

# Using lifestyle to balance Kapha dosha

**The qualities of Kapha include cool, heavy, dense, sweet, soft and stable. Use opposite qualities in diet and lifestyle to restore balance to Kapha dosha.**

## Lifestyle recommendations

1. Get moving and stay active! Exercise every single day. Challenge yourself with new activities—mentally and physically. Emotionally, welcome new relationships in your life by making it a point to meet people.
2. Do not skip meals and do not fast. The Kapha digestive *agni* tends to be low, as does appetite, and not eating on time slows down the metabolism even more. Start your day with a light breakfast. Eat a sustaining meal at lunch, and a lighter meal for dinner.
3. Daily elimination is very important to prevent *ama* (toxic waste) from accumulating in the body. Triphala helps promote regularity as well as toning the digestive system. Since Triphala is gentle, not habit forming and not depleting, it can be taken indefinitely to maintain regularity.
4. A vigorous dry brush whole body massage stimulates Kapha.
5. Spicy herbal tea infused with warming spices such as turmeric, dried ginger and black pepper balances the cool, damp qualities of Kapha.
6. Go to bed early and wake up very early in the morning, before sunrise, for more energy. Naps make Kapha more sluggish.
7. Set aside about 30 minutes each day for meditation or reflection.