



Seasonal Eating & Ayurveda: Aligning with Nature for Wellness

Housekeeping

- **Interactive!**
- **Questions at the end!**
- **There's no silly question...please ask without hesitation.**
- **The information shared today does not replace the advise of a medical practitioner. Please check with your practitioner before introducing any herbs/supplements or protocols if you are taking any medications due to possible drug interactions.**

About Me

Education:

- FNLP, CFNC, RHN (Practicing since 2018)
- Ayurveda Lifestyle Practitioner (10+ years)
- Multiple certifications in functional health (Cardiovascular, Autoimmune, Gastrointestinal, Thyroid/Hashimoto's, Chronic Fatigue, Metabolic health)

Passion :

- Food as medicine
- Ayurveda and Spirituality/Quantum physics
- Integrating Science with Spirituality

My Story :

- Left a banking career
- Personal journey due to gut issues
- Don't plan to retire from work!!

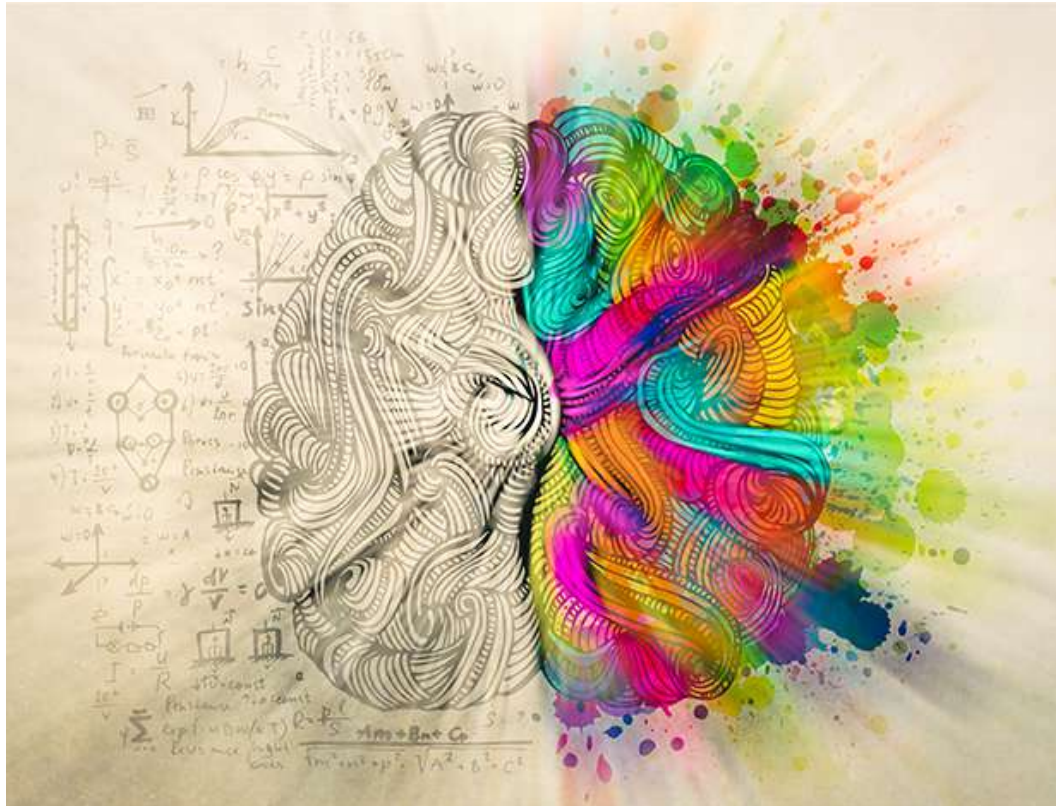


Agenda

- **Understanding Biorhythms of nature and body (Seasons)**
- **Ayurveda & Doshas/Constitutions**
- **Eating Seasonally**
- **Questions**



