

<b>The following foods help to calm the nervous system or ‘Vata’. They can be eaten liberally.</b>	
<b>Grains</b>	White and brown <i>basamati</i> rice Wheat Barley Amaranth Oats Quinoa
<b>Legumes</b>	Mung beans Aduki beans Split yellow pea Split red pea Urad <i>dal</i> . <i>All these should be cooked to a soft consistency.</i>
<b>Fruits</b>	<i>Sweet and sour tastes like;</i> Grapes Lemons Pears Bananas Sweet oranges Dates Figs Apples (preferably cooked) Avocados Berries (strawberry, blueberry, gooseberry, raspberry etc) Raisins (small amount)
<b>Vegetables</b>	<i>Sweet vegetables like;</i> Sweet potato Sweet corn Zucchini Beetroot Cauliflower Leeks Carrots Asparagus Coriander (cilantro) Fennel Garlic Green beans Green chillies Okra Parsnips

	Pumpkins Radishes (preferably cooked)
<b>The following foods help to calm the nervous system or 'Vata'. They can be eaten liberally.</b>	
<b>Spices</b>	<i>Avoid using hot pungent, drying spices.</i> <i>Use fresh spices like;</i> Ginger root Coriander (cilantro) Cumin Coriander seeds Fennel seeds Turmeric Asafoetida (hing) available from Indian shops
<b>Dairy</b>	Fresh, whole milk (unhomogenized) Ghee (purified butter) Butter in small amounts
<b>Meats</b>	<i>White meat like;</i> Chicken Fish Turkey (baked or grilled) Chicken broth
<b>Nuts</b>	<i>A small amount of;</i> Almonds Pecans Sesame seeds
<b>Oils</b>	Ghee (purified butter) Sesame (small amounts) Olive (small amounts)
<b>Summary</b> Have these tastes	Salty (helps the body build tissue, adrenals use a lot of salts to cope with stress) Sour Sweet e.g. carrot, sweet potato, sweet corn, fruit
<b>Summary</b> Have these food qualities	Warming foods Slightly oily Slightly heavy foods

<b>Foods that aggravate a 'Vata' condition adding to stress</b>	
Fruit	Durian
Vegetables	Lettuce Cabbage Cauliflower Broccoli Sprouts Salads Green leafy vegetables Brussel sprouts Bitter vegetables Hollow vegetables with tiny seeds (except for peppers) Potato Eggplant Rhubarb Tomato
Cold drinks	Avoid taking iced drinks frequently. Drink water at room temperature or warmer Drink 3 cups of hot (filtered) water 3 times a day
Cold food	No cold foods out of the fridge Tofu
Raw foods	Lettuce (all types) Raw carrot Cucumber Tomato
Avoid all dry, rough, stale foods	Biscuits Crackers Bread older than 1 day Toast
Avoid anything light, airy or dried	Crisps Toast Crackers
Dried foods	Dried beans Dry compact legumes e.g. split peas, mung beans
<b>Summary</b> Avoid these tastes	Pungent (strong odour e.g. brussel sprouts, garlic, tarragon) Bitter (lettuce, bok choy, celery) Astringent (shrinking e.g. lettuce, cucumber, celery, potato)
<b>Summary</b> Avoid these food qualities	Light (need more substantial nurturing foods) Cold (tofu, salads, coconut) Dry (all meals need to be slightly oily, helps the skin)

<b>VATA lifestyle factors to avoid or minimise whenever possible.</b>
Being under stress and reacting to stress with anxiety.
Physical exhaustion. Excessive exercising. Marathons.
Mental strain, overwork, intense studying, exams.
Avoid excessive addictive patterns e.g. smoking, drinking alcohol, recreational drugs etc
Sudden change in life circumstances affects Vata (e.g. death of someone close, separation, divorce, changing jobs or moving house.)
Suffering emotionally from fear, fright and anxiety.
Changes in seasons.
Cold, dry, windy weather (Autumn/winter)
Lack of sleep. Going to bed late regularly.
Travelling long distances regularly i.e. flying, long car, bus and train journeys.
Stringent diets e.g. vegan and salicylate diets for long periods of time.
Fasting
Habitually skipping meals.

If you are diagnosed as having a ‘Vata’ problem then your nervous system has been under stress for too long. You will have one or more of the following symptoms;	
<b>Digestion</b> Especially when stressed	Bloating Wind, flatulence Gurgling Constipation (alternates with diarrhoea)
<b>Mental or emotional symptoms</b> When stressed	Often anxious or worried Sensitive Over reactive Changeable moods Phobias Depression (reactive)
<b>Sleep</b> Especially when stressed	Poor sleep Anxious or fearful dreams Waking during the night Difficulty getting back to sleep Light sleep
<b>Females</b>	Menstrual disorders, Infertility
<b>Miscellaneous</b>	Lower back pain not caused by injury Weight loss
<b>Headaches</b>	Tension and Stress headaches Headaches that move around the head Changeable in intensity or position of headache