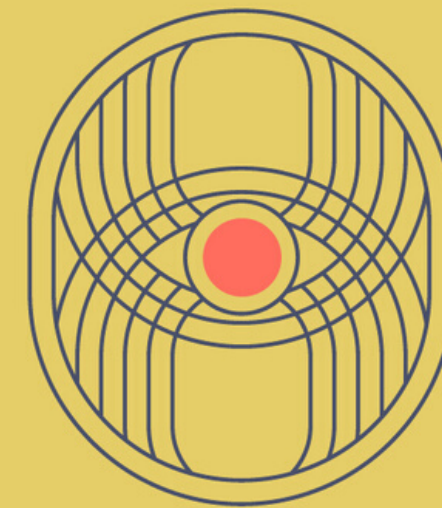


# Intuitive Eating



COURTNEY  
LACAVA

AYURVEDIC PRACTITIONER + HEALTH COACH

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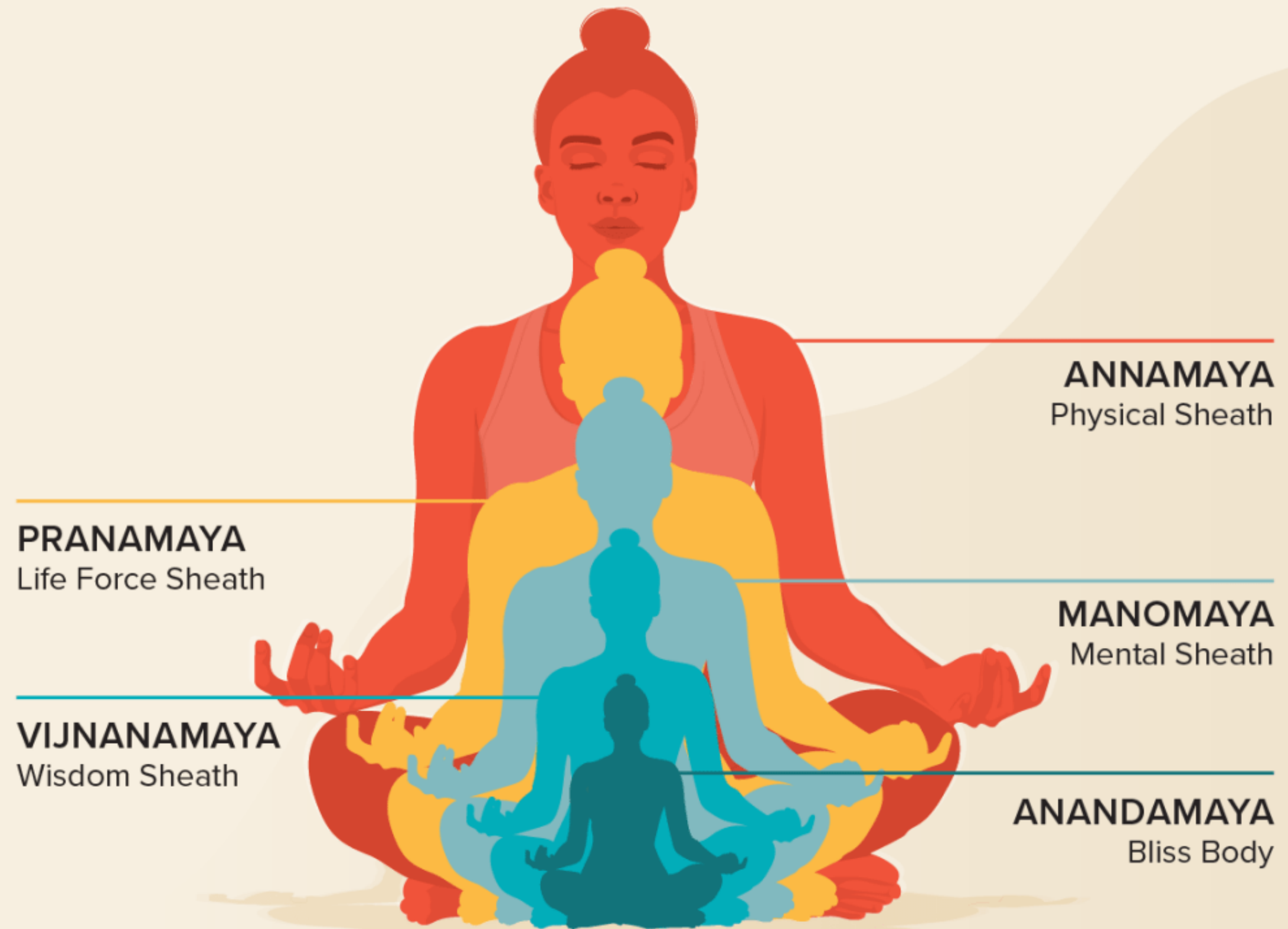
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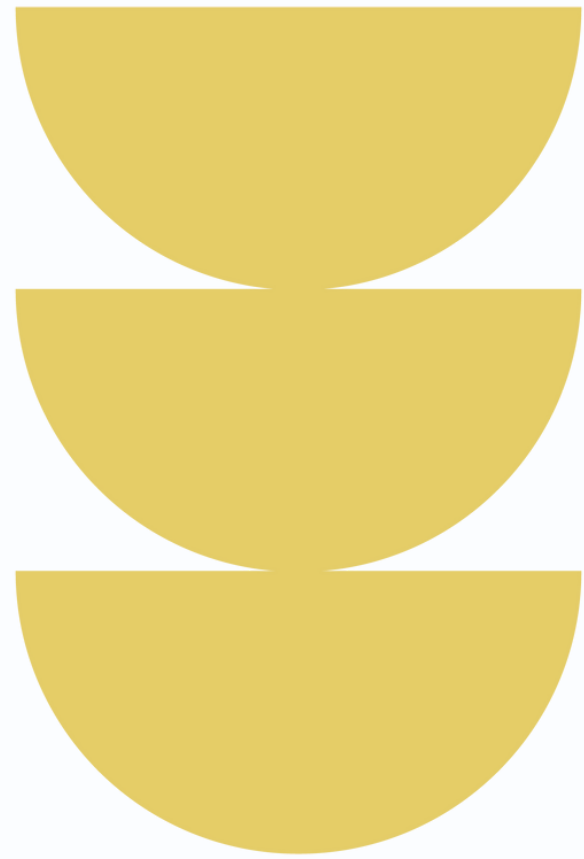
# Intuition + The 5 Koshas

Source:

