

## The Four Body Types

What body type are you? Vata, Pitta or Kapha?

Did you know that every human being has a body type which accompanies him throughout life? You can have more or fewer features of the other types, but the basic type can be determined by examining the constitution of the blood and skeleton. Note that it is possible to appear to be one body type while in fact you are another, so don't take this description to be definite.

There are two different names for each type, coming from two medical systems. The basic subdivision comes from the 5000 year old Ayur Veda knowledge, and the names in parentheses come from modern "Body Typing", which furthermore has a fourth body type.

### **Vata (Para)**

- You have difficulties digesting food rich in starch or carbohydrates, such as bread, pasta, rice potatoes and sugar. Also vegetables and fruit can be hard to digest, although they are generally tolerated by most Para's.

- You feel good eating Stone Age food or Atkinson inspired diets mainly containing meat, fish, eggs, poultry, nuts, seeds and vegetables.

- If your weight increases, body fat sets evenly over your body. You have a high firm bottom and a clearly marked lower back. Often a gain in weight doesn't show until several kilos are gained.

- Your highly activated thyroid gland makes you creative, playful and happy. Your interest in discovering new ways to do and think is an outstanding quality in you. You start projects eagerly and with great enthusiasm, but rarely finish them, or only reluctantly.

- You love freedom and changes and prefer not to structure your daily life, although you belong to the body type which needs it most of all.

- If the energy gets too high, there is a chance you will be in high spirits, confused, having trouble sleeping and losing weight. This phase is usually not permanent and it's not common. Should it last it will cause mood swings, and reality perception problems can occur.

- If the energy level would get too low, you will become depressed, slow, tired, craving sweets, constipated and feeling cold. Low energy is usually related to not dealing with your needs.

- When low energy occurs you prefer sweets, caffeine and grain.

- Diabetes, insulin resistance, growth of fungus, stomach or intestine problems, increased or decreased weight, anxiety attacks, concentration difficulties and fatigue, are related to this imbalance in energy.

- Too much or too little seems to be your constant dilemma. Structuring your everyday life, as well as practising to do one thing at the time in everything you do, helps you to find harmony and energy balance.

- Helpful are boosts of magnesium, zinc, B12, folic acid, biotin, chrome, gamma linolenic acid/GLA and herbs for stabilizing your blood sugar and digestion.

- When your energy is too high you can add calcium for a short time, but when it is too low, you should avoid calcium and food rich in calcium.

- Of utmost importance is planning in which you create a realistic and durable structure for your daily needs, such as food, exercise and sleeping hours.

### **Pitta (Supra)**

- You have difficulties digesting protein from, above all, red meat like mutton, game, beef and pork. Poultry and eggs can also be hard to digest sometimes. Fish is mostly tolerated.

- The undigested protein rots in the intestines and causes belching, a swollen abdomen, and may cause diarrhoea. In the long run the kidneys will be affected, due to an overload of undigested protein. Being swollen around the eyes and having a sore lower back can be signals of that.

- If you gain weight, it mainly shows on the belly, chest and face, while the legs remain slim and the behind rather flat.

- You benefit from a vegetarian or vegan diet based on vegetables, root fruits, berries, nuts, seeds, legumes, wholemeal rice and grains.

- Your high cortisol level and adrenalin from the adrenal glands makes you focused and alert. Your sense of leadership, logic and structure are significant qualities in you. On the other hand it can be more difficult for you to let go of control and to show vulnerability in front of others (and yourself).

- If energy starts to run low, you prefer to use stimuli like caffeine, nicotine, salt and meat to cope a little longer.

- Crisps, liquorice, beef and coffee are things that are tempting to you while sweets and fruit aren't usually as interesting. You seldom indulge in food. If you ever indulge in anything it's probably all about work holism.

- High blood pressure, heart and blood vessel conditions, inflammatory diseases, prostate problems and tummy fat are connected with high levels of stress hormones.

- Stress hormones in turn can be the cause of high performance demands, intolerance, irritation, perfectionism, impotence, infertility and anxiety.

