

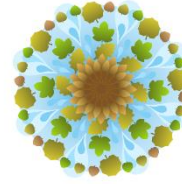
Vata



Pitta



Kapha



Ingredients to Avoid in General

- **Processed and Junk Foods:**
 - Avoid highly processed foods, artificial additives, and preservatives, as these can disrupt the natural balance of all three doshas.
- **Refined Sugars and Flours:**
 - Limit intake of refined sugars and white flour products, as they can contribute to imbalances and digestive issues.
- **Artificial Sweeteners and Flavorings:**
 - These can interfere with digestion and overall health.
- **Parabens:**
 - These preservatives can disrupt hormone function, irritate the skin, and cause allergic reactions.
- **Sulfates:**
 - Such as sodium lauryl sulfate (SLS), which is extremely harsh and can strip the skin of natural oils causing dryness and irritation.
- **Artificial colors and dyes:**
 - These can cause allergic reactions and sensitivities.
- **Synthetic fragrances:**
 - These can lead to irritation, allergic reactions, and respiratory issues. Often found in laundry detergents, cleaning supplies, and air fresheners.
- **Triclosan:**
 - An antibacterial agent that can contribute to antibiotic resistance and disrupt hormonal function.
- **Ammonia:**
 - Found in many cleaning products, it can irritate the respiratory system and skin.
- **Chlorine:**
 - Common in bleach and disinfectants, it can cause respiratory issues and skin irritation.



Vata

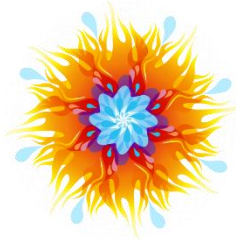


Ingredients to Avoid- Specific to Vata

- **Cold foods and drinks:**
 - Ice-cold beverages, raw salads, and frozen desserts.
- **Dry foods:**
 - Crackers, dried fruits (unless soaked), and popcorn.
- **Light and airy foods:**
 - Rice cakes, puffed cereals, and foods with a lot of air.
- **Bitter and astringent tastes:**
 - Foods that are overly bitter or astringent, such as raw leafy greens and certain legumes, which can increase dryness.
- **Alcohol-based products:**
 - These can be excessively drying and irritating.
- **Harsh exfoliants:**
 - Avoid products with strong, abrasive particles that can damage delicate Vata skin.
- **Synthetic fragrances and dyes:**
 - These can cause irritation and sensitivity on skin and in the respiratory system.
- **Parabens and sulfates:**
 - These chemicals can strip the skin of its natural oils, exacerbating dryness.
- **Harsh detergents and cleaners:**
 - These can strip moisture from the skin and exacerbate dryness.



Pitta

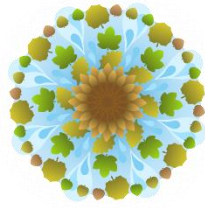


Ingredients to Avoid- Specific to Pitta

- **Spicy foods:**
 - Chili peppers, hot sauce, and spicy curries.
- **Sour foods:**
 - Fermented foods, sour fruits (like citrus and tomatoes), and vinegar.
- **Salty foods:**
 - Excessive salt and salty snacks.
- **Fried and oily foods:**
 - Deep-fried foods, heavy oils, and greasy dishes.
- **Caffeine and alcohol:**
 - These can exacerbate heat and acidity in the body.
- **Synthetic fragrances and dyes:**
 - These can cause allergic reactions and irritation.
- **Alcohol-based products:**
 - These can cause burning and irritation.
- **Harsh chemical exfoliants:**
 - Strong acids (like high concentrations of glycolic or salicylic acid) that can inflame sensitive skin.
- **Petroleum-based products:**
 - These can block pores and cause breakouts.
- **Bleach and ammonia:**
 - Can cause irritation and increase heat.
- **Strong fragrances and dyes:**
 - Can inflame sensitive skin and cause allergic reactions.
- **Harsh chemical cleaners:**
 - That can increase skin sensitivity and irritation.



Kapha



Ingredients to Avoid- Specific to Kapha

- **Heavy foods:**
 - Dairy products (cheese, yogurt, cream), heavy meats, and rich desserts.
- **Oily foods:**
 - Fried foods, excessive oils, and fatty cuts of meat.
- **Cold foods and drinks:**
 - Cold beverages, ice cream, and refrigerated foods.
- **Sweet and salty foods:**
 - Excessive sweets, sugary snacks, and overly salty foods.
- **Dense and starchy foods:**
 - Potatoes, bread, and other dense carbohydrates.
- **Heavy oils and butters:**
 - Cocoa butter and coconut oil, which can clog pores.
- **Petroleum-based products:**
 - These can contribute to skin congestion.
- **Comedogenic ingredients:**
 - Ingredients known to clog pores, like certain silicones and waxes.
- **Excessively creamy or oily formulations:**
 - These can add to the skin's natural oiliness.
- **Heavy, greasy cleaners:**
 - That can leave residues and contribute to congestion.
- **Synthetic additives:**
 - That can exacerbate respiratory issues and skin congestion.
- **Oily or waxy ingredients:**
 - Commonly found in cleaning products.

