



***Fall is the season of letting go, just like the leaves on the trees.***

Ayurveda works in 3 seasons:

Fall/winter = November – February

Spring = March – June

Summer = July – October

The Winter Anti-dote Diet, excerpts from Dr. Douillard’s book “Three Season Diet”

In winter the cold and wind dry out the land. Our bodies become dried out too, a sensation we can feel in our throats and sinuses. To counter the drying effects of winter we call on nature’s high protein, high fat antidote in the form of warm, heavy, oily foods that will replenish our depleted reserves of moisture. This means heavier foods like bananas, avocados, beets, winter squash, nuts, and oils.

We also seek foods that taste sweet, sour, and salty. Why these tastes? In each case, nature is providing something the body needs to pacify the change of season. We’ve all seen how rock salt melts the ice? Salt heats up the body, so in the winter we increase our intake of salt and salty foods. Because it heats the body, salt acts as a carrier to bring minerals and nutrients deep into the body’s tissues. Most spices work well in the winter as they too have a heating quality that combats the cold. Sweet foods such as yams and sweet potatoes also open up and nourish the tissues, which helps to counteract the dryness and lightness in winter. These foods also tend to calm and pacify the body, especially when the winter winds rattle your bones. Foods that are sour in taste tend to heat the body and stimulate digestion (ever wonder why you get the pickle with your sandwich?). In the East people traditionally eat pickled ginger and lemon prior to a meal to stimulate digestive fire. Sour foods such as oranges and grapefruits also contain plenty of water to counter winter’s dryness—and Florida happens to produce its most luscious citrus fruits just when we need them most.

The fall fruits, apples and pears, are actually cooling fruits, and you want to eat these fruits at the end of the summer to help our body rid itself of the summer heat that may have accumulated. If we go into winter without first cooling off from the summer the combination of accumulated summer heat, and dryness of winter, can be devastating to our health. Our bodies will react to the dryness by making our immune systems work to produce extra mucus, which can leave us with too much mucus in our system (especially come spring)—in this extra mucus is where germs breed and leave us open to “catching a cold”. Also these end-of-summer fruits are loaded with fiber helping us to clean out our intestinal tract.

However once we enter November it is important to cook apples and pears before eating them, eaten raw they will actually aggravate vata! Thus apple crisp, apple pies, apple dumplings, baked pears are great fall/winter foods.

So as we move into winter slowly begin to eat more proteins and fats, hearty soups, and nuts.



ॐ Favor foods that are warm, heavy, and oily. Minimize foods that are cold, dry, and light.

ॐ Favor foods that are sweet, sour, and salty. Minimize foods that are spicy, bitter, and astringent as these foods are light and cold and will increase these qualities in us.

ॐ Eat slightly larger quantity of food, but not more than you can digest easily. More food provides more heat for the body when the weather is cold.

Some specific winter recommendations:

**Grains** – rice, brown rice, and wheat are best grains for winter months (they are warming and sweet)

**Fruits** – oranges, bananas, avocados, grapes, grapefruit, pineapples, mangos, papayas

**Vegetables** – beets, carrots, winter squash, acorn squash, tomatoes, okra, onions, artichoke hearts, and sweet potatoes. All vegetables should be cooked in the winter months, raw foods increase vata.

**Spices** – cardamom, cumin, ginger, cinnamon, fennel, salt, cloves, mustard seed, and small quantities of black pepper.

A word on Beans – beans need to be reduced in the winter—except for mung dal and lentils. Winter is a time of high winds, so we don't want to eat foods that create more wind. Beans also have a tendency to absorb large amounts of water and the last thing we need in the winter is a food that dehydrates us! If you do need to eat beans in the winter (especially those of us who are vegetarians) make sure to soak them extra long or cook them with extra water. This soaking will reduce their drying, wind-producing qualities. They can also be spiced with anti-gas agents such as hing, fennel, ginger, and cardamom.