<https://www.healthline.com/health/mental-health/koshas#5-koshas>

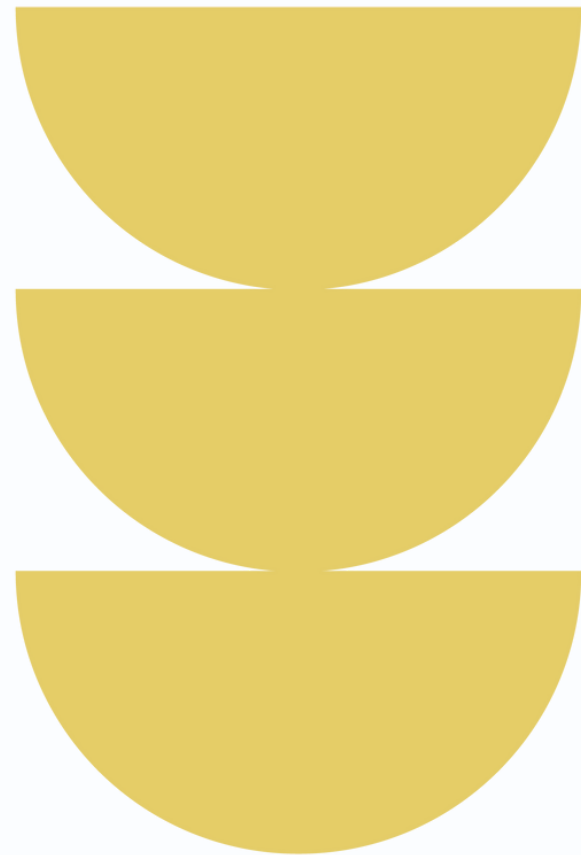
## THE 5 KOSHAS





# Exercise: 5 Koshas Inquiry

# Rhythm



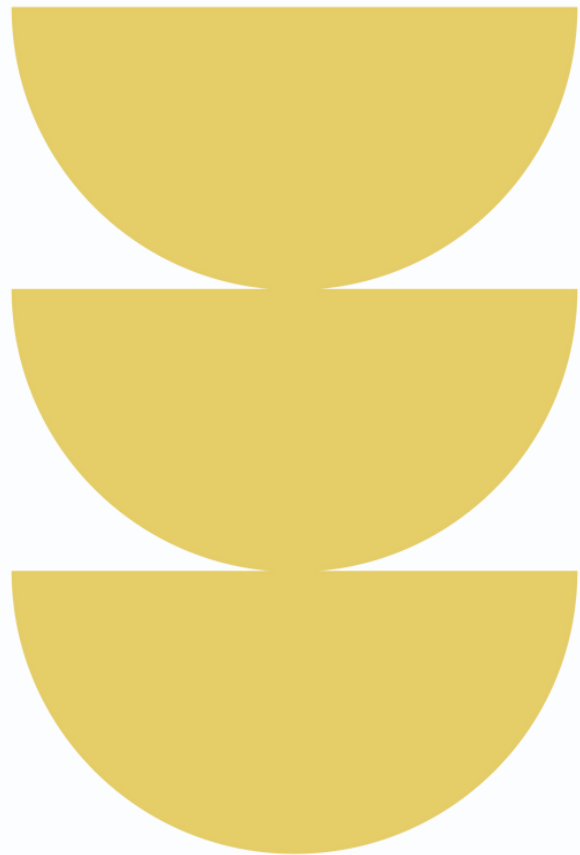
- What is it?
- Why is it important for intuitive eating?
  - Nature is rhythm - circadian, seasonal, moon (menstrual cycles)
  - We don't understand intuitively what to eat it's because we are out of rhythm with nature.

# Qualities/Elements/Doshas

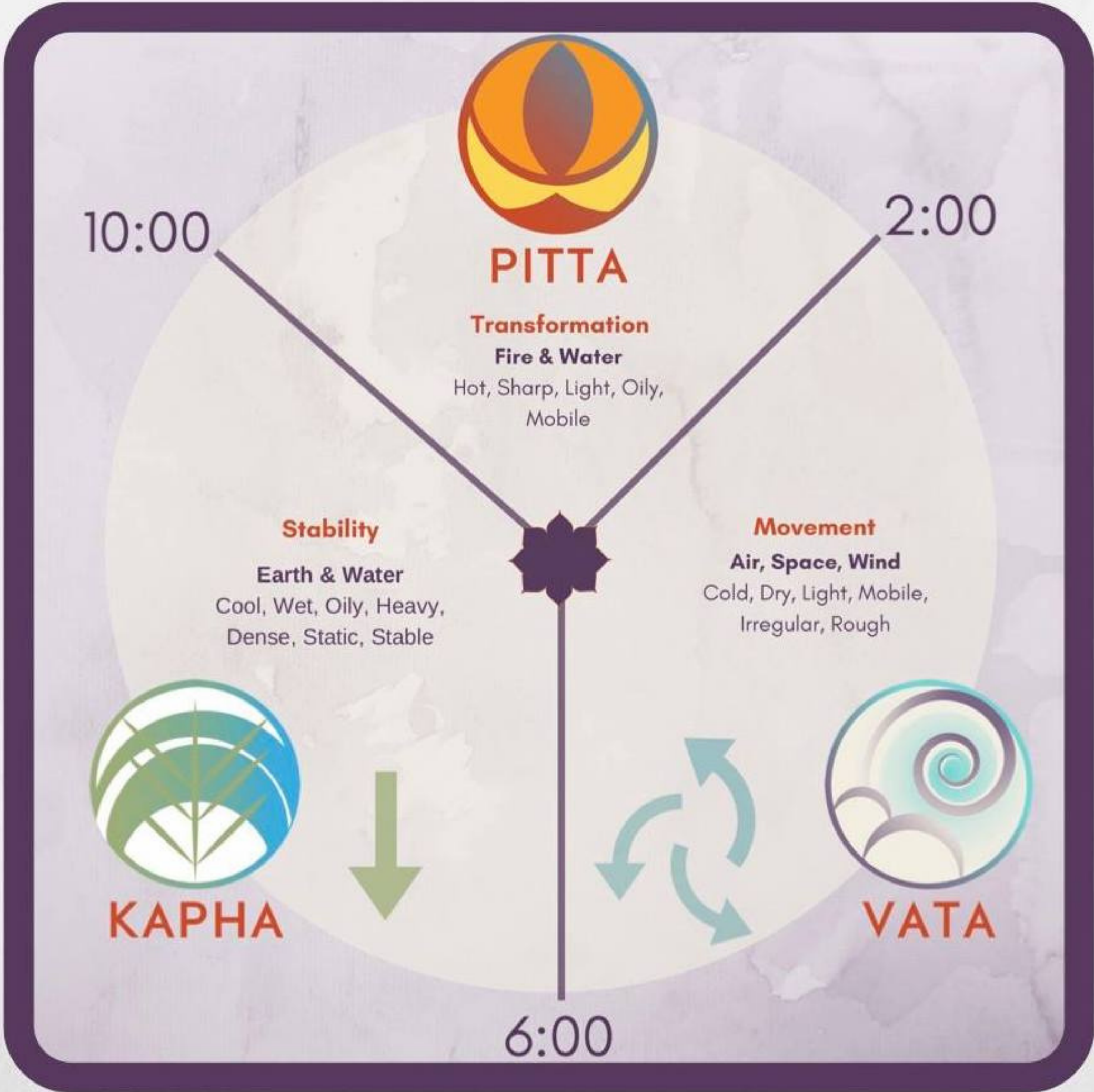
<b>5 Elements</b>	<b>ETHER</b>	<b>AIR</b>	<b>FIRE</b>	<b>WATER</b>	<b>EARTH</b>
Qualities:	space/connection	movement	light/heat/ transformation	lubrication	solidity/stability
HEAVY/LIGHT	Light	Light	Light	Heavy	Heavy
COLD/HOT	Cold	Cold	Hot	Cold	Cold
MOIST/DRY	Dry	Dry	Dry	Moist	Dry
SOFT/HARD	+/- both	Hard	Hard	Soft	Hard
MOBILE/STABLE	+/- both	Mobile	Mobile	Stable	Stable
<b>DOSHAS</b>	<b>VATA</b>		<b>PITTA</b>		<b>KAPHA</b>
	Light		Light		Heavy
	Cold		Hot		Cold
	Dry		Slightly Moist		Moist
	Hard		Soft		Soft
	Mobile		Mobile		Stable

