

EAT HEALTHY + FEEL BETTER

Quick-Guide



A simple seasonal diet + lifestyle reference to help you feel healthier, more energized, and more balanced throughout the year.

By Katerina Baratta, LAc, MSOM

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DISCLAIMER

This book is intended to guide and inspire you to choose the foods and lifestyle factors that will help you feel most healthy and balanced -but reading and following the advice in this book does not guarantee results.

Everybody's story is different, and everybody, and every body, needs different things.

While every attempt has been made to help you understand and support your own body's needs, it is up to you to do the work. Even then, as is true for all things in life, results might look different than you imagine.

This book is not intended to diagnose, treat, cure, or prevent any disease. All material provided on this book is to be used as informational or educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional or physician. Always consult a trained healthcare professional before making any changes to your diet and/or lifestyle. Individual results may vary.

*This book is dedicated to Sarah and Amber.
Thanks for making me better at what I do.*

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INTRODUCTION



Hey There!

My name is Katerina Baratta, LAc, MSOM, and I'm a Chinese medicine practitioner, holistic health coach, and university professor.

After more than a decade of training and experience in holistic nutrition, positive psychology, yoga, and medicinal herbalism, I've learned that there's no such thing as a one-size-fits-all approach when it comes to health and happiness.

That's why my work is dedicated to teaching ambitious mamas to customize their diet and lifestyle so they feel healthy, balanced, and fulfilled in their unique body, with their unique desires, and their unique circumstances.

And that means something different for each person I come in contact with.

While each of us has a unique combination of factors that makes us who we are, the one thing we all have in common is that we're all influenced by our external environment (the weather, the food we eat, the people we come in contact with, the activities we participate in, etc.).

But while we are all influenced by the outside world, we all react in different ways.

Take my mother for example.

She *always* feels the weather changing, and it makes her tired, achey, sometimes she's even gotten migraines.

Meanwhile I only feel bad when it's really hot or really wet outside.

And the same goes for food.

Some people feel just fine when they eat spicy food, while others get an upset stomach when they have a few too many grinds of black pepper on their dish.

Some people can drink juices and smoothies almost every day, while others will start showing signs of sluggish digestion, cold, and dampness after just one or two cold drink (we'll get into what "cold" and "damp" mean when it comes to your body and overall health in Part 2).

Basically, the way you react to different environmental factors influences how good or bad you feel from day to day.

So the trick to feeling great in your body, energized, and empowered to be the best version of YOU in all you do, is to learn your environmental triggers, learn your reactions, and learn how to balance them out (which you can do with the right foods and lifestyle factors).

Luckily, ancient healing traditions like Chinese medicine, Ayurveda, and classic Greek medicine have passed down loads of information on exactly how to do this.

And after spending years studying these traditions, I now lead online courses, graduate school classes, and live workshops that teach others exactly how to recognize the signs that something is off so they can practice finding more balance in their own lives.

This book consists of some of the most useful information I teach, all distilled into a few key points.

I wrote it to use as a companion guide for my classes, but it can also be used as a reference for beginners who have never taken any of my classes and want to learn a new approach to health and wellness.

Here's the breakdown of the information in this book:

In Part 1 you'll find a description of the 6 main flavors you find in foods, how these flavors affect your body and mind, healthy food options, and signs of overconsumption.

In Part 2 we dive a little deeper. This is where you'll find the signs and symptoms that tell you that something's out of balance in your body, when you're most likely to have these signs and symptoms appear, what to eat to balance yourself out, and which foods to avoid if you don't want your situation to get worse.

And finally, Part 3 is all about seasonal recommendations.

Most people know that it's a good idea to try to eat seasonally, but they don't know that seasonal health is about more than just the ingredients you choose. It's about cooking methods, quality, lifestyle, and it can really make a difference for your health and well-being when you do it right.

So in this section of the book you'll learn which flavors to eat more of in each season, which qualities to focus on both nutritionally and in life in general, the kinds of activities that will help you feel good at each time of year, signs of imbalance that are most likely to show up in each season, the best ingredients and cooking methods to use, and the foods that are best avoided at each time of year.

How to use this book:

As you go through these recommendations, keep in mind that signs and symptoms of imbalance can show up any time depending on what's going on with you.

So for example, if most of the signs of imbalance of summer ring true for you but it's already fall outside, mix some of the summertime recommendations in with the fall recommendations until you feel more balanced.

Or take a look at the heat symptoms (which are similar to summer), and dry and damp symptoms (depending on where you live and what the weather is like), and see if you can balance yourself out that way.

