boron: essential for preventing arthritis as well as molybdenum, manganese and zinc.

Zinc is an essential part of over 300 different enzymes. Zinc helps to lower the high copper levels many Perth residents have, due to the copper pipes in houses corroding because of our highly mineralised water.

Besides growing our own leafy greens in well mineralised soil (highly recommended), the next best sources are wheat grass, barley grass, alfalfa and sea vegetables (high in iodine). We can grow our own well mineralised wheatgrass by buying trays of very young shoots and watering them with a seaweed solution.

Wheatgrass takes up over 92 different minerals from a well mineralised soil so it is a powerful addition to our diet if we lack essential nutrients. The ultimate way to grow wheatgrass is to use the best possible potting mix and either ensure it has well mineralised rock dust and seaweed added or add them yourself.

Vitamin B12:

Vegetarians **and** meat eaters alike can be deficient in B12. Vitamin B12 is produced by bacteria in a natural environment. With today's focus on having everything washed, sterilised and sanitised these bacteria are becoming rare.

In a natural environment, where everything grows organically, good bacteria dominate. The soil is sweet smelling as it contains predominantly beneficial microbes. How do babies inoculate themselves with beneficial bacteria? The answer is, they eat dirt! Animals, similarly eat their food off the dirt. Mother Earth provides the beneficial bacteria such as acidophilus which then find a favorable environment in our gut, providing we are on our natural diet.

The long term answer to B12 deficiency is to reverse our obsession with cleanliness and eat organically grown produce fertilized with animal manures which will contain B12 and beneficial bacteria, especially if eaten unwashed.

Initially, we may find that we need a B12 supplement as most of us, including meat eaters, lack B12. Eventually however, on a totally raw food diet, we develop the ability to make some of

our own B12 in our intestines and even our mouth.

Vigorous Exercise:

We may not want to read this as it involves *effort!* But if we feel like that, then we probably need it more than we wish to think.

Its amazing how easy exercise becomes on a low fat, high fruit & greens diet. Initially, yes, it can be a struggle but the body soon adapts to an exercise regime and it becomes much easier. The thing is to *get started!*

A lot of things are in our mind. If we believe exercise is a drag, it may be but if we believe exercise is enjoyable it is. The key is to associate exercise with fun and pleasure. We can play a vigorous sport such as squash or badminton and have fun while we get a good workout. We can associate running or cycling with exploring and appreciating new surroundings.

We can work out in a Gym and have fun interacting with others that are similarly motivated. We can join sporting clubs and enjoy socialising after the event. Whatever pleasurable experience we can add to associate with exercise will help.

Of course, vigorous exercise has its own reward - a feeling of euphoria induced by the release of "feel good" hormones called endorphins. A feeling of exhilaration often follows a good aerobic workout.

Vigorous exercise involves getting our heart rate up close to our maximum and breathing deeply. Exercise stimulates our circulation and oxygenates our tissues, resulting in amazing health benefits.

We deserve the very best health, so lets do it! Lets become the very best we can be - why settle for mediocrity when we can have *exceptionally* good health?

Optimal Food Intake:

Over-eating even the best food overloads our digestive and eliminative system, clogs our circulation and obstructs cellular metabolism. Over-nutrition is another issue. If we take in too many nutrients we will become unbalanced. We may have bloodshot eyes, dry skin, cloudy thinking, a feeling of restlessness, loss of appetite in the mornings and difficulty sleeping.

If we fertilise a plant too much, we can kill it. Too much nutrition causes the plant to dehydrate and die. The only remedy for a plant that is over fertilized is plenty of water to wash excess minerals from the soil. So it is with our bodies. A periodic fast helps us to re-balance if we have over-indulged. The most cleansing water is distilled water which helps dissolve inorganic minerals in our arteries and tissues for elimination.