# Principle of Balance

- Like increases like, opposites balance



# The Dosha Clock



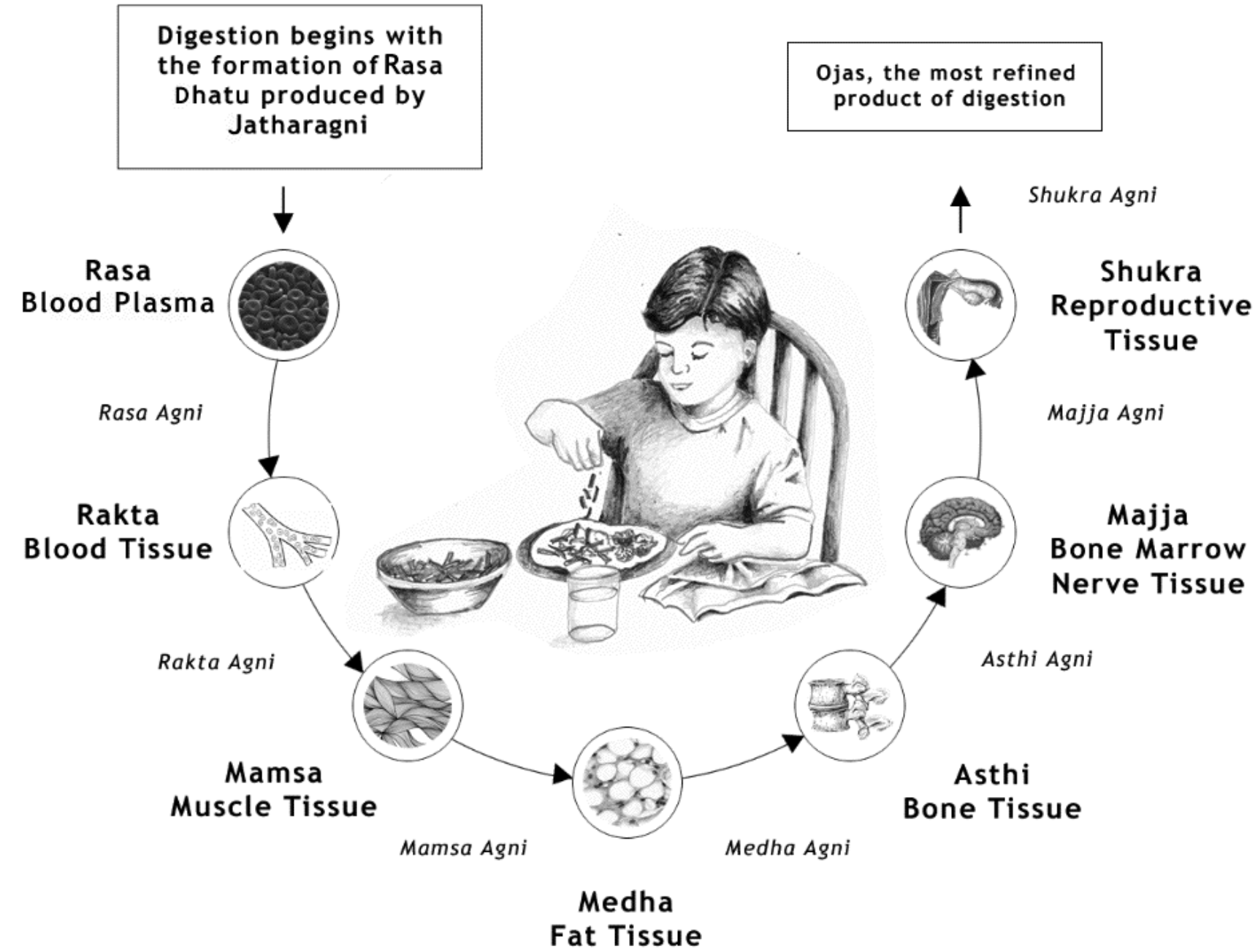


# Agni: Digestive Fire

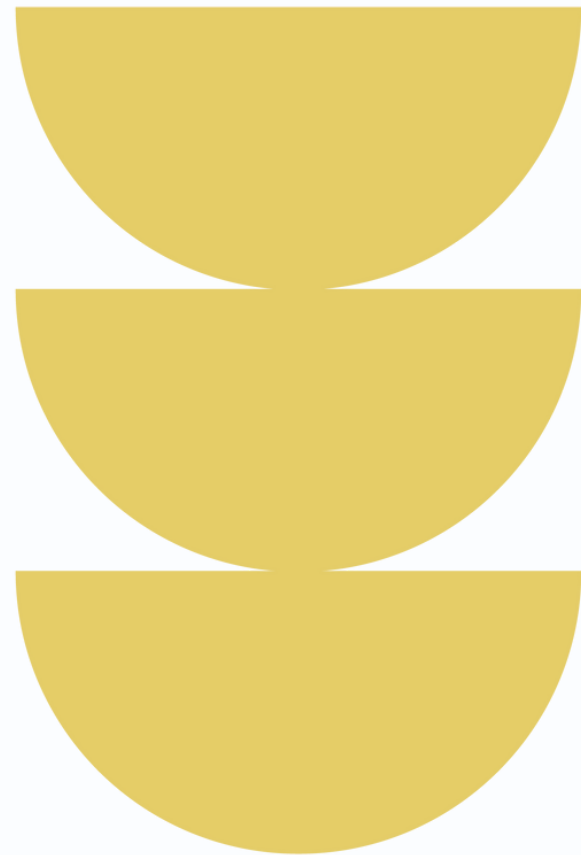
- Governed by the fire element
- Agni breaks down food so that it can be used to as the building blocks of all the tissues in the body
- Appetite = agni working
- We need space and rhythm (consistency) for agni to do it's job = eating at regular times, space between meals (no snacking)



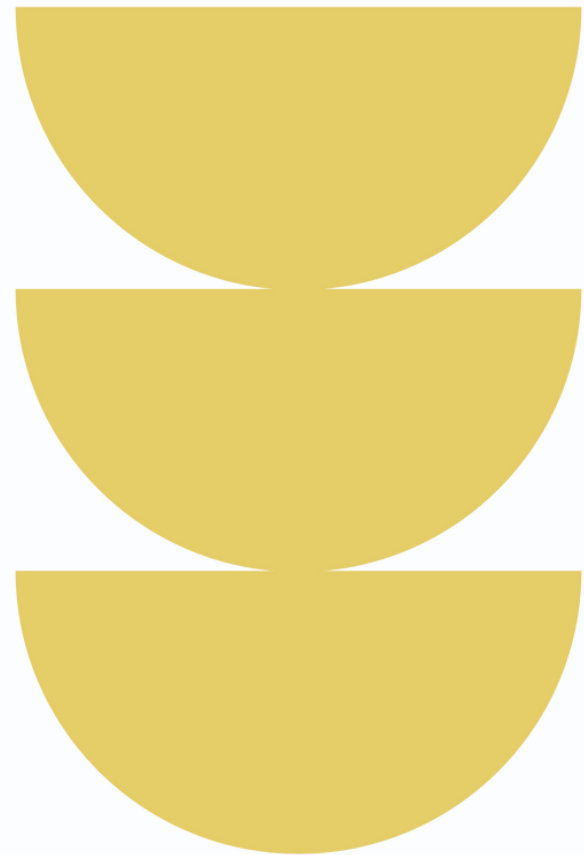
# The Digestive Process



# Ama: Metabolic Waste

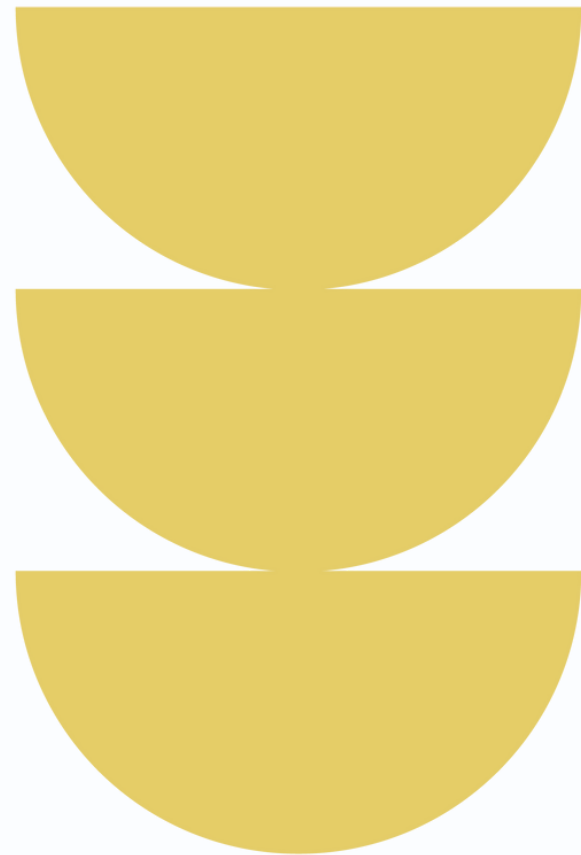


- The body will try so hard to use agni to break down whatever it can't digest, and hold it in the digestive system
- Eventually, if the pattern continues, the toxicity will be released into the circulatory system and will spread throughout the body.



# Ama: Metabolic Waste

- Ama = undigested food or emotions
- Biproduct of imbalanced agni and/or poor eating habits
- Ama coats the cells of the body and inhibits their proper functioning



# Ama: Metabolic Waste

- Our body naturally craves what will keep it at its status quo.
  - If we start our healthy, the body will crave healthy
  - If our starting point is unhealthy, we can't trust our cravings

# How Ama Accumulates

- Undigested food leads to ama.
- Fairly easy to eliminate from the digestive tract. Once it overflows into deeper tissues, it becomes more difficult to clear.
- If the root cause ama isn't resolved, it moves from digestive tract through the bloodstream, affecting the mood with negative emotions.
- Moves with oxygenated blood to feed other cells, ama blocks the flow of the life force throughout the body.
- Ama is the opposite of conscious vitality. It contributes to repressed emotions and eventually to mental confusion.

# 6 Stages of Disease

## 1) Accumulation

(Sanchaya)

The dosha begins to accumulate in its own site.



## 2) Provocation

(Prakopa)

It then begins to "rise" in its own container.



## 3) Spread

(Prasara)

Leaving its site, it then spreads via general circulation.



## 4) Deposition or Localization

(Sthāna Samsraya)

Moving to a spot with some weakness, it deposits there.



Healthy Tissue

## 5) Manifestation

(Vyakti)

The dosha manifests with pathological changes in the tissues, producing cardinal signs and symptoms.



