

Eat for your body type



By Nutritional Therapist Atiya Khan for **CNM (College of Naturopathic Medicine)**

One size does not fit all! We can see this very clearly with food; for example, one person loses weight or gets clear skin by following a diet, exercise or routine but annoyingly it doesn't work for you. There can be many reasons for this, including that you are not eating the right foods for you.

Naturopathic Nutritional therapy adopts ancient traditions alongside modern nutritional science. We take a personalised approach, by thorough case taking, asking about family history and getting to know you – all with the aim of finding the root cause of the imbalance or issue.

Ayurveda, known as 'the science of life' from India, recognises that each person is an individual, while classifying people broadly into three constitutions, or 'doshas', based on physical, psychological and emotional disposition. There is a lot more to this than outlined in this article, so I would recommend seeing a Practitioner for detailed advice.

As a starting point, there are three main 'doshas': Vata, Pita and Kapha.

Vata

Vata types tend to have:

- a small slender frame
- dry skin, hair and nails
- irregular appetite and digestion, tending towards constipation
- tend to be very active physically and mentally
- can be anxious, fearful and uncertain
- have restless sleep

Ideal foods to balance:

- warm, cooked foods and spices with regular routine
- include cooked apples, most juicy fruits, not dried
- cooked vegetables rather than raw
- avoid dried foods such as muesli, rice cakes and crackers
- include all lentils

- olive oil particularly beneficial
- plenty of spices
- avoid coffee but include grain chai (hot spiced milk, which can be made with almond/oat milk)

Pitta

Pitta types tend to have:

- medium frame
- warm rosy skin, with oily hair and skin, healthy nails
- strong appetite and quick digestion, tend towards loose bowels
- moderately active, physically and mentally
- can be jealous and quick to anger
- have short but decent sleep

Ideal foods to balance:

- avoid heat, oils and salt
- eat cooling, non-spicy foods and drinks
- sweet fruits such as apples, berries, grapes, tropical fruits
- sweet and bitter vegetables such as carrots, broccoli, celery, herbs, cucumber
- avoid dry oats and muesli
- includes all beans
- coconut oil particularly beneficial
- avoid dry ginger and chilli but include fresh ginger and mint
- avoid coffee but black tea in moderation

Kapha

Kapha types tend to have:

- a larger frame, tending to more overweight
- thick oily skin, with thick curly hair and strong nails
- slow and steady appetite with slow, sluggish digestion
- tend to be more sedentary and slow mentally
- tend to be calm yet attached to things
- they have a deep and long sleep

Ideal foods to balance:

- eat light, dry foods, avoiding heavy foods
- exercise and be active
- fruits such as berries, grapes, peaches
- pungent and bitter vegetables like broccoli, carrots, herbs, greens, onions, peppers
- avoid cooked oats
- include all beans and dahls, minimal soya
- flax oil particularly beneficial
- avoid salt but include all other spices
- avoid orange juice but include spiced black tea

You may find that you sit between one or more types – this is normal! The important aim is not to find the 'right' classification, but find a way of eating that suits you as an individual – and being able to adapt this for different times of day, seasons and changes in your life to allow you to live your life most fully.

Save the date! Atiya Khan will be speaking further on this subject as part of a day of inspirational natural health talks at CNM Bristol on 15th September. See CNM's website.



Nutritional Therapist Atiya Khan

Attend a FREE Open Evening

to find out about training with CNM Bristol for a career in **Naturopathic Nutrition** or **Naturopathic Acupuncture**.

15th August at 6.30pm

Please book on line at:

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