Art & Science



Ayurveda and Functional Nutrition

Integrating ancient wisdom & modern science

Ayurveda

**5000 years old science/art of
medicine originating in India**

Foundation: Health is a balance
between internal and the external
environment



Ayur+Veda: Age/Life + Knowledge

-Science of longevity

-Wisdom of living well

Ayurveda

**Health is a balance between internal
and the external environment.
(Holistic Approach)**

- **Mind Body Spirit
(Diet/Lifestyle/Emotional/Mental/
Beliefs)**
- **Nature
(Physical/Climate/Temperature
/Seasons/Lunar/Solar)**



Alignment of Biorhythms

Macrocosm and Microcosm

-Everything is connected

-Individual life is impacted by the biorhythms of nature

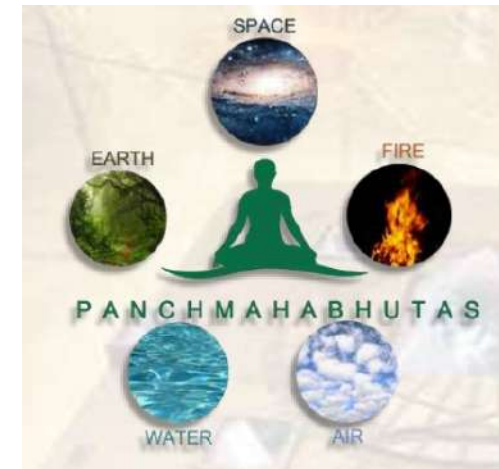
(Health and balance is achieved by being aligned with rhythm of nature)



Ayurveda: 5 Elements/Doshas

Building Blocks of the Universe

- **Earth:** Stability, structure, and nourishment.
(Heavy/Dry/Cold)
- **Water:** Fluidity, moisture, and cooling.
(Heavy/Moist/Cold)
- **Fire:** Transformation, heat, and digestion.
(Light/Dry/Hot)
- **Air:** Movement, lightness, and creativity
(Light/Dry/Cold)
- **Ether (Space):** Expansion, emptiness, and communication.
(Light/Dry/Cold)



(Every thing is made up of the above elements in varying degrees)

5 Elements & 3 Doshas/Constitutions



AYURVEDA
• DOSHA •

Ayurveda: 5 Elements/Doshas

Building Blocks of the Universe

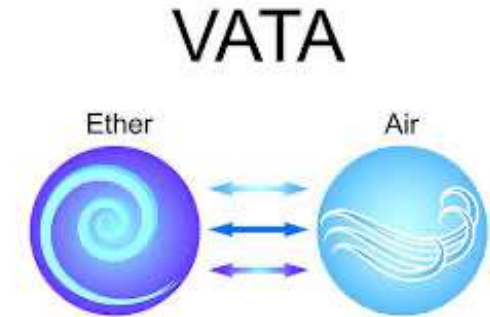
Doshas: Biological energies that govern physical & mental processes in the body.

- Each person has a **unique combination** of the three doshas (Vata, Pitta, and Kapha)
- Your **dominant dosha**(elements) **is your constitution (in excess)**
- **Blue print of health for the individual.** Your dosha dictates your diet/lifestyle choices to be in balance.



Doshas/Constitution: Vata

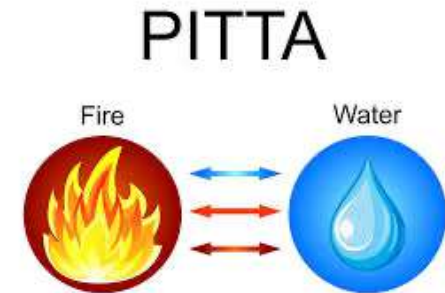
- **Vata (Air + Ether):**
 - **Definition:** Vata is responsible for movement in the body, including circulation, breathing, and the movement of thoughts. It governs all bodily functions related to movement.
 - **Characteristics:** Dry, light, cold, irregular, and energetic.
 - **Season:** Fall and Early Winter.



Doshas/Constitution:Pitta

- **Pitta (Fire + Water):**

- **Definition:** Pitta governs metabolism, digestion, and transformation. It is associated with the body's heat, including body temperature and digestion.
- **Characteristics:** Hot, sharp, intense, and oily.
- **Season:** Summer.