- A diet based on green vegetables reduces stress related hormones like cortisol and adrenaline and makes it easier for you to maintain some balance in your everyday life.

- Red meat stimulates the production of stress hormones. For the same reason you should use salt sparsely.

- Complement your diet with supplements of easily absorbable magnesium, zinc, vitamin B, Omega 3 (fish oil), protein digestive enzymes and herbs. These reduce stress and stimulate the body's ability to digest protein, help you to set both body and mind at ease and reach harmony, both physically and mentally.

- Time for relaxation, meditation, reflexion, joy, playing and exercise is just as important as setting time for work. The time spent on pleasure gives a feeling of presence, peace and happiness which in turn makes you even more successful in your work!

### **Kapha (Estro)**

- You have a hard time digesting fatty foods like creamy sauces, fatty fish and biscuits. Also nuts and seeds can be difficult to digest at times. You feel good eating fruit before lunch and a low fat diet containing salads, lean fish, and lean meat.

- If you put on weight, it usually can be seen on hips and thighs. The waistline remains slim and the upper body is rather slender compared to the lower body.

- You have a relatively high level of oestrogen which makes you an empathic and caring person.

- In balance you are an excellent parent and you often choose an occupation in which you are taking care of people.

- It is easy for you to forget to recognize your own needs in your ambition to see to others. Frustration and anger appear as you reach a point where things become too much for you to cope with, which is unavoidable unless you set yourself limits.

- You are often satisfied with what you have and are a person not too eager to make changes. By nature you are more the observing and not the driven kind.

- If your energy gets too low you can get indecisive, slow, and exhausted. Nothing gets done and work gets piled up. If this lasts, stagnation can occur in practical life as well as in bodily fluids. Being swollen is a symptom of that.

- With low energy you tend to eat sweet and fatty food. Hormonal problems can arise when eating too much fatty food, since your body type prefers a low fat diet.

- Supplements of herbs to support your liver and gallbladder, such as meadowsweet, dandelion and artichoke, fit your body type well. You will probably benefit also from taking some stimulating herbs like schizandra, astragalus, wild jam, damiana and black cohosh.

- Zinc, B12, folic acid, chrome, vitamin E and gamma linolenic acid/GLA support your hormone balance and help to avoid or reduce menopause problems, PMS and fertility problems.

- Most important is to see to your own needs as well. Your heart is set on helping people. A beautiful quality, but only if you are looking after yourself to keep you going in the long run.

### **Neuro – a sub-type from Para and a mixture of the three main types**

- You have a tendency to being unable to properly digest both protein and carbohydrate rich and fatty diets. Digestion can be in need of support in more than one way, if you are to feel really fine.

- If you are slim or normal, you tend to be fairly straight and thinly built. It is not easy for you to build up muscles despite doing everything right when working out.

- If you gain weight there is a tendency for your body fat to spread evenly over the body and become soft as a child's. Often you look much younger than your actual age.

- You are better off separating fruit from meals and combining meals so that you either eat starchy food with vegetables or protein rich food also with vegetables. A well balanced vegetarian or vegan diet or even raw food is a good alternative for your body type. Dairy products should be completely avoided.

- One of your strongest features is your intellect. Your thoughts are constantly active when awake. When you are balanced you have an extraordinary sense of invention and are very creative mentally.
- When unbalanced, thinking can become brooding, which can be hard to stop. Creative thoughts can be experienced as obstacles and it can be difficult to get started and come out of inertia.
- If the energy level gets too low you can get uncertain of your self and lose the structure that is so important in your life. That makes it easy to lose touch and you cannot finish your once promising projects.
- With low energy you tend to eat dairy, grain and sweets, which may lead to new problems like exhaustion, allergies, mucus and blood sugar instabilities.
- Supplements of herbs for digestion, mucus membranes and against stress are good for you, like marigold, skullcap, kalamus, passionflower, curled dock, chamomile and digestive enzymes.
- Most important is to create a structure for your everyday life. If you can keep yourself within the limits that you know are best for you, you will have more energy for your creative talents, and in a balanced way.