There is a common belief that water needs to have some minerals in it otherwise we end up with a mineral deficiency. As with most common beliefs, it is opposite to the truth. The fact is our body can only fully utilise *organic* minerals which are present in food. Inorganic minerals clog our tissues and arteries. Distilled water does not dissolve organic minerals which are incorporated in our tissues, it only dissolves *inorganic* minerals and is therefore considered to be therapeutic.

A very good habit to get into is to eat no later than 3 hours before going to bed so we do not have food in our stomach while trying to sleep. The ultimate way to eat is to start eating after 7am and finish eating by 2 or 3pm. This gives us up to 8 hours of assimilation and 16 hours of fasting.

On such a regime our sleep will become deeper, more restful and we will require less sleep. Our bodies are designed to digest food between 7am and 2pm. Our sleeping time is cleansing and repair time. In other words we will benefit from fasting overnight. Breakfast time is the time we break our overnight fast.

100% Raw?

We achieve the maximum health benefits when we go 100% raw. This is the ultimate achievement but to get there we need to know what "Raw" foods are actually cooked or processed above 40 °C.

Is there much difference between drying a food below 40 °C or above 40 °C? Personal experience tells us there is. A kinesiology (muscle strength test), is a way of us consciously communicating with our subconscious "personal computer" and "analytical laboratory", tells the story. Subtle differences in taste will also indicate a difference.

We must accept however that some foods are naturally subjected to higher temperatures in their normal growing environment. Fruits like grapes may dry on the vine at temperatures up to perhaps 45 °C or more, as may dates so its difficult to be a purist.

When we look at the high fat content foods however, we

generally find that they develop in the cooler months. Olives for instance, ripen in March. Nuts become available in April & May. Avocados are best in October. Nature has determined that the oily foods in particular are best preserved by low temperatures.

“Raw cashews” sold in supermarkets are not raw - they are put into boiling water as part of their processing. Buy only genuine raw cashews from a raw food specialist. These have been hand shelled without heat. Some are now available with the “tester” and skin still on them. The skin is easily removed after soaking. **These cashews will sprout**, which proves they have been processed without heat and they are still viable.

Sprouted foods are always superior because we have awakened a dormant, dry food and it becomes a fresh, vibrant, living food. The sprouting process also adds enzymes, neutralizes enzyme inhibitors and lowers the fat content.

Pistachios, cashews with tester and peanuts are easy to sprout.. Freshly cracked walnuts will also sprout but take much longer so they may need to be consumed before they sprout fully and start going slimy. Other nuts may only sprout if left in their shell in a dark place.

Seeds contain enzyme inhibitors to stop their breakdown in our digestive system. Nature has designed seeds this way to ensure the propagation & distribution of the plant species. Nuts don't contain enzyme inhibitors but almond skins contain tannic acid which is an irritant so they should always be soaked overnight and rinsed to remove these tannins.

Foods that are cooked but some think are raw include tahini, bee pollen, honey, frozen vegetables, canned & bottled foods, most olives, powdered grasses, sprouted grain breads and many products such as crackers and snack bars that include ingredients dried above 40 °C.

The other important issue is to **maintain the percentage of raw food in our diet**. It is better for us to transition to 100% raw unless we have the discipline to stay 100% raw. If we go from a mostly cooked diet to a 100% raw diet, the body will adapt by becoming cleaner and more efficient at eliminating wastes. It will also assimilate foods more efficiently. This is good if we are having organic, raw foods but if we slip back to cooked and conventional foods, we will absorb more toxins than what we used to. This is very damaging to our body.

It is much better for us to go to a raw diet of 60% and stay there than go to an 80% raw diet and continually slip back to mostly cooked food.

How Much Fruit?:

Most of us start the raw food journey by trying to duplicate cooked food dishes we have become accustomed to. This often involves substituting seeds & nuts for grains which we know are not good for us but at least they were low fat. We may also eliminate potatoes, another low fat source of calories.

The calories we once obtained from these complex carbohydrates need to be replaced by calories from fruit rather than fat. Fruits contain simple sugars which are easily assimilated. They are the cleanest foods we can consume, leaving little residue to clog our system.

