Write about what you’ve discovered about yourself. (Do not just cut and paste from the website). Does this information help you understand others better? Are you a combination of Doshas? Did you find any useful tips on creating balance for your mind/body type? (300 to 400 words)

I’m a PITTA person who have each 29% VATA and KAPHA. My dosha is an Ayurvedic mental-physical element associated with fire and water.

My body form: fire + water = 42%; air + space = 29%; water + earth = 29%.

So, I guess VATA elements from Mother, KAPHA elements from Father. After all shapes me likely PITTA.

In Balance: I like to be a perfect, intelligent, sleep well and inner peace.

Unbalance: Last few years I’ve been interrupted sleep, loose bowel movements, and overheated, excess stomach acid. My digestion system unbalanced. That why I can’t eat no more than 1 or 2 slices of loaf, whole grain products, and heavy meals.

How PITTA balance makes me a perfect?

The basic principle of Ayurveda is "grow as I wish" and vice versa.

If my dosha can be replaced, my Pitta dosha should be hot, sharp, and oily, which helps to cool and soothe anything.

So, I need to restore Pitta's balance. So, swim, go for a walk in nature, spend time with my community and family. Fiery and energetic Pitta will help make my life more fun!

Pitta people work long hours and expect a lot from themselves and others. I can still be a perfectionist and have fun along the way.

There are other easy ways to soothe Pitta Dosha.

Keep a Pitta-dosha balancing diet and try to eat cool, heavy, dry, sweet, bitter, and thick foods. Avoid or reduce the consumption of hot, sour, salty and spicy foods.

Stay awake. Avoid hot food, spicy foods.

Avoid overwork and try to balance your daily routine.

Enjoy the free time every day.

Eat a satisfying meal three times a day at about the same time each day.

Most of the day's meals should be done at noon when the digestive tract fire is most intense.

Every day, before taking a bath, massage myself with warm oil, apply ointment such as coconut.

Meditation reduces stress. For example, the Transcendental Meditation program has been shown to be a very effective way to relieve mental, emotional, and physical stress.

So, I must work on my sleep and nutrition of 4 magic formula!