### **Other tips for vata types from Bobbi:**

If you are a vata type this time of year you need to pay extra attention to staying in balance. Vata types need routine! Set up a morning routine, a weekly practice routine, or any other routine you feel would be good for your life. Put a little more effort into following your routine. It is helpful to write it down or mark it on your calendar to give you reminders and make it easier to establish.

Also, make sure you keep yourself well grounded. One of the ways I keep myself grounded is to make sure my home is organized, comfortable, clean, and free of clutter. Take a day out of each week just to stay home pattering around your house feeling grounded. For me another grounding technique is to dig in the dirt, so planting bulbs for next spring and cleaning out your gardens and closing them up for the winter are other ways to ground yourself.

Vata types tend to have dry skin, keep your skin from drying out! After you shower massage organic sesame oil into your skin from your feet up to your face (you can add some essential oils to this if you like — a 2–3% dilution is best — that's 12–18 drops of



essential oils per ounce of sesame oil. Sweet orange is one of my favorite essential oils to add to sesame oil). If you feel the need you can wash it off, however I leave it soak into my skin.

Make sure you use your nasya oil (nose oil) or put a little sesame oil in your nostrils, also you can put a drop in each ear – then massage your ears for a minute. And after you brush your teeth take a swig of sesame oil and swish it around in your mouth for about 10 minutes. This is known as “oil pulling”. Pretty much oil in any orifice you are comfortable putting it in (and even some you are not so comfortable putting it in) is ayurvedic-ally recommended this time of year!

### **Preparing for Winter -- Eat more Butter and Coconut Oil :)**

Winter foods need a little more fat in them to nourish our tissues and keep moisture in our body during the months of cold dry outside air and warm dry inside air. The best sources of fat might be new news to you . . .

Butter, Ghee, and virgin coconut oil are medium chain fatty acids (MCFAs), compared to long chain fatty acids like corn, soy, safflower, canola, and margarine should be avoided! Longer chain fatty acids are hard to digest and to break down the fat into energy -- so our body prefers to just store them as fat instead. They also cause inflammation in our bodies. Medium chain fatty acids like butter, ghee, and coconut oil digest easy and INCREASE our METABOLISM.

Coconut oil and some saturated fats are not the villains we have accused them of. Latest research is showing it is the saturated long chain fatty acids that contain the health risks associated with "bad fat". Not all saturated fats are bad! Medium and short chain fatty acid saturated fats are proving to provide many health benefits

Coconut oil has another boost -- it contains Lauric Acid which is a rare and natural antimicrobial fatty acid. Studies are showing these benefits from consuming lauric acid:

- ॐ Protection from viruses
- ॐ LOWERS cholesterol
- ॐ kills viruses
- ॐ boost immunity
- ॐ increases absorption for vitamins A,D,E,K
- ॐ Provides easily available energy for the body
- ॐ prevents Alzheimer's
- ॐ supports natural weight loss



## ayurvedic tip

*From Ayurvedic expert John Joseph Immel, Founder of Joyful Belly*

Autumn is a season of deficiency and change, provoking higher stress levels. As leaves fall, nourishing seasonal foods like pumpkin and nutmeg to soothe the nervous system help us weather the change. Cooked pumpkins are soft and comforting. Both sedatives, pumpkin and nutmeg together reduce stress. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy.

In fall when the temperature starts to drop, the body scrambles to protect itself from heat loss. Nourishing foods seem all the more enticing while helping refortify deficient tissue, thicken the skin, and insulate from the cold. Pumpkins, ghee, almonds all build ojas in time for the coming winter. Ojas is Ayurveda's word for a nourishment.

In addition to nourishing tissue, pumpkin chai is also a rasayana (meaning tonic). Pumpkins are orange because of beta-carotene, a precursor to Vitamin A. Beta-carotene, also in carrots, encourages healing through rejuvenation and regeneration of tissue. Orange foods with beta-carotene are generally liver tonics that clear any residue of high pitta from the summer. They also purify the blood and soothe the eyes. The cooling demulcent and laxative properties of pumpkin soothe the GI tract.

Spices make these heavy ingredients lighter for digestion and pumpkins a bit less gassy. While all spices stimulate circulation, cloves specifically move heat to the surface of the body, warming up cold extremities.