Unhealthy Tissue

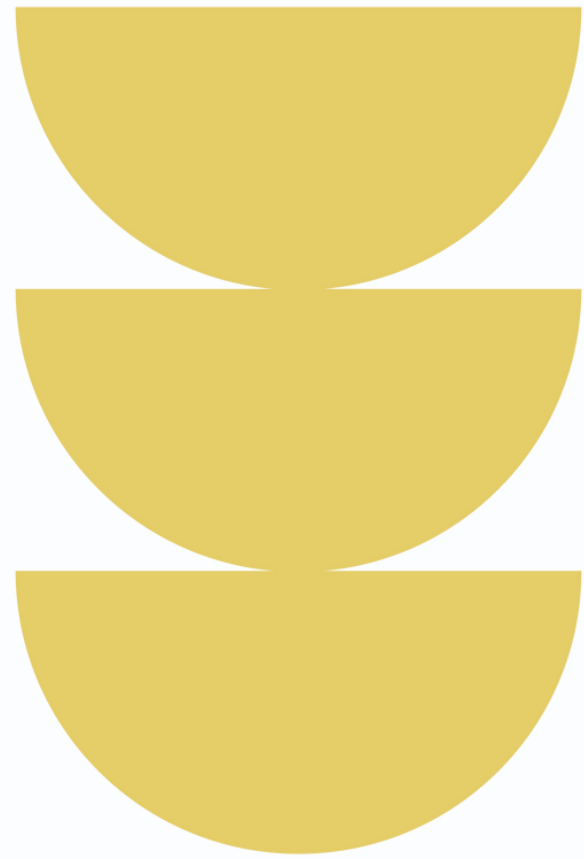
## 6) Differentiation or Destruction

(Bheda)

In the final stage, the disease has fully manifested with structural changes.



