

TeaFountain

Gourmet Tea Since 1975

4450 Northgate Mall ♦ San Rafael CA 94903 ♦ U S A ♦ Phone 415-507-0577 ♦ Fax 415-532-3241 ♦ www.TeaFountain.com

Ayurveda – The Science Of Life – For Health And Well-Being

Ayurveda – one of the oldest health practices & healing systems for body, mind, and spirit.

It uses the holistic approach and knowledge of the five elements, seasons, vegetation, and bodily humors to discover areas of weakness to prevent and cure disease. The Ayurvedic principles operate on the assumption that life on earth is a combination of Air, Ether, Earth, Water, and Fire. The elements are established in individuals through three DOSHAS, or body types (Vata, Kapha, Pitta). Discovering & maintaining your Dosha is essential Ayurvedic practice achieved by a balanced diet and harmonious lifestyle including attention to exercise, massage techniques, gems, oils & tonics, as well as Teas & Herbal Infusions. Our Ayurvedic Tea Blends are carefully designed for each Dosha; and the 'Tridosha Balance Blend' was made as a suitable beverage that can be enjoyed on a regular base by every body type. Determine your Dosha using this worksheet to find healthy and helpful Herbal Infusions for your constitution.

CONSTITUTION	VATA	KAPHA	PITTA
Body Structure	Tall & thin or very short	Heavy bones, wide shoulders & hips	Proportional, balanced
Body Weight	Light, hard to gain weight	Heavy, gain weight easy-lose slowly	Steady weight, gain & lose slow
Weight Location	Builds up around waist	Below waist	Weight deposited evenly
Face	Narrow, irregular	Strong jaw, broad, muscular	Well-proportioned
Skin Type	Dry & cold	Moist, cool, possibly oily	Soft & warm
Skin response to sun	Tans easily	Tans evenly	Burns easily
Eye Color	Dark brown or gray, dull	Blue, brown, attractive	Blue, hazel, gray, intense
Eye Type	Small, narrow, close or far apart	Large, prominent	Proportional, light-sensitive
Hair Color	Dark brown, black	Light to dark brown, medium blond	Light-brown, red light-blond
Hair Quality	Dry, thin, curly	Thick, smooth, straight, oily	Fine, soft, fair
Nails	Hard and irregular	Strong, large, even	Soft, well-formed, pink
Teeth & Gums	Strong & decay-resistant	White teeth, strong gums	Yellowish, gums bleed easily
Voice	High-pitched, weak	Low-pitched, resonant, drone	Intense & enthusiastic
Vocal Style/ Speech	Talkative	Silent, slow speech	Vocal, public speaker
Natural Immunity	Weak	Moderate	High
Pain Tolerance	Sensitive to pain	Avoids pain	Tolerant to pain
Endurance	Irregular, low stamina	High stamina	Medium stamina
Physical activity	Active, irregular, moves quickly	Avoids exercise, slow-steady pace	Regular exercise, moderate pace
Strength	Variable to weak	Strong, sturdy	Moderate
Perspiration	Minimal	Moderate	Profuse
Lifestyle	Variable & exciting	Steady, homey	Busy, well-organized
Best Climate	Warm weather	Mild weather	Cool weather
Worst Climate	Cold & windy	Cold & moist	Hot
Personality Type	Spacey & flexible	Serious, patient, consistent	Strong & forceful
Stress Response	Anxiety & panic	Insensitive & complacent	Angry & jealous
Mental Activity	Restless & imaginative	Calm, steady, stable	Sharp & logical
Concentration	Erratic & inconsistent	Consistent	Average
Memory	Good Short-term	Good Long-term	Good Short-Moderate Long-term
Learning Method	Auditory & theoretical	Logic & intuition	Visual
Humor	Joyful & witty	Serious & dry	Sarcastic & intense
Livelihood	Artist & visionary	Professional	Executive & builder
Sleep Pattern	Light, interrupted, fitful	Deep & excessive	Short & sound
Dreams	Fearful, flying, running	Water, romantic	Fire, violence, war
Appetite	Irregular, eats quickly	Moderate, eats slowly	Excessive, constant meals
Taste Preference	Sweet, sour, salty, warm	Sweet, spicy, bitter, warm	Sweet, bitter, cool
Unbalancing Taste	Bitter & astringent	Sour, salty, dairy	Salty, sour, hot
Add up the matches to find your Dosha	VATA: Tea # 2446 Air / Movement	KAPHA: Tea # 2447 Earth / Cohesion	PITTA: Tea # 2448 Fire / Transformation

The highest number of matches in the body type category will be the Ayurvedic Tea Blend that was designed to help you balance the two other doshas. **Serve TRIDOSHA Tea # 2449 regularly to keep all your three doshas in balance.**