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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-homogenized milk ...

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Small Amounts:\* millet, rye Minimize:\*

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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 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, 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 - Ayurvedic Health Center

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

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a vata season.

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An Ayurvedic 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 sap 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

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seasonal recipes is Emma Frisch, a cook, blogger, freelance food writer, and 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 rest of our diet ...

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