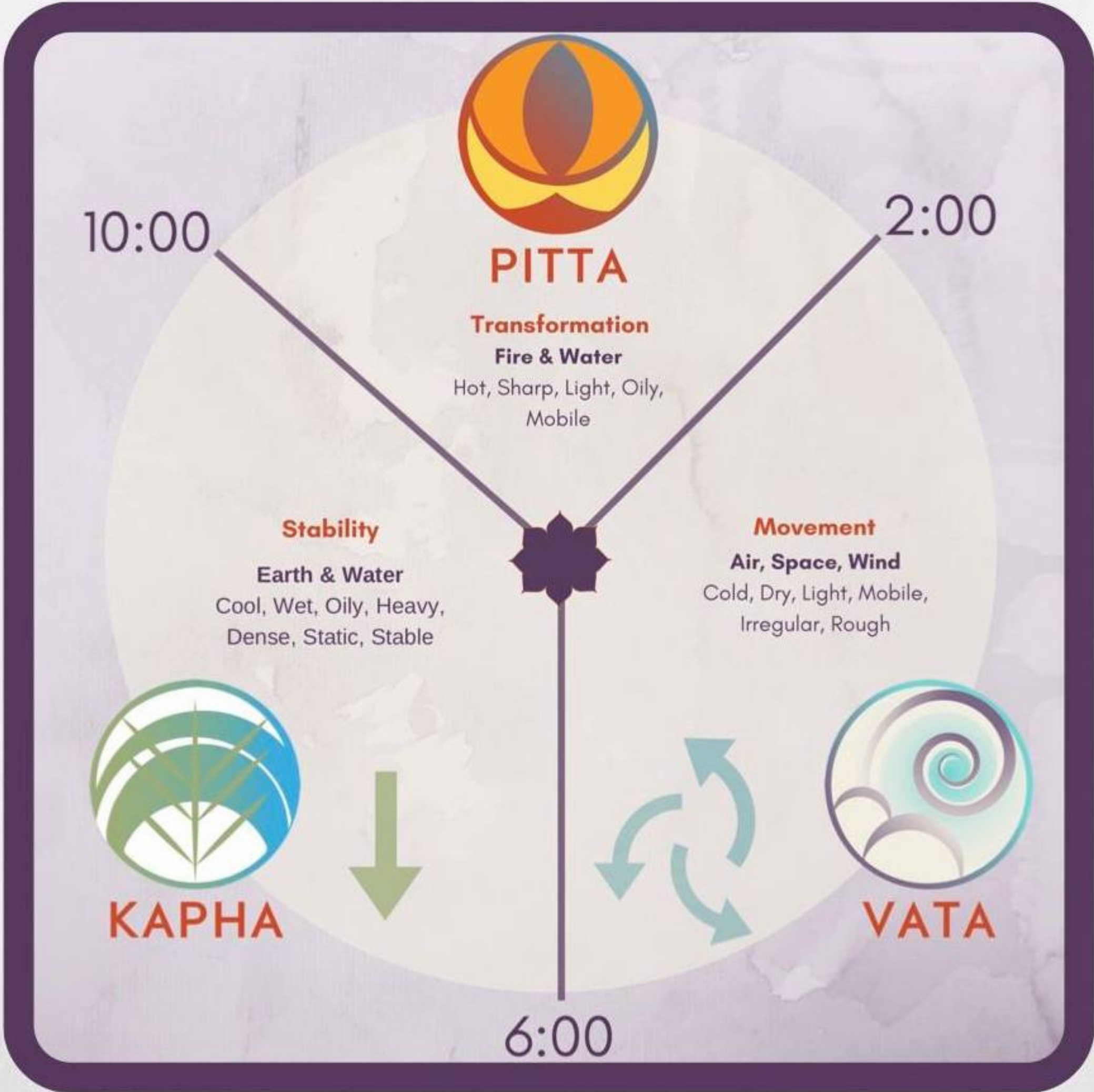
# HABITS FOR INTUITIVE EATING



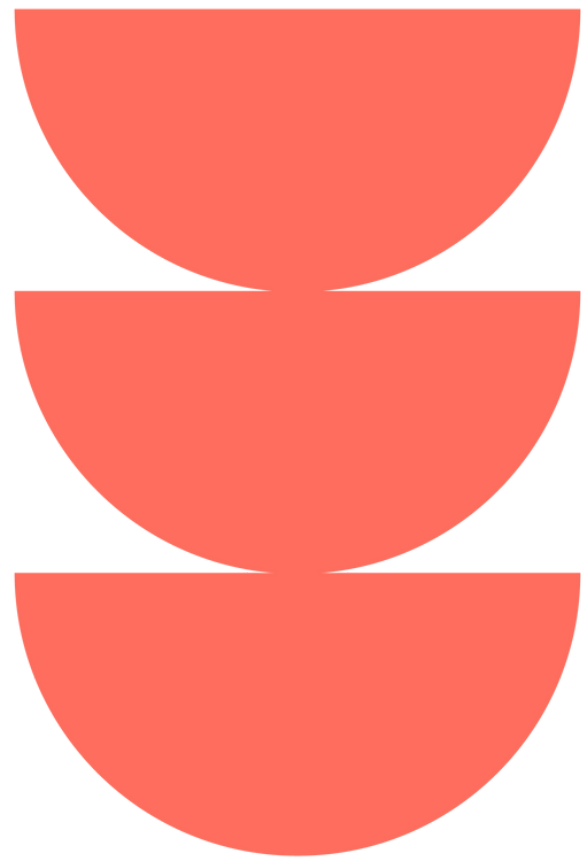
# 1. When You Eat



# The Dosha Clock

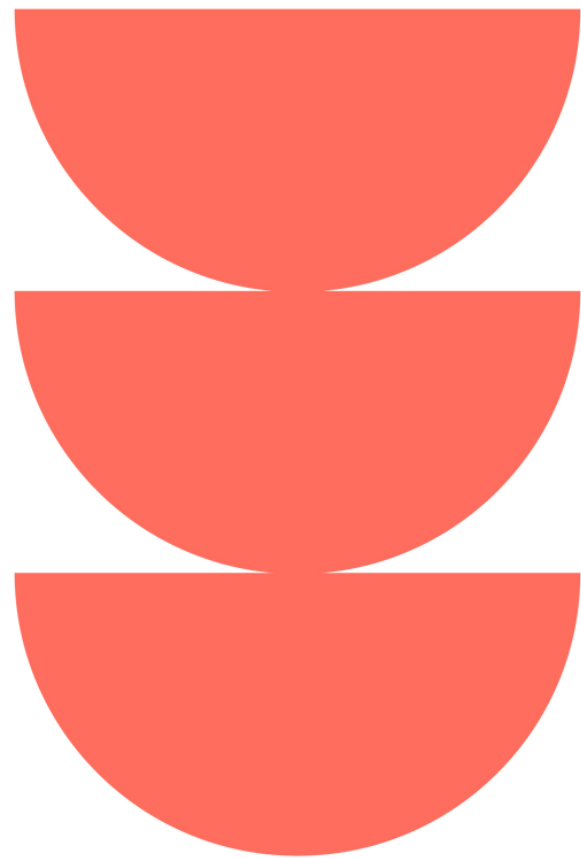


# Mealtimes

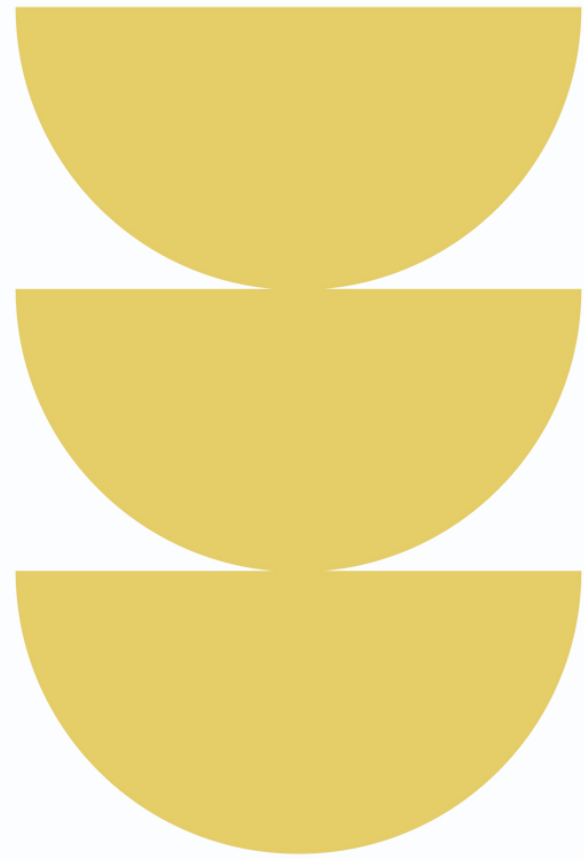


- Eat a lighter, plant-based dinner no later than 7pm.
- Eat lunch as your largest meal. It should contain the majority of your fats and proteins.
- Eat 2-3 meals per day, depending on age and constitution
- No snacking.

# Mealtimes (cont.)

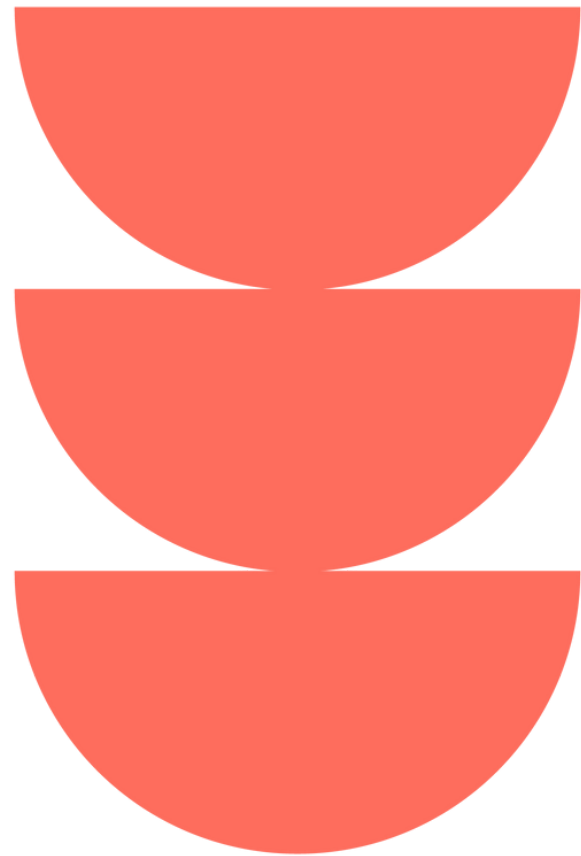


- Leave at least 3 hours between meals. 4-6 hours is ideal.
- Get on schedule.** When we eat meals around the same time daily our digestive fire (agni) rises to the occasion. Agni shows up as digestive enzymes, bile, and hydrochloric acid. Your body has a better chance at absorbing the nutrients in your food when you eat at the same time daily.



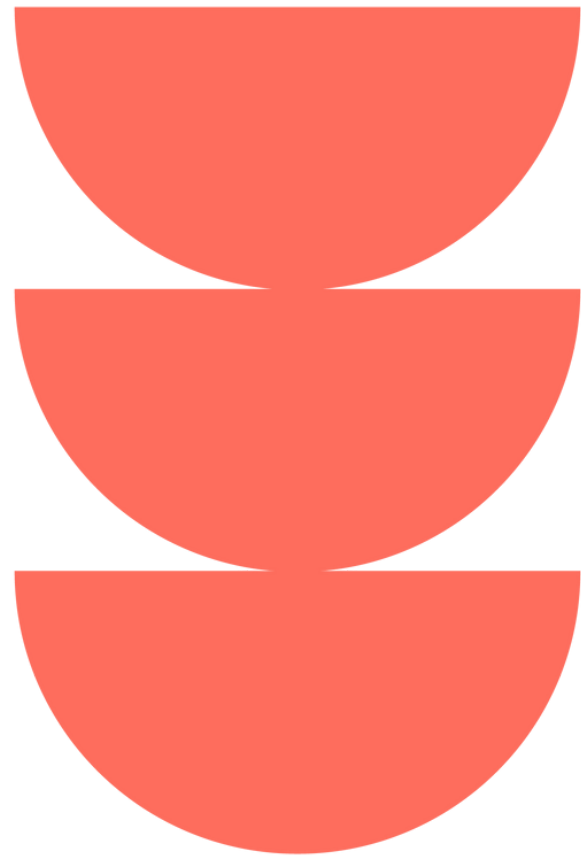
## 2. How You Eat

# Healthier Eating Guidelines

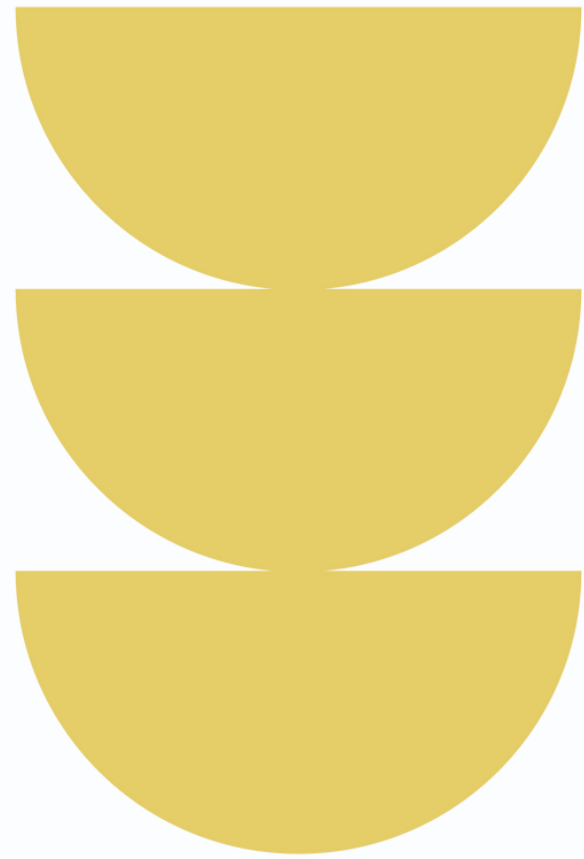


- Prepare your own food.
- Shop or harvest from your body. Be an animal when you go into the store. What does your animal-body want? Notice color, smell, prana or energy.
- Begin meals with grace or by simply taking 3-5 slow breaths with eyes closed. This prepares the body to receive the food.
- Eat in a calm environment without distraction.