If we fail to eat sufficient fruit on a low fat diet, we will become hungry and lose weight. We need to eat sufficient fruit to become satiated. This may mean eating much larger quantities of fruit than we initially contemplate when first embarking on a high fruit diet. Getting our mind around the quantity of fruit required to fill our calorie needs is a challenge we need to overcome.

Some fruit meal choices:

A whole, large pineapple followed by 3 - 4 medjool dates, followed by 3 - 4 sticks of tender celery or a leafy green salad with tomatoes.

1 kg of grapes, followed by 3 - 4 sticks of celery.

5 - 6 apples, 2 - 3 bananas, small handful of dried fruit if desired and 3 - 4 sticks celery.

4 - 5 peaches, 2 mangoes, 3 - 4 sticks celery.

Green smoothie: large bowl of leafy greens, 2 mangoes or pears, 1 cup water or coconut water, 1 vanilla pod, 4 dates, blended well, then add 4 - 6 bananas and a cupful of frozen berries. Blend and serve - delicious.

1 kg of fresh figs, or stone fruit, 2 - 3 bananas, 3 - 4 dates, 3 - 4 sticks celery.

Food Combining:

Many raw fooders add all sorts of ingredients to their green smoothie such as oil, seeds & bee pollen. Oils and oily seeds do not combine well with fruit. Bee pollen is best taken on an empty stomach although it can combine

reasonably well if taken with acidic fruits such as citrus or pineapple. Root vegetables do not combine with fruit.

Leafy greens and celery combine well with fruit. Fruit should always be eaten before a meal, not after a meal. Fruit digests quickly and should not be held up in the stomach by a longer digesting meal, otherwise it tends to ferment.

Acidic fruits such as tomatoes, citrus and pineapple combine well with high protein foods like nuts and seeds. Leafy greens combine well with most foods.

There are many books and food combining charts available on correct food combinations for more detailed information.

The main mistake raw fooders make is having a green smoothie “Combo Abombo” which is a combination abomination containing ingredients other than leafy greens and fruit. Our aim with all recipes is to keep it simple. We don't need to get all our nutrition from just one meal. A green smoothie for breakfast and a salad with a very small quantity of nuts, seeds and/or sprouts for lunch is ideal.

Acid/Alkaline Balance:

To test for our pH, we need to obtain some pH test strips and test our saliva and urine 4 times in a day. We then determine the average by adding up the 4 results and dividing by 4.

Our average pH will ideally be around 7.25.

Living a Long, Healthy life:

1. Adopt a low calorie diet.
2. Consume high resveratrol foods such as red grapes, blueberries, mulberries, cranberries and raisins (ensure all dried berries and grapes are oil free).
3. Ensure a high omega 3 to omega 6 intake, preferably in the ratio of three omega 3 to one omega 6 oil.
4. Adopt a 100% raw food diet and perhaps take extra enzymes to reverse health problems.
5. Ensure sufficient intake of high organic sodium foods such as celery to balance the potassium in fruits such as bananas. The cells rely on the correct balance to ensure efficient nutrient exchange.

Research on Anti - Aging:

Scientists discovered long ago the reason for the “French Paradox” i.e. the French consumption of fatty foods like cheese is offset by their high consumption of red wine. Apparently, the Resveratrol in the skins of red grapes makes the blood less sticky which allows the cells to function better.

Scientists are now developing molecules 1,000 times more potent than resveratrol. These molecules are supposed to activate a class of enzymes called sirtuin, that are known to control the aging process. Sirtuin is found in all plants and animals and can be activated by a calorie restricted diet or resveratrol.

Once activated, the enzymes work to remove damaging chemical pollutants from our cells, allowing the body's proteins to work better. This results in increased energy, DNA repair, lower blood sugar and greater cell viability.

Can the results the scientist want to achieve via drugs be achieved through diet?

The consumption of red grapes would appear to be very beneficial. The alcohol in wine is said to increase the absorption of resveratrol (perhaps it is the alcohol that helps in the extraction or more resveratrol from the grape skins).

