

A Taste of Health with Laura Plumb



Medicine in Nature

5 Elements



Space, Air, Fire,
Water, Earth



Doshas: Bio Energies



Air





Fire





Water





Vata





Pitta





Kapha





Balance





What Dosha Are You?

lauraplumb.com/doshaquiz



The Medicine in Food

6 Tastes

Food & The Six Tastes

- Sweet
- Sour
- Salty
- Pungent
- Astringent
- Bitter



The Sweet Taste

- Grains
- Fruits
- Roots
- Nuts
- Dairy
- Meat



The Sour Taste

- Citrus
- Yogurt
- Vinegar
- Ferments
- Tomato
- Alcohol



The Salty Taste

- Salt
- Fish
- Seaweed
- Sea Vegetables
- Celery



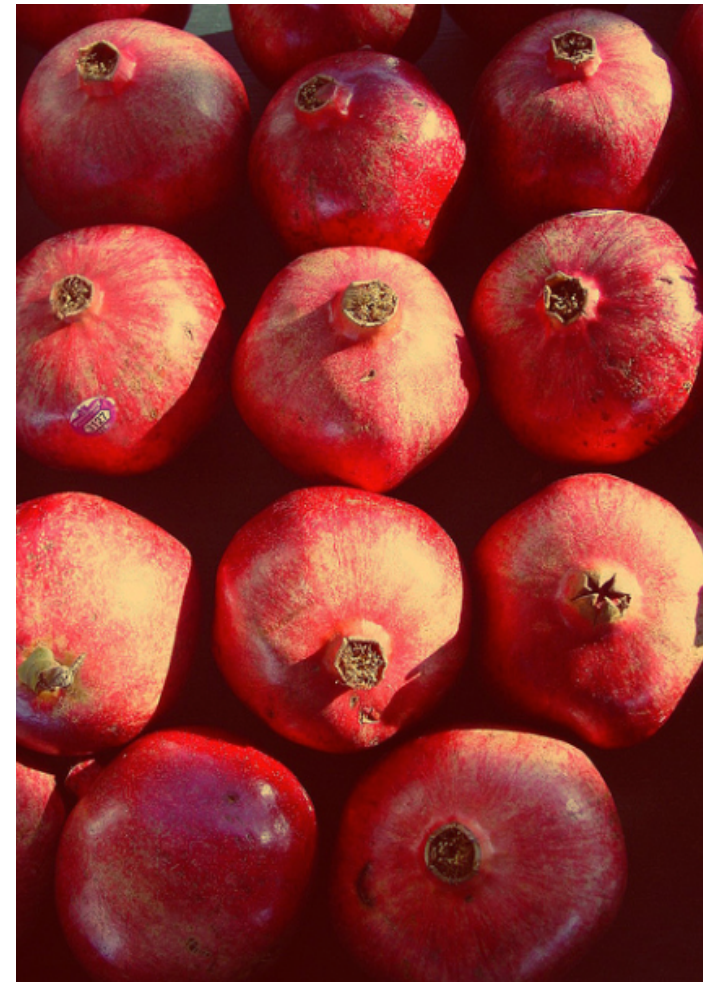
The Pungent Taste

- **Onion**
- **Garlic**
- **Chilies**
- **Herbs**
- **Watercress**
- **Radish**



The Astringent Taste

- **Pomegranate**
- **Apple**
- **Cauliflower**
- **Legumes**
- **Tea**
- **Quinoa**



The Bitter Taste

- **Spinach**
- **Radicchio**
- **Zest**
- **Aloe**
- **Coffee**
- **Dark Chocolate**



The Six Tastes & Five Elements

- **Sweet: Earth & Water**
- **Sour: Earth & Fire**
- **Salty: Water & Fire**
- **Pungent: Fire & Air**
- **Astringent: Air & Earth**
- **Bitter: Air & Space**

Eat All Six Tastes

- Sweet
- Sour
- Salty
- Pungent
- Astringent
- Bitter



A Six Taste Meal

- **Rice/Fish**
- **Sauce/Lemon**
- **Fish/Salt**
- **Onion/Peppers**
- **Leaves/Bran**
- **Greens**



Seasons



The 4 Seasons of Health

Remember the Doshas?



Summer: Soothe & Cool



Source: food-alovery.com

Autumn: Ground & Warm



Source: food-alovestory.com

Winter: Light & Spicy



Source: food-lovestory.com

All Dosha Spices

Ginger	“Universal medicine” IBS, weight loss, arthritis, dilates, stress
Cumin	Antioxidant, digestion, protects against memory loss
Coriander	Digestion, antioxidant, detoxifying, immune, colic, diarrhoea
Mustard Seeds	Pungent, bitter, digestive, cancer, diabetes, cholesterol, detox
Turmeric	Antioxidant, liver, immune, arthritis, regulates blood sugar
Fenugreek	Light, heating, asthma, cough, colic, diabetic neuropathy
Asafoetida	Carminative, bloating, soothing, excellent for beans



**You Are What
You Digest**

**Superfoods are the foods
that you digest best**



Seek Balance

Seasonal

Local

Organic

Fresh

Original

Prepared for Optimal Digestion

Food: A Love Story

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Ayurvedically Inspired, Whole Food, Healthy Recipes from Laura Plumb



Winter's Warm Harvest Soup

JANUARY 3, 2019

In the cold months we need warm, digestion-enkindling, tissue hydrating, muscle-melting soups!