# Healthier Eating Guidelines (cont.)

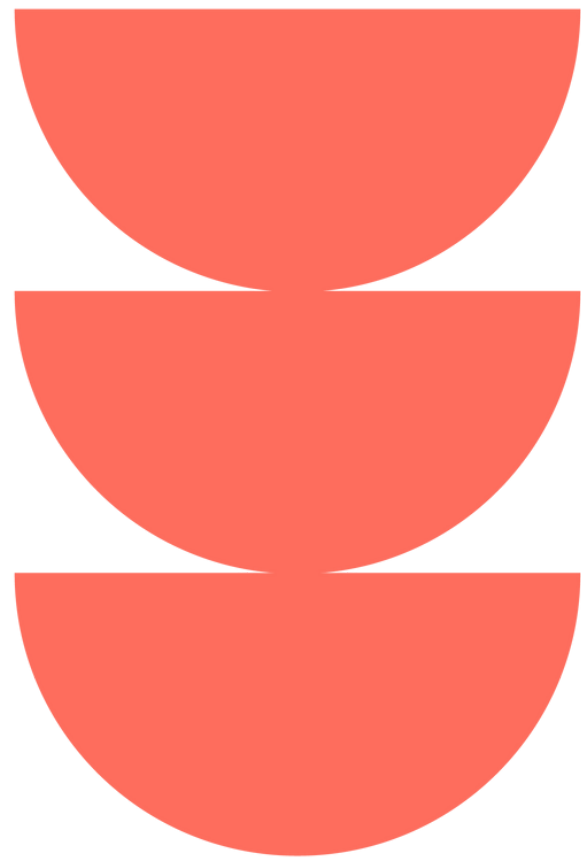


- Eat at a moderate pace and until you are 75% full.
- Avoid cold and iced drinks. Take all water and drinks at room temperature or warm. Cold drinks destroy the digestive fire and decrease digestion. This is true not only at mealtime, but also throughout the day.



### 3. What You Eat

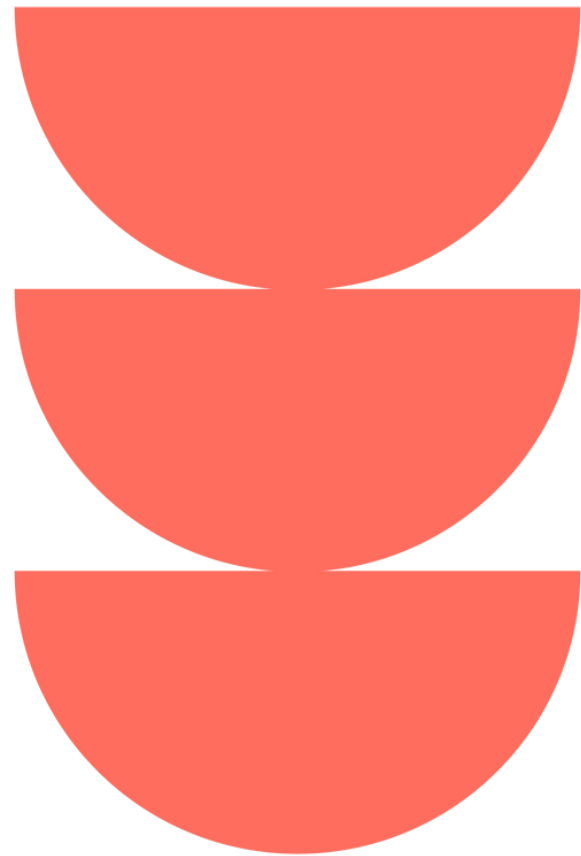
# Seasonal, Local Eating



- What's seasonal to my area?
- 3 Seasons
  - Vata Season (late fall, early winter): cold, dry, light
  - Pitta Season (summer, early fall): hot
  - Kapha Season (later winter, spring): cool, damp, heavy
- Like increases like, opposites balance

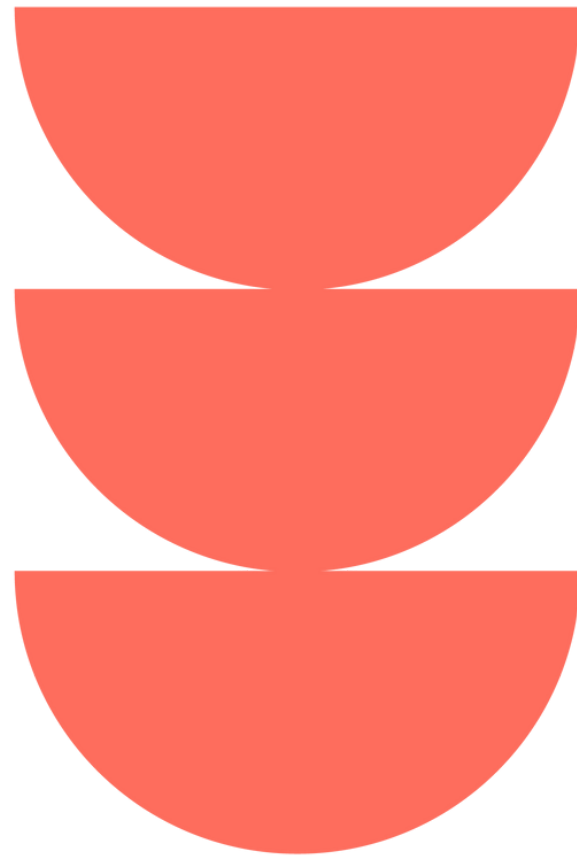


# Vata Season (late fall, early winter)



- Favor warm, moist, slightly oily, building foods
  - Root veggies
  - Cooked greens - kale, swiss chard, sea veggies
  - Warm spices - cinnamon, ginger, cumin, fennel, salt
  - Warm spiced cow's, almond or goat milk
  - Seeds and nuts, nut butters
  - Coconut, sesame oil; ghee
  - Moist grains - wheat, brown rice, oats cooked with extra water
  - Sweet, heavy fruits - bananas, mangoes, apples, pears
  - Proteins from small legumes, tofu, eggs, most meats
  - Unrefined sweeteners - maple syrup, raw honey, molasses

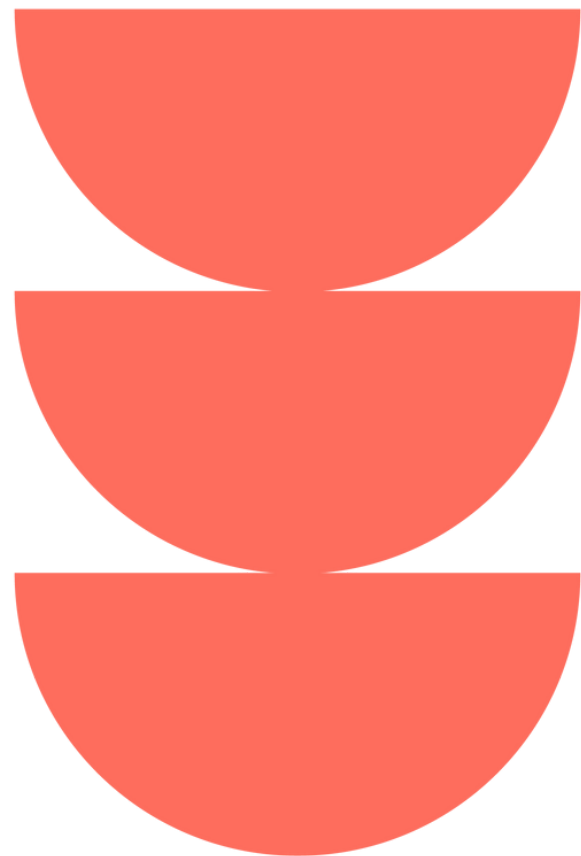
# Vata Season (late fall, early winter)



## Reduce

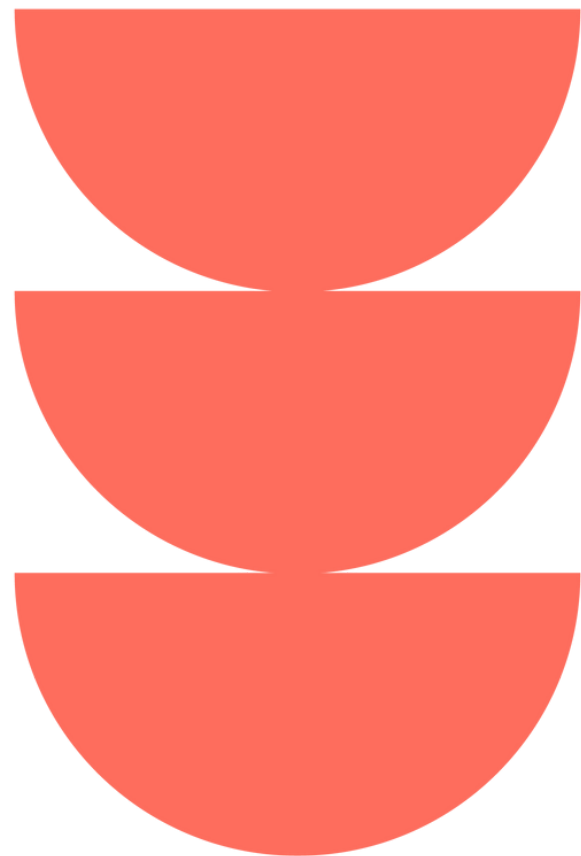
- Dry foods, ie. chips and crackers
- Coffee and other forms of caffeine
- Carbonated drinks
- Large beans - cannellini, kidney, pinto
- Raw foods
- Cold foods, especially dairy products
- Fruits and veggies out of season