If this is the case, then the consumption of red grapes would be very beneficial. The grape skins have the highest concentration (5 - 10mg per 100g) but the seeds also contain resveratrol. The longer a wine is allowed to ferment, the more resveratrol it contains.

The **Vita-Mix is capable of thoroughly pulverising the grape skins and seeds**, so if we wish to avoid alcohol, this would appear to be the healthiest way of extracting resveratrol. The seeds also contain resveratrol as well as Oligomeric Proanthocyanidins (OPCs) which are powerful antioxidants that are also thought to be partly responsible for the French Paradox.

A clean digestive system would enhance the absorption of resveratrol as would a low fat, calorie restricted diet. Red grapes such as Sun dried Shiraz grapes with small seeds or Flame Seedless grapes can be included in many recipes.

Would High Omega 3 Consumption Help?

An Omega 3 to Omega 6 ratio of 2:1 - 3:1 increases cell wall elasticity and improves the transfer of nutrients and elimination of wastes. The consumption of resveratrol and omega 3 therefore should be a winning combination. Chia seeds and linseeds are very high in omega 3.

Would Extra Food Enzymes be Beneficial?

Dr Fred Bisci recommends food enzyme supplementation as a way of **reversing disease**. The latest scientific research supports this theory.

Enzymes have been proven to assist the cells to detoxify and this makes them more efficient. We can also make our raw nuts and seeds more enzyme active by sprouting them. Nuts such as walnuts in the shell, raw pistachios and cashews with their "tester" intact will sprout. Other nuts may only sprout in their shells. All seeds should sprout.

Would a Balanced Intake of Organic Sodium and Potassium Help?

The cells depend on the correct balance between natural, *Organic* sodium and organic potassium to ensure the **efficient assimilation of nutrients and elimination of wastes**. Organic sodium (not salt) from high sodium foods such as celery is the only form of sodium the body can fully utilize. Bananas are high in potassium.

Superoxide Dismutase (SOD):

Is an endogenous antioxidant enzyme which possesses life extension potential, may prevent atherosclerosis and protect against many forms of cancer. Cantaloupe, Aloe Vera and Barley Grass contain SOD.

L-Carnitine:

Assists fat metabolism - necessary for the transport of long chain fatty acids into the mitochondria (the metabolic furnaces of the cell) where they are transformed into energy.

As we age, Carnitine concentration in cells diminishes, affecting fatty acid metabolism in various tissues. The bones in particular, are adversely affected because they require the continuous reconstructive and metabolic functions of osteoblasts for the maintenance of bone mass.

Good vegetarian food sources of Carnitine are pumpkin

seeds, sunflower kernels, asparagus, peanuts, peas and avocados. The body can synthesise carnitine from the amino acids lysine and methionine. Good sources are pumpkin seeds, peanuts, brazil nuts and sesame.

If fat metabolism diminishes with age, it is vital to embrace a low fat diet as well as ensuring that we get sufficient carnitine, lysine and methionine to metabolise the fats that we do have. Remember, fats can coat our cells, preventing nutrient absorption.

Ayurveda:

This is a way of determining our body type and discovering what foods are best for us individually. If we eat according to our body type, we will achieve a better balance for optimal health. There are 3 "Dosha's" or body types: Vata, Kapha & Pitta.

Ayurvedic diets are generally based on predominantly cooked foods but Dr Gabriel Cousins has successfully adapted the Ayurvedic system to a 100% raw food diet.

There are many ways of determining our body type: google it, ask an Ayurvedic practitioner, do the quiz in Dr Gabriel Cousins book "Conscious Eating" or Dr Deepak Chopra's book "Perfect Health" or look at the list below for a general guide.

Vata's find going on 100% raw food is more difficult because the foods are too cool. Adding ginger and some soaked nuts, seeds, avocado or oil to a salad is more warming and balancing. They dislike cold foods, preferring warm, heavy, oily foods.

Kapha's find too much oil and fatty foods such as nuts, seeds, avocados etc is unbalancing. Salt is also aggravating. They are natural raw fooders.

