My dosha ; predominantly kepha

According to the quiz I took, I am predominantly kepha. It means that I am prone to easy weight loss and gain. And that my body is strong when in balance. My body frame is large, and I keep my eye on it because it is easy to gain weight with out much effort. Especially if I am not working out or if I am not active with house chores or studies.

I can adapt easily with new environment, but it takes me some time to integrate it with me. It is like I understand why it is there, but I am not quick enough to try it myself.

I do not get angry easily by someone’s action or if something happens to me. Instead, I manage to understand the situation from the other side and be as positive as I can because I cannot change what has already happened and focus on stopping this disappointment from happening again.

By taking this quiz I understood that because of my large frame I must keep my eyes on my weight because I can easily lose and gain weight. And if I exercise often, I have immunity. I also understood those ties that I feel bad are those which I did not keep being active. For example, the times that I get sluggish digestion, when I have trouble in waking up, when I have food cravings, or when I gain weight easily; these are all indicators that I am out of balance. I should notice these changes and incorporate exercise to my lifestyle.