### **Here is a recipe for pumpkin latte:**

Brew your favorite cup of coffee or tea -- set it aside for a moment.

Mix 1 TBSP pumpkin puree to a half cup of milk. I use whole raw organic grass-fed local milk

Add about 1 tsp brown sugar and vanilla extract

Sprinkle in Cinnamon, Ginger, Nutmeg, and ground Cloves

Whisk the pumpkin, milk, and spices together while heating it.

Pour it into a tall mug, pour in your coffee or tea and cream top with whipped cream and ground nutmeg :)

Below is a more complete list of Winter foods, and below that my most common winter recipes. Please enjoy and eat in love and light, mindfulness and thankfulness.

May you be well nourished . . .

## **THE 3-SEASON DIET GROCERY LIST – WINTER**



**The Winter Grocery list** (November-February)

\*An asterisk means it is best to eat more of this food.

- ☪ Eat **more** foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot:**  
 such as soups, stews, steamed veggies, warm herbal teas.
- ☪ Eat **less** foods that are Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry:  
 such as salads, smoothies, cold foods and beverages, chips and salsa

VEGETABLES	FRUIT	SPICES	LEGUMES	BEVERAGES
Artichokes, hearts *Avocadoes *Beets *Brussels Sprouts *Carrots *Chilies Corn Fennel Eggplant, cooked *Garlic Ginger Hot Peppers Leeks Okra Onions Parsley Potatoes, mashed *Pumpkins Seaweed, cooked Squash, Acorn *Squash, Winter *Sweet Potatoes *Tomatoes Turnips	Apples, cooked Apricots *Bananas Blueberries Cantaloupe, w/lemon Cherries Coconuts, ripe Cranberries, cooked *Dates *Figs *Grapefruit *Grapes Guava *Lemons *Limes *Mangoes Nectarines *Oranges *Papayas Peaches Pears, ripe *Persimmons Pineapples Plums Strawberries *Tangerines	*Anise *Asafetida *Basil Bay Leaf *Black Pepper Caraway *Cardamom Cayenne Chamomile *Cinnamon Clove Coriander *Cumin Dill *Fennel Fenugreek Garlic *Ginger Horseradish Marjoram Mustard Nutmeg Oregano Peppermint Poppy Seeds Rosemary *Saffron Sage Spearmint Thyme *Turmeric	Mung – split, yellow  <div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">NUTS &amp; SEEDS</div> *Almonds *Brazil Nuts *Cashews Coconuts *Filberts *Flax Lotus Seed *Macadamias *Peanuts, raw *Pecans *Pinons *Pistachios Sunflower *Walnuts	Alcohol (moderation) Black Tea (moderation) Coffee (moderation) Water (warm or hot)  <div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">HERB TEAS</div> *Cardamom *Chamomile *Cinnamon *Cloves *Ginger *Orange Peel  <div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">SWEETENERS</div> Honey - Raw *Maple Syrup *Molasses Raw Sugar *Rice Syrup Mint  <div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">MEAT &amp; FISH</div> *Beef *Chicken *Crabs  *Duck  *Eggs *Freshwater fish *Lamb *Lobster *Ocean Fish *Oysters  *Pork *Shrimp *Turkey
<div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">OILS</div> *Almond - skin or salad dressing only *Avocado oil - good for on your skin Butter *Coconut *Sesame *Flax *Mustard *Olive - low heat sautéing only or salad dressings	<div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">DAIRY</div> *Butter *Buttermilk *Cheese *Cottage cheese *Cream *Ghee  *Kefir Milk, not cold	<div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">CONDIMENTS</div> Carob  Chocolate Mayonnaise Pickles	<div style="background-color: black; color: white; text-align: center; font-weight: bold; padding: 2px;">GRAINS</div> *Amaranth Buckwheat (moderation) Millet (moderation)  *Oats  *Quinoa Rice *Rice, Brown Rye (moderation) *Wheat	
<div style="background-color: #f0f0f0; padding: 5px;"> <i>Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard</i> </div>				