

BODY TYPE: larger frame & strong built

Known as **EARTH**

ELEMENTS: earth + water

GOVERNS: stomach,
lungs, sinuses

TEETH
strong

CHIN
round

SKIN
oily, cool, often
pale and thick

LIPS
full and
smooth

HAIR
thick, moist,
sometimes wavy

NAILS
smooth
& thick

JOINTS
large
& moist

HIPS
heavy



Kapha

WHEN OUT OF BALANCE:

~ **Emotionally:** resistance to
change, demotivated, stubborn and insecure

~ **Physically:** water retention, weight-gain,
mucus and colds

AVOID:

- ~ overeating
- ~ oversleeping
- ~ cold weather
- ~ lack of exercise

PRACTICE:

- ~ saying yes to variety
- ~ exercising daily
- ~ eating warm light foods
- ~ eating mindfully

BEST FOODS:

spicy food, light, dry or
warm and cooked meals
raw vegetables & fruits

FOODS TO REDUCE:

fried foods, sugar, dairy,
fats, chilled foods & drinks