



7 Tips to Stay Balanced this Winter

Correct imbalances caused by seasonal changes to improve your well-being. Using your good judgment, try one or two tips & see if you notice any changes in how you feel. Talk to your healthcare provider about any health concerns.

- 1. Drink warm beverages throughout the day.** Try inflammation-reducing herbal teas instead of adrenal-whipping caffeinated beverages. Sip on warm to hot water flavored with lemon if desired, first thing in the morning and during the day. An infusion of fresh ginger, cumin seeds, fennel seeds, and a few black peppercorns is warming and stimulating. Steep with water just off the boil for an hour then sip throughout the day. Adjust the ingredients to your taste and tolerance. These are nurturing and healthy choices for you, as opposed to coffee or black tea.
- 2. Turmeric is an herb root known for its anti-inflammatory and immune-boosting effects, perfect for winter.** There are several different turmeric teas available or try Turmeric Golden Milk (see recipes online). Warming spices include cinnamon, cardamom, and cayenne. Favor these in your cooking if your body is asking for a soothing Kapha reducing recipe.
- 3. Cultivate the routine of self-massage with warm herb-infused or fragrant oils.** This will add time to your morning routine but it's so worth it! Many dosha-specific oils are available for purchase. Alternatively, concoct your own massage oil with your favorite essential oils. Use long strokes on the long bones of your arms and legs and circular motions over the joints. Use oil liberally but remember to use a dedicated towel to remove excess. Oils will stain towels and are slippery on tile and tubs. Exercise caution so you don't fall. Use organic oils when possible.
- 4. Warming soups and healthy fats contribute to reducing excess Vata Dosha and are comforting and satiating.** Pass over excess consumption of bread and pasta to avoid wintertime weight gain, a common side-effect of Kapha dosha increase.
- 5. Keep a regular routine every day to balance Vata.** Daily routines should include self-care, time for meditation, yoga or stretches, eating healthy food at regular intervals, early to bed and early to rise.
- 6. Some type of vigorous exercise such as brisk walking for 20 to 30 minutes should be incorporated in your daily routine a few times a week to counter the heavy earthy energy of Kapha.** Aim for obtaining a daily dose of sunshine while you exercise for best results. Be sure to keep warm. Wear a scarf around your neck and tuck in the tails.
- 7. Practice gratitude and grace.** Spend time with people who love you and who will laugh with you. Being around positive people will help you maintain a positive outlook on life and will ward off the winter doldrums.

Be well! Learn more about Ayurveda at [Elements by Beth](#)