Pitta's get irritable if they miss their regular mealtime. They like cold foods. They have strong digestion and may have an excessive appetite.

Most of us will be a mixture of two or more Dosha's but one may predominate.

Kapha

Heavy build
Tendency to being overweight, below waist
High stamina
Avoids exercise but feels better for it
Moderate appetite, slow eater
Likes spicy & sweet foods
Slow digestion, feels heavy after eating
Likes dry, **light** foods
Likes mild, warm weather
Skin is soft, smooth, pale complexion
Tans easily
Pulse 60 - 70 beats/min.
Perspiration: moderate
Strength: strong
Voice: low, resonant
Silent type
Avoids pain
Needs exercise
Likes to stay home
Mucous problems - avoid dairy, grains.
Does things in a slow, relaxed manner
Gains weight easily & loses it slowly
Calm & placid - not easily ruffled
Can skip meals easily with little discomfort
Tendency towards excess mucus
Sleeps very deeply
Learns slowly but excellent retention
Dislikes cool, damp weather
Serene, sweet natured, affectionate, forgiving
Walks with a slow, steady gait
May oversleep, slow starter in morning
Balancing:
Daily exercise, adequate sleep
Light, low fat meals. Warm, dry, pungent and astringent foods.
Space meals 2 - 3 hours apart
Practice temperance in eating
Avoid:
Salt, heavy, oily foods in excess. Minimise sour foods. Minimise fluid intake to 3 - 4 cups daily.

Pitta

Well proportioned
Steady weight, even distribution
Medium stamina
Regular exercise habit
Excessive appetite
Likes cold, sweet foods
Strong digestion
Likes **cold**, heavy, dry foods
Likes cool weather
Skin is red, yellow, freckled
Suntans easily
Pulse: 70 - 80 beats/min.
Perspiration: Profuse
Strength: moderate
Voice: enthusiastic
Good public speaker
Faces pain
Needs alkaline foods
Adventurer
Inflammations - skin
Very efficient
Precise and orderly, perfectionist about details
Strong minded and forceful
Easily fatigued in hot weather
Uncomfortable if a meal is missed or delayed
Early graying or balding
Stubborn, impatient
Angers easily but forgets easily
Doesn't tolerate very hot & spicy foods
Enjoys challenges, determined to get things
Critical of others and self
Balancing:
Cooling, sweet, bitter and astringent foods, with emphasis on fruits and vegetables.
Keep cool. Meditate.
Avoid:
Excess heat & humidity. Large amounts of spicy foods, ginger, garlic, onions, chillis, salty foods, oily foods, sour foods, yogurt, red meat, alcohol.

Vata

Tall, thin, small build, prominent joints, veins
Underweight, fat tummy, hard to gain weight
Low stamina
Active exercise but irregular
Irregular eater, fast
Likes warm, sweet, sour & salty foods
Irregular digestion, gas
Likes oily, **warm** foods
Likes warm, hot weather
Skin: olive, dark, dry
Tans easily
Pulse: 80 - 100 beats/min.
Perspiration: minimal
Strength: weak, variable
Voice: high pitched, weak
Talkative, variable
Sensitive to pain
Worse from over exertion
Wanderer
Muscle & joint problems
Performs activities very quickly
Enthusiastic & vivacious by nature
Walking gait is light & quick
Difficulty making decisions
Cold hands & feet
Becomes anxious & worried frequently
Changeable moods, emotional, easily excited
Difficulty sleeping soundly, falling to sleep
Active mind, very imaginative
Movements quick & active, bursts of energy
Balancing:
Exercise. Avoid physical, emotional & mental excesses. Eat leafy greens with a few seeds, nuts, avocado or coconut meat. Moist, warm foods. Sweet, salty (celery), sour.
Have ginger & cinnamon with fruit (they add heat to cool fruits).
Keep warm, have adequate sleep, meditate.
Avoid:
Cold foods, dried or dehydrated foods.