



Balanced Living Ayurveda

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GENERAL GUIDELINES FOR SPRING:

- Minimize the consumption of dairy, wheat, bread, sweets and alcohol.
- Use lots of fresh ginger and black pepper and turmeric in your cooking. These foods move blood and detoxify the liver.
- Favor bitter and astringents foods and beverages.
 - Bitter foods include: kale, arugula, dandelion greens, spinach, turmeric, zucchini, bitter melon, nettles
 - Astringent foods include: legumes, cranberries, pomegranates, pears, broccoli, cauliflower, asparagus, okra, green beans, turnips, rye, buckwheat, quinoa, white potatoes
- Avoid sweet and salty foods
- Sour foods, like lemons & limes, are good in moderation, especially in early spring, to move mucous out of the body. Ease off on sour foods as the weather gets warmer, as they are heating and can increase inflammation in excess.
- Seafood, shellfish and duck are not recommended during spring. Chicken, turkey, rabbit, venison are the best animal proteins for spring.
- Drink “CCF Tea” – combine equal quantities of cumin seeds, coriander seeds, and fennel seeds. Steep 1 tsp. of the mixture in boiling water for 10 minutes or longer. This teas is very cleansing and supports strong digestion.
- Pranayama is highly recommended to get prana moving and for drying excess mucus in the head and respiratory system. 15 minutes of Nadi Shodhana (alternate nostril breath) is balancing for all doshas.
- Take TRIPHALA every evening to assist with the detoxification of the blood and tissues. ½ to 1 tsp. of triphala powder in hot water (cooled to drinking temp) before bed is ideal for most people.