There are no hard and fast rules here.

Keeping yourself balanced through diet and lifestyle is more of an art than a science, and most of all it just takes practice as you get more familiar with your body's reactions.

I recommend that you begin by reading through all of these recommendations a few times and see which patterns of imbalance seem the most familiar to you.

For example, maybe you have asthma and dry skin, but as you're reading this it's the middle of summer. If this is the case, then you should focus on the recommendations for autumn and dryness, as well as summer.

Or maybe it's winter and your digestion is sluggish, you feel exhausted and achey a lot of the time, and tend to have loose stools. If this is you, then focus on the recommendations for dampness and seasonal transitions as well as winter.

It's always good to follow the seasonal guidelines, but it's even more important that you balance out what's going on for you.

Have fun with it, experiment, and see what happens!

If you ever have any questions or comments, you can always email me.

My email address is hello@KaterinaBaratta.com.

And if you're an ambitious mother who wants to have, be, and do it all, then I encourage you to sign up for my (FREE!) Fill Your Cup Mini-Workshop.

This free audio training + PDF workbook will teach you how to make more time for yourself and the things you love, so you can bring the best version of YOU to all do.

Here's the link to sign up: <https://katerinabaratta.com/start-here/>

And that's all for now. I hope you find this book useful, and that I get to connect with you again soon!

XO Katerina

PART 1 : FLAVORS + ACTIONS

SWEET

Actions: Nourishing, harmonizing, supplementing, calming, moistening

Healthy options: Whole grains, root vegetables, pasture-raised meats, seasonal fruits, healthy fats, almost all healthy foods are naturally sweet to some degree

Signs of overconsumption: Insatiability, dissatisfaction, attachment, diabetes, loose stools, blood sugar issues

SOUR

Actions: Stimulates digestion, refreshes, destroys gas, moistening

Healthy options: Lemons, limes, berries, tamarind

Signs of overconsumption: Burning sensations, ulcers, eruptions, flare-ups, excessive discharge, envy, muscular and arthritic pain

SALTY

Actions: Promotes digestion, moistens body tissues while draining excessive moisture, dissolves hardness, mild laxative

Healthy options: Seaweed, soy sauce, fish, minerals, celery

Signs of overconsumption: Burning sensations especially in mouth or throat, heartburn, rashes, high blood pressure, premature aging, aggravated skin conditions, water retention/bloating, loose connective tissue, greediness, neediness, obsession

PUNGENT

Actions: Warming, dispersing, breaks up stagnation, invigorates circulation, opens pores, encourages perspiration, unblocks phlegm, increases absorption, cleanses

Healthy options: Garlic, ginger, radish, mustard, cumin, peppers

Signs of overconsumption: Reduced immunity, decreased fertility, anger, constipation, dizziness, pain, cramps, burning sensations, inflammatory conditions, increased dryness

BITTER

Actions: Cooling, stimulates digestive bile, sedates and calms, unblocks stagnation, reduces bulk, destroys toxins, reduces fevers, removes poisons, dispels infections, clears parasites, heals skin disease, dries dampness

Healthy options: Green and yellow vegetables like kale, brussels sprouts, dandelion greens, spinach, endive, broccoli, cauliflower, asparagus

Signs of overconsumption: Emaciation, weakness, sexual dysfunction, dizziness, dryness, abdominal distention, pain and spasm, nausea

ASTRINGENT

Actions: Constricts and ceases the flow of fluids, cooling, binding, consolidating, stops bleeding, closes pores and wounds

Healthy options: Unripe bananas, lentils, dried beans, peas, pomegranate, green tea, cranberries, tart apples

Signs of overconsumption: Breathlessness, fear, resistance, dry mouth, chest pain, flatulence, bloating, circulatory problems, constipation, spasm, convulsions, GI dryness

PART 2 : SIGNS OF IMBALANCE + BALANCING RECOMMENDATIONS

HEAT SIGNS

Redness
Feeling hot
Rashes
Sharp pain, burning sensations

Acid reflux
Migraine headaches
Strong body odor
Bad breath
Acute conditions, flare-ups

Craving cold beverages
Large appetite

Foul smelling stools
Yellow urine
Heavy menstrual bleeding, bright red blood, bleeding lasts 6+ days

Pulse: Rapid (more than 80 beats per minute)
Tongue: Bright or dark red tongue body, red dots on tongue, yellow tongue coating
Complexion: Red

Excessive/inappropriate laughter
Mania
Angry outbursts
Loud voice
Extroversion

Most likely to appear in the warmer weather of late spring and summer.