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Holiday Mendiants

DECEMBER 19, 2018

Sumptuous, gorgeous, and so easy to make! [Continue reading →](#)



Upside Down Apple Pie

DECEMBER 8, 2018

Rich caramels contrast with the tart of the apple [Continue reading →](#)



Fruity Baked Oatmeal + New Dosha Quiz

NOVEMBER 25, 2018

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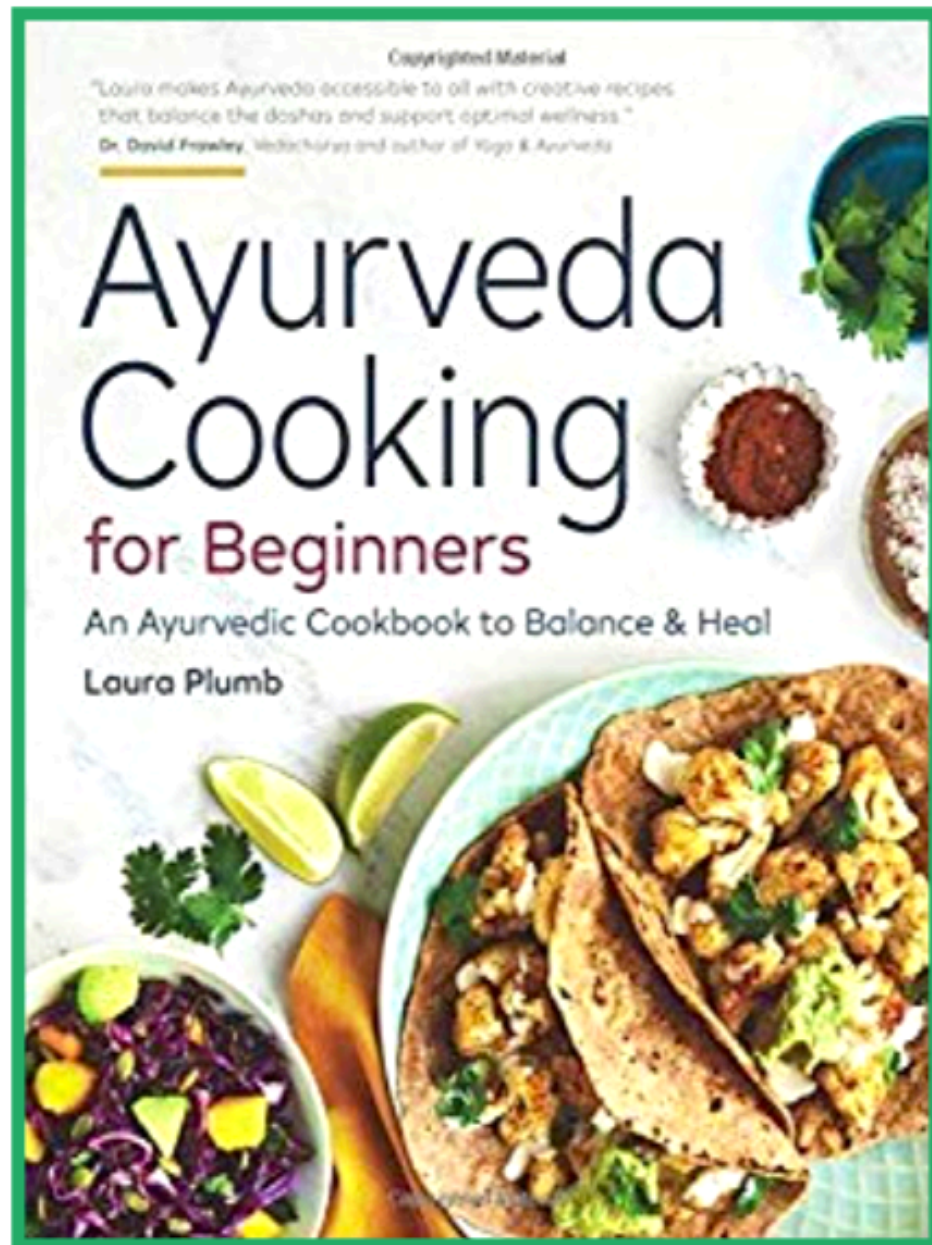


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