# Pitta Season (summer, early fall)



- Favor cooling, calming, slightly dry foods
  - Bitter, astringent veggies, such as zucchini, broccoli, leafy greens, celery, green beans, fennel root
  - Sweet, not sour, dairy products, such as milk and ghee
  - Light, neutral grains, such as quinoa, white basmati rice, and barley
  - Sweet neutral fruits, such as grapes, pomegranates, stone fruits, melons and limes
  - Cool and light proteins, such as mung beans, tofu, and (for non-vegetarians) lean, white meats and fish
  - Coconuts and coconut products
  - Cooling spices and herbs, such as fennel seed, coriander, cilantro, cardamom, mint and turmeric; aloe juice

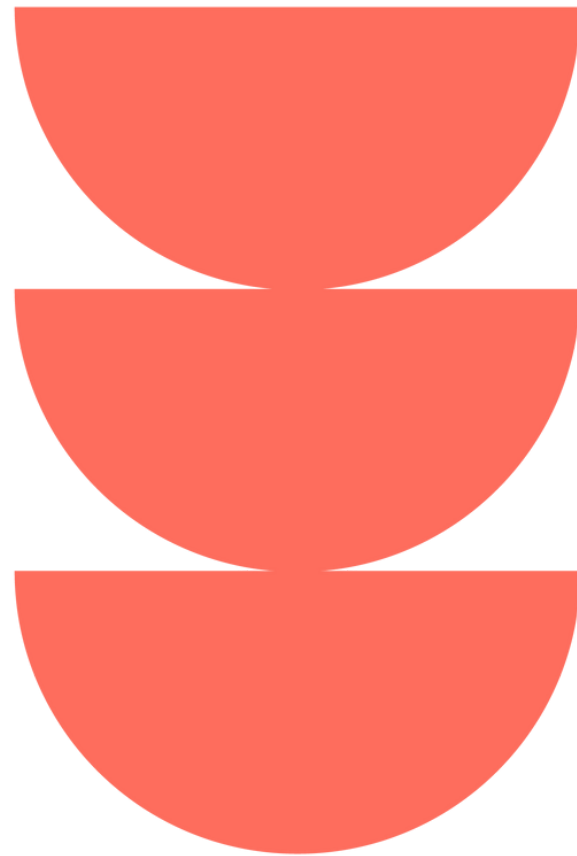
# Pitta Season (summer, early fall)



## Reduce:

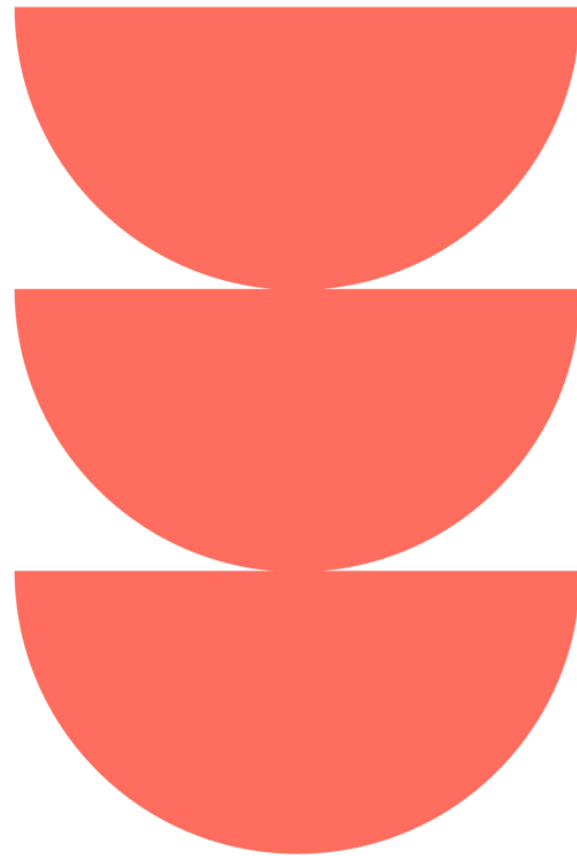
- Spicy foods
- Coffee
- Vinegar and other fermented foods
- Alcohol (spirits and red wine most aggravating)
- Salty foods
- Raw tomatoes
- Raw onion
- Red meat and egg yolks
- Orange juice
- Sour dairy products, ie. packaged yogurt, hard cheeses
- Heating foods, ie. chilies, sour tomatoes, honey
- Fried or excessively oily food

# Kapha Season (later winter, spring)



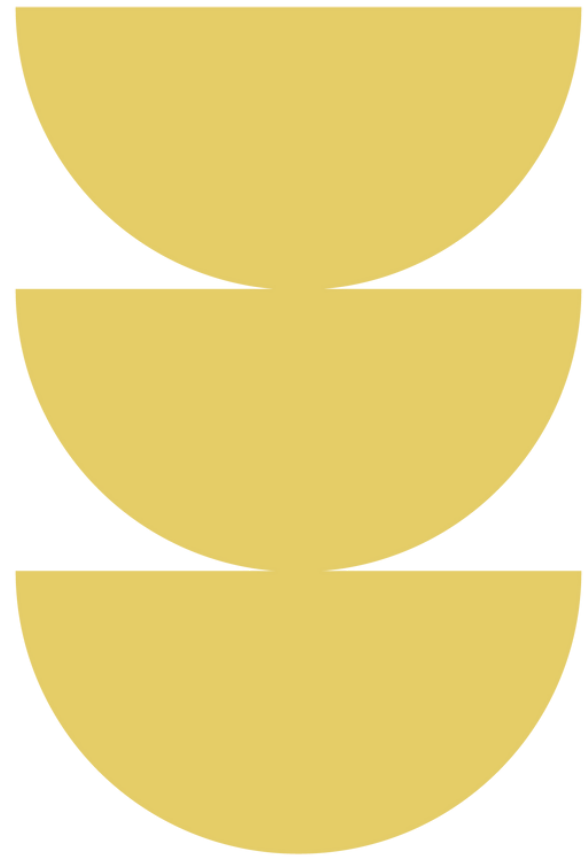
- Favor warm, light, well-spiced foods
  - Pungent spices, such as ginger, black pepper, lemon, turmeric
  - Dry grains, such as barley, rye, corn, millet, buckwheat
  - Astringent fruits, ie. apples, pears, berries, dried cherries, raisins and prunes.
  - Lean proteins, such as beans, lentils, eggs whites; white meat
  - Bitter veggies, ie. arugula, Brussels sprouts, cabbage, broccoli, dandelion greens, asparagus
  - Raw honey

# Kapha Season (later winter, spring)



## Reduce

- Anything cold
- Dairy products
- Sweet, heavy fruits, such as dates, figs and bananas
- Wheat
- Sweeteners (except raw honey)
- Fatty meats
- Roasted nuts
- Salt



# The 6 Tastes

# The Six Tastes

SWEET

water + earth

Balanced: Builds the body, satisfaction  
Mind/Emotions Excess: Complacency  
and greed

Non-fermented milk products (like butter, ghee, and cream), cooked grains (especially wheat, rice, and barley), cooked legumes (like beans and lentils), sweet fruits (such as ripe bananas and mangos), and cooked root vegetables (such as carrots, sweet potatoes, and beets), natural sweetener

SOUR

earth + fire

Balanced: Encourages elimination of waste; appetite + digestion  
Mind/emotion Excess: Envy, jealousy, possessiveness

Citrus fruits (such as lemon and limes), sour milk products (like yogurt, cheese, and sour cream), and fermented substances (including wine, vinegar, pickles, sauerkraut, and soy sauce).



# The Six Tastes

SALTY

fire + water

Balanced: Cleanses, improves digestion;  
zest for life

Mind/Emotions Excess: Craving for  
indulgence in all sensory pleasures

Salt (such as sea salt and rock salt)  
sea vegetables (like seaweed and kelp),  
and foods to which large amounts of  
salt are added (like nuts, chips, and  
pickles).