Doshas/Constitution:Pitta

- **Kapha (Earth + Water):**
 - **Definition:** Kapha provides structure, stability, and lubrication. It governs the body's physical structure and fluid balance.
 - **Characteristics:** Heavy, cool, moist, and stable.
 - **Season:** Spring.

kapha dosha



earth



water

6 Tastes in Ayurveda

- **Sweet (Earth+Water)**
 - Grounding, nourishing, calming. Sweet foods are heavy, moist, tend to stabilize & lubricate the body.
 - **Examples:** All grains, lentils, sweet fruits, meats, dairy, and root vegetables.
- **Sour (Fire+Earth)**
 - Stimulating, warming, enhances digestion. Sour foods activate the digestive fire (Agni), increasing bile secretion and improving metabolism.
 - **Examples:** Citrus fruits, fermented foods, yogurt, and vinegar.
- **Salty (Water+Fire)**
 - Hydrating, stimulating, improve digestion. Salt enhances absorption & moistens dry conditions in the body.
 - **Examples:** Sea salt, salted foods, pickles, seafood and miso.

6 Tastes in Ayurveda

- **Bitter (Air + Ether)**
 - Cooling, detoxifying, purifying. Bitter foods help cleanse the body & calm excess heat /fire.
 - **Examples:** Dark leafy greens (like kale, dandelion), bitter melon, turmeric, and unsweetened herbs.
- **Pungent (Fire + Air)**
 - Warming, stimulating, and promotes circulation. Pungent foods increase digestion and help clear congestion or excess mucus.
 - **Examples:** Spicy foods (chilies, mustard, garlic, onions), ginger, and radishes.
- **Astringent (Earth + Air)**
 - Drying, cooling, and soothing. Astringent foods tighten the tissues and help control excess moisture or swelling.
 - **Examples:** Legumes, beans, unripe fruits (like apples, pomegranates), and leafy greens.



The Connection Between the Elements, Doshas, and Tastes

The five elements and doshas influence how we experience the six tastes.

- **Vata** needs grounding and nourishment (sweet, sour, salty).
- **Pitta** requires cooling and soothing (bitter, sweet, astringent).
- **Kapha** benefits from stimulating and lightening (pungent, bitter, astringent).

Seasonal Transitions

Each season has its own unique qualities (cold, dry, hot, damp), and so do our bodies. To maintain balance, we need to adjust our diet, lifestyle, and activities to harmonize with these environmental changes.

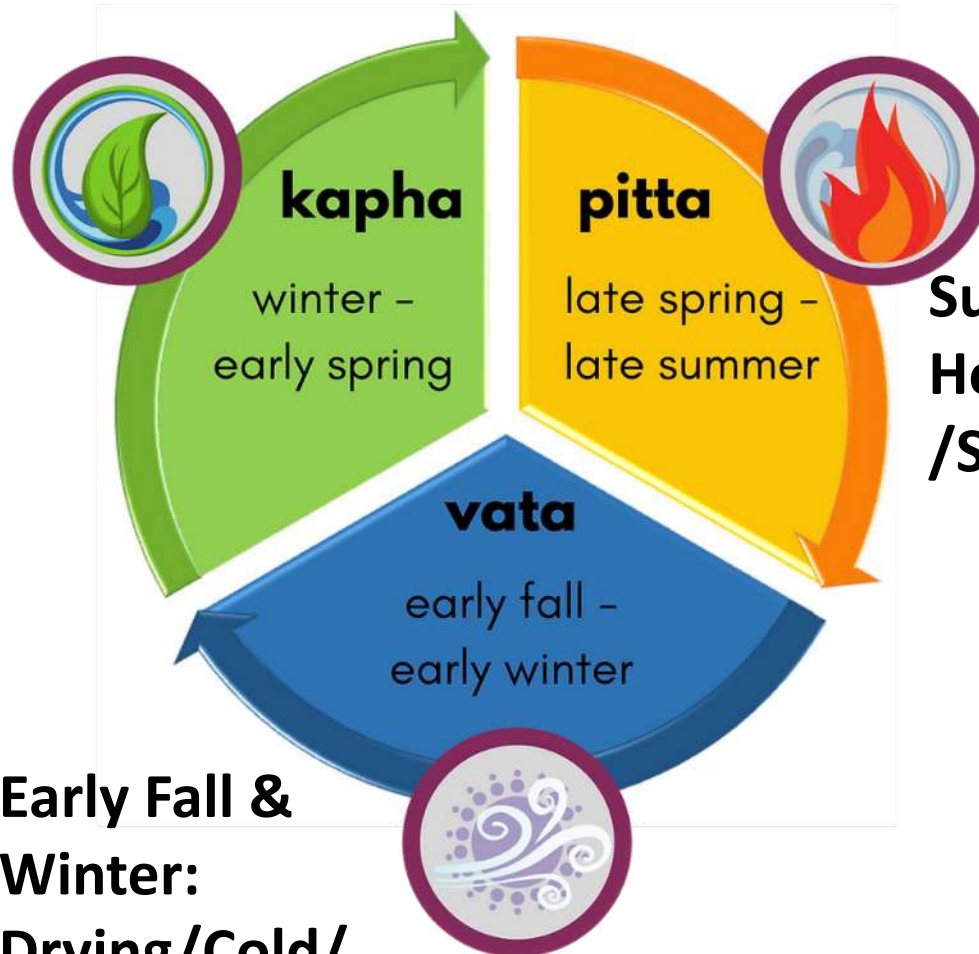
- **Vata season (Fall & Early Winter):** Cold, dry, and windy.
- **Pitta season (Summer):** Hot, intense, and sharp.
- **Kapha season (Spring):** Moist, heavy, and cool.



