

## Kapha



## Kapha (water & earth)

The three dominant qualities of Kapha are heavy, cold and oily. Kapha dominant individuals have a large build with full, soft features. They are relaxed, patient and conservative. Kapha individuals have stable and regular digestion, but can be prone to emotional or "boredom" eating.

When Kapha is out of balance it can cause attachment, lethargy, depression and congestion.

Kapha is balanced by energizing, mobilizing and stimulating means.

## How Can Ayurveda Benefit Me?

- To bring us back into balance is to find health and happiness. Doshic balance can be maintained through our daily routines and rituals. Ayurveda can be used in conjunction with western medicine for anyone who is interested in finding balance using natural remedies, honoring our original one-of-a-kind nature.