

Your **nature**, your natural balanced way of being:

V

thin body frame * cold hands
and feet * sensitive *
talkative * big thinker *
unorganized * brittle nails *
large teeth * crooked nose *
knobby knees * quick to act *
hard to gain weight *
indecisive or quick to change
your mind * always active *
desire to move and travel *
dark, dry hair * very tall, or
very short * artistic/creative *
when stressed, get anxious *
dry skin * can get 'lost in the
clouds'

P

sharp wit * competitive *
athletic build * green or blue
piercing eyes * fair skin or
freckles * medium height and
weight * red gums * warm
hands and feet * thin hair,
often kept long * perfectionist
* natural leader * organized *
focused * fiery nature *
overachiever * when stressed,
get angry * oily skin * intense
* articulate * sunburn easily *
good appetite

K

big boned * thick, wavy hair *
sweaty hands and feet * large
eyes and eye-lashes * dark or
thick body hair * slow
metabolism, easy to gain weight
* sleeps deeply * stable faith
* excellent stamina * steady,
deep voice * patience *
resistant to change *
moon-faced * when stressed,
get depressed * thick, soft skin
* sensual * learns slowly *
cautious

Adena Rose Ayurveda : www.adenaroseayurveda.com/the-healing-diet