Doshas & Seasons

Cycle/ Rhythm

**Late winter &
Spring: Heavy/
Cold/Moist**



**Summer:
Hot/Intense
/Sharp**

**Early Fall &
Winter:
Drying/Cold/
Windy**

Seasonal Eating: Vata (Fall/Early Winter)

- **Characteristics:** Dry, cool, and windy.
- **Balance by:**
Warming/Grounding/Moistening foods
- **Tastes to Include:** Sweet, salty, and sour. These tastes help to counterbalance dryness and coldness.
- **Food Suggestions:** Root vegetables, warming soups, stews, and warm drinks.

(What does nature give you at this time?)



Seasonal Eating: Pitta(Summer)

- **Characteristics:** Hot, intense, and sharp.
- **Balance by:** Cooling/Hydrating foods
- **Tastes to Include:** Bitter, sweet, and astringent. These tastes help to cool down and calm the intense heat.
- **Food Suggestions:** Leafy greens, cucumbers, sweet fruits, cooling drinks.

What does nature produce at this time?



Seasonal Eating: Kapha(Spring)

- **Characteristics:** Moist, heavy, and cool.
- **Balance by:** Warming, light, drying foods
- **Tastes to Include:** Pungent, bitter, and astringent. These tastes help to reduce excess moisture and heaviness.
- **Food Suggestions:** Light grains, leafy greens, sprouts, letils, spicy foods, fermented foods.



What does nature produce at this time?

Seasonal Eating

- Listen to your body's needs as the season changes
- Focus on eating local, fresh, and seasonal foods
- Adjust cooking methods and food choices to align with the season's energy (e.g., cooking foods in the colder months vs. eating raw foods the warmer months)