What to Eat:

- Naturally sweet foods¹
- Bitter foods, in moderation.
- Fresh, raw² (only if you have strong digestion) or quickly cooked, crunchy fruits and vegetables; cool or room-temperature juices and smoothies; room-temperature salads.

¹ Naturally sweet foods = most whole foods, especially root veggies, starchy veggies, whole grains, whole fruits, pasture-raised meats, etc.

² Strong digestion= 1-3 well-formed bowel movements per day on a regular schedule, no straining, no mucous, no dryness, looseness, or visible undigested food; regular appetite, moderate thirst

Cooling ingredients to use:

Endive	Cucumbers	Berries	White fish
Radicchio	Summer squash	Oranges	Barley
Dark leafy greens	(zucchini)	Pears	Spelt
Dandelion greens	Sprouts	Persimmons	Kamut
Bitter melon		Pineapple	Whole wheat
Beets	Brazil nuts	Plums	Mung beans
Green beans	Seaweeds	Prunes	
Asparagus	Avocados	Tamarind	Tofu
Brussels sprouts		Watermelon	Green tea
Cabbage	Apples		White tea
Broccoli	Cranberries	Rabbit	Rooibos tea
Burdock root	Grapefruit	Clams	Chamomile
Lettuce	Kiwi	Crabs	Hibiscus
Radishes	Lemons	Squid	Nettles

Avoid or Only Have in Moderation:

Heating foods, extremely hot food

Extremely cold food (nothing iced or straight out of the refrigerator)

Greasy foods

Ingredients you can't pronounce, processed foods, preservatives

Refined ingredients (white flour, white sugar, etc.)

Stimulants

Alcohol

Fermented foods

Red meat

Very spicy food, hot peppers

Red onion

Mustard greens

Black-eyed peas

Citrus zest

Molasses

Vinegar

COLD SIGNS

Feeling cold

Poor circulation

Dull pain, achey-ness

Fatigue

Chronic conditions

Craving warm beverages

Low appetite

Constipation with sense of incompleteness or irregularity

Long menstrual cycle, brown blood, clots

Tongue: Pale tongue body

Pulse: Slow (for non-athletes: less than 60 beats per minute)

Complexion: pale, ashen

Quiet voice

Introversion

Most likely to appear in the cool and cold weather of autumn, winter, and early spring.

What to Eat:

- Naturally sweet foods
- Pungent foods in moderation
- Warm, slow-cooked foods; soups, stews, roasts, etc.

Warming ingredients to use:

Mustard greens

Winter squash

Brown rice

Oats

Black-eyed peas

Chestnuts

Walnuts

Chile pepper

Chives

Spring onion

Garlic

Onions

Shallots

Fennel

Leeks

Cherries

Coconut (meat and sugar)

Kumquats

Beef

Chicken

Lamb

Anchovies

Mussels

Shrimp

Salmon

Trout

Molasses

Rose

Oolong tea

Black tea

Jasmine tea

Vinegar

Cinnamon

Ginger

Citrus zest

Anise seeds

Black pepper

Cardamom

Caraway

Cloves

Coriander

Cumin

Nutmeg

Rosemary

Sage

Smoked paprika

Thyme

Avoid or Only Have in Moderation:

Cold, cooling, or frozen foods

Greasy foods

Ingredients you can't pronounce, processed foods, preservatives

Refined ingredients (white flour, white sugar, etc.)

Excessively salty foods

Very spicy foods (that make you sweat)

Bitter foods

DRY SIGNS

Thirst

Dry skin, lips, hair

Brittle nails

Hypoglycemia

Cracking or popping joints

Constipation with dry stool, irregularity, or sense of incompleteness

Irregular or light menstrual bleeding, spotting, dry clots

Tongue: Dry, cracked or no tongue coating

Pulse: Choppy

Inflexibility (both mental and physical)

Relentlessness

Anxiety

Organization

Strong work ethic

Most likely to appear in autumn, and a hot + dry summer or cold + dry winter.