PUNGENT

air + fire

Balanced: Flushes secretions, improves  
appetite

Mind/Emotions Excess: Extroversion,  
craving for intensity, anger

Chili peppers, garlic, and onions), and in  
spices (like black pepper, ginger, and  
cayenne)

# The Six Tastes

BITTER  
air + ether

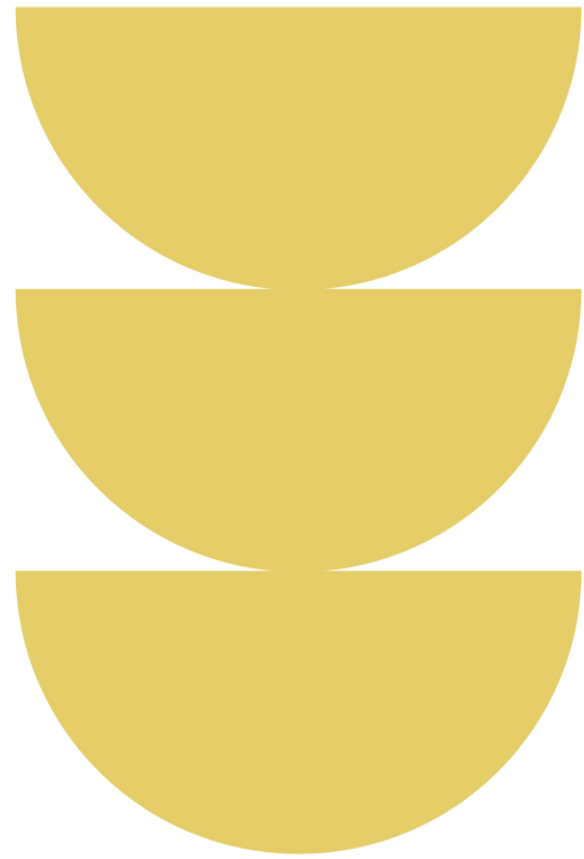
Balanced: Tones organism, improves digestion  
Mind/Emotions Excess: Disappointment, grief

Green leafy vegetables (such as spinach, kale, and green cabbage), other vegetables (including zucchini and eggplant), herbs and spices (like turmeric, fenugreek, and dandelion root), coffee, tea, and certain fruits (such as grapefruits, olives, and bitter melon)

ASTRINGENT  
air + earth

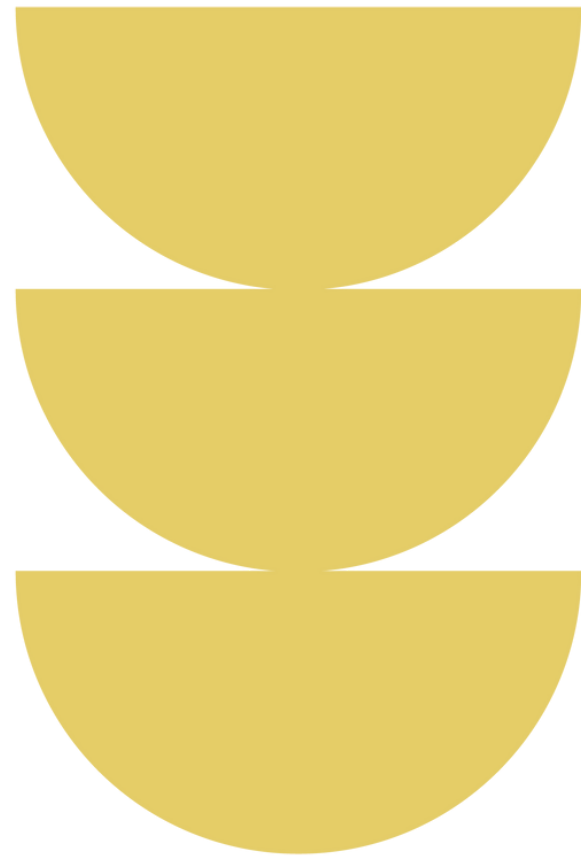
Balanced: purifies, constricts channels  
Mind/Emotions Excess: Introversions, insecurity, anxiety

Legumes (such as beans and lentils), fruits (including cranberries, pomegranates, pears, and dried fruit), vegetables (such as, broccoli, cauliflower, artichoke, asparagus and turnip), grains (such as rye, buckwheat, and quinoa), spices and herbs (including turmeric and marjoram), coffee, and tea

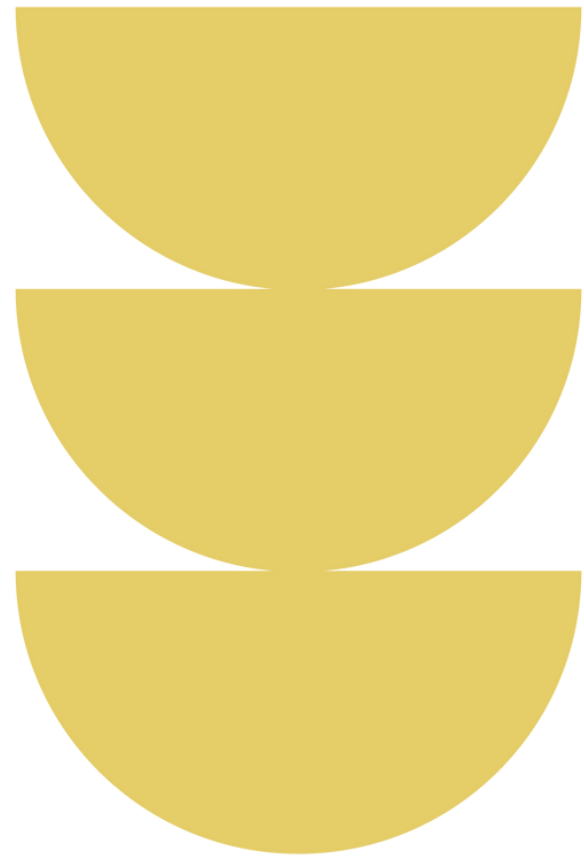


# Constitutional Diets

# Cleansing

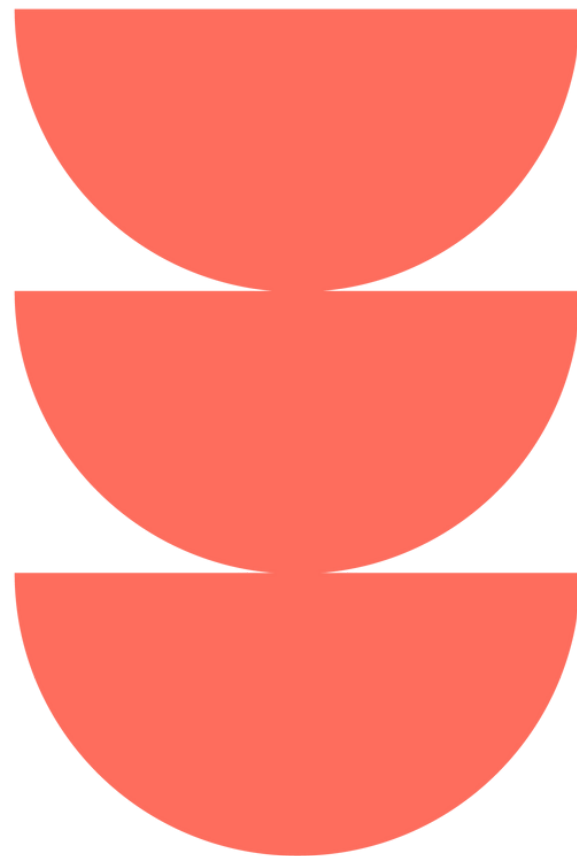


- How we remove physical, mental and emotional ama (toxicity)
- Process and "digest" trauma
- Done in spring and fall
- Really crucial in modern culture
- Allows for uninhibited flow of prana => more integration, more cellular intelligence => better habits, better food choices



# Exercise: Eating Meditation

# How to Go Deeper



- Essential Cleanse - Starts March 22nd  
<https://courtneylacava.com/essential-cleanse/>
- Essential Living Coaching Group - Starts May 15th  
<https://courtneylacava.com/essential-living-course/>
- Free Discovery Process - Book your first session  
<https://calendly.com/courtneylacava/introdiscoverysession>

# Sources

Banyan Botanicals:

"Ama: The Antithesis of Agni"

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/health-guides/understanding-agni/ama-the-antithesis-of-agni/>

Koshas Image Source:

<https://www.healthline.com/health/mental-health/koshas#5-koshas>

Centre for Ayurveda and Indian Healing Systems:

"How to Free Your Body and Mind from Ama (Toxins)"

<https://www.caishayurveda.org/how-to-free-your-body-and-mind-from-ama-toxins/>

Kate O'Donnell

The Everyday Ayurveda Cookbook: The Everyday Ayurveda Cookbook:

A Seasonal Guide to Eating and Living Well