**Suggested Reference: The 3- Season Diet
by John Douillard**

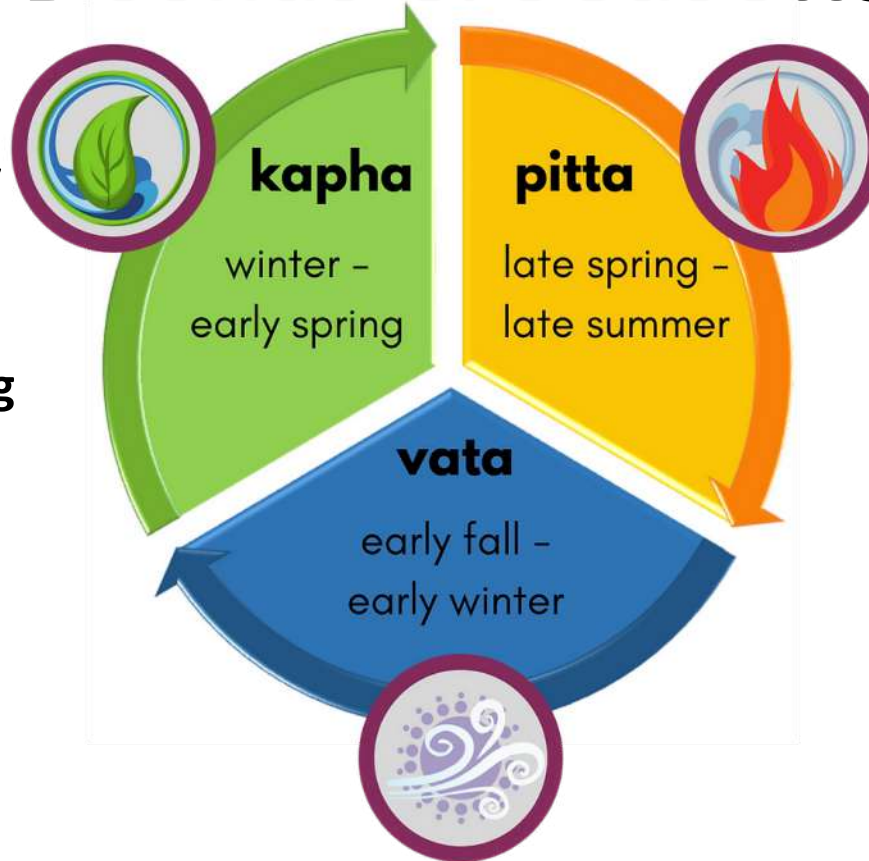
Conclusion

- **Nature is dynamic and so are we!**
- **The intelligence that governs our body and life is the same that exists in nature...**
- **The more aligned we are with nature, the more we are in harmony and balance...**



Doshas & Seasons

**Late winter &
Spring: Heavy/Cold/
Moist**
Eat more of
warming/light/drying
foods
Bitter/Pungent/
Astringent tastes
(Greens/Sprouts/
Spicy foods
/Fermented foods
/Less fats/more
proteins and carbs)



Summer: Hot/Dry
Eat more of cooling
foods

Sweet/Bitter/Astringent
(Fruits/Greens/High
water content
produce/cooling
drinks/celery/cucum
bers etc.) More
carbs, less fats.)

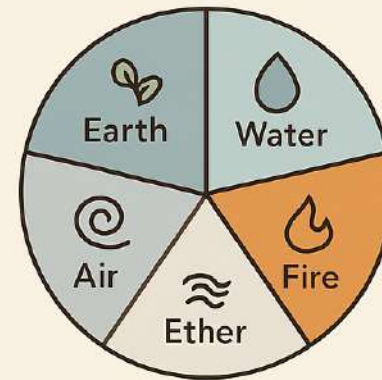
Early Fall & Winter:
Drying/Cold/Windy
Eat more of
warming/grounding/mo
istening foods

Sweet/Sour/Salty tastes (Root
vegetables, warming
stews/soups/warming drinks/
more meats/high fats &
proteins/starchy carbs)

Elements/Doshas/Tastes/Seasons

Seasonal Eating in Ayurveda

Ayurveda is an ancient system of natural healing that focuses on balancing the body with the biorhythms of nature.



The 6 Tastes

● Sweet	Nourishing	Earth + Water
● Sour	Stimulating	Fire + Earth
● Salty	Hydrating	Water + Fire
● Bitter	Cooling	Air + Ether
● Pungent	Warming	Fire + Air
● Astringent	Drying	Earth + Air

The Three Doshas

Vata
Fall a
Early Winter

Sweet,
Salty
Sour

Pitta
Summer

Bitter,
Sweet,
Astringent

Kapha
Spring

Pungent,
Bitter,
Astringent



Questions?

www.livingwellwithgeeta.com

Email: Connect@livingwellwithgeeta.com

For Personal Consults:

Book a 30-minute complimentary info session with me on

www.livingwellwithgeeta.com

Or email me at

connect@livingwellwithgeeta.com

Geeta Sethi

***Functional Nutrition Counsellor,
Ayurveda Lifestyle Consultant
FNLP, RHN***

Living Well With Geeta

www.livingwellwithgeeta.com

connect@livingwellwithgeeta.com

Ph: 7783169545

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