What to Eat:

- Naturally sweet foods
- Sour and salty foods, in moderation
- Fresh fruits and vegetables, foods cooked with water: water sauté, poached, boiled, simmered
- Extra healthy fats: avocado oil (high-heat cooking), ghee (moderate-heat cooking), olive oil (moderate-low-heat cooking, finishing), sesame oil (finishing), fatty fish, avocados, nuts, etc.
- Plenty of water between meals

Lubricating ingredients to use:

Whole grains

White rice (in moderation)

Oats

Buckwheat

Spelt

Kamut

Whole wheat

Sweet potatoes

Yams

Winter squash

Bok choy

Carrots

Celery

Daikon

Radish

Lettuce

Green beans

Cooked onions

Cooked leeks

Watercress

Cucumber

Tomato

Crimini mushrooms

Avocados

Apples

Berries

Grapefruit

Oranges

Kiwi

Lemons

Limes

Melons

Papaya

Peaches

Pineapple

Rhubarb

Grapes

dates

Plums

Figs

Watermelon

Tamarind

Milk

Butter

Cheese

Yogurt

Nuts

Chia seeds

Flax seeds

Hemp seeds

Sunflower seeds

Seaweeds

Lima beans

Pork

Sardines

Salmon

Mackerel

Avoid or Only Have in Moderation:

Drying foods

Crunchy dry foods (crackers, chips, pretzels, etc.)

Baked goods

Ingredients you can't pronounce, processed foods, preservatives

Refined ingredients (white flour, white sugar, etc.)

Excessively salty or pungent foods

Very spicy foods (that make you sweat)

Astringent foods (unripe bananas, lentils, dried beans, peas, pomegranate, green tea, cranberries, tart apples, etc.)

DAMP SIGNS

Trouble getting up in the morning

Excessive sweating

Achey or heavy feeling body

Foggy-brain feeling

Nausea

Sluggishness

Difficulty getting up in the morning, lethargy

Loose stools, mucous in stool

Copious clear urine

Menstrual blood mixed with mucous, tender or swollen breasts, bloating, discharge

Tongue: Thick white tongue coating

Pulse: Slippery/rolling pulse

Indecision

Flakiness

Spontaneity

Worry

Emotional, teary

Most likely to appear in wet weather, springtime, and during seasonal transitions.

What to Eat:

- Naturally sweet foods and salty foods, in moderation
- Pungent and astringent foods
- Bitters in moderation
- Easy-to-digest meals, slow-cooked foods, baked and roasted foods
- Whole, cooked ingredients

Ingredients That Help to Process Dampness Out:

Lentils	Radicchio	Tart apples	Cloves
Corn	Dandelion	Oranges	Rosemary
Millet	Endive	Cherries	Sage
Amaranth	Carrots		Thyme
Dried beans	Artichokes	Oysters	Turmeric
Kidney beans	Peppers	Shrimp	Rosehips
Green peas	Celery	Chicken	Rose
Split peas	Shiitake mushrooms	Anchovies	Jasmine flowers
Fava beans	Oyster mushrooms		Gardenia flowers
Adzuki beans		Citrus zest	
	Pomegranates	Peppers	Poppy seeds
Arugula	Cranberries	Basil	Chestnuts
Mustard greens	Unripe bananas	Cardamom	

Avoid or Only Have in Moderation:

Cold and raw foods and drinks (including smoothies, juices, and cold salads)

Ingredients you can't pronounce, processed foods, preservatives

Refined ingredients (white flour, white sugar, etc.)

Complicated meals with lots of ingredients

Dairy

Heavy, greasy, or oily foods

PART 3: SEASONAL RECOMMENDATIONS

As you read this section, keep in mind that the Seasonal Transitions recommendations aren't just for the times of year when the seasons are changing (end of summer, end of winter, etc.) Instead, the Seasonal Transition recommendations should be seen as the foundation of your health. They should really be your go-to, not just when the seasons are changing, but also when feeling out of balance or in need of nourishment or stability any time of year.

Also keep in mind that while it's wise to follow the advice for the season of your external environment, the most important thing is what's happening inside YOU, and how you're reacting to the external environment at any given time.

So if you notice that you are experiencing signs of imbalance that are relevant to a different season, incorporate those recommendations into your lifestyle as well for maximum benefit.

SEASONAL TRANSITIONS

Flavors to focus on: Naturally sweet and bland foods

Qualities to focus on: Nourishing, balancing, grounding, enhancing a sense of safety and comfort

Beneficial activities: Walking, spending time in nature, taiqi, qigong, yoga

Signs of imbalance:

Foggy-brain
Muscle weakness
Coldness
Loose or watery stool
Bloating
Candida overgrowth

Balancing food options:

Whole grains	Shiitake mushrooms	Carp, bass, mackerel,
Beans, nuts, seeds	Soybeans	sardines
Some meats	Adzuki beans	Apples
Carbohydrate-rich vegetables	Lotus seeds	Dates
Corn, millet, rice, oats	Peas	Figs
Carrots	Spinach	Grapes
Cabbage	Poultry	Licorice root
Fennel	Lamb	
Winter squash	Venison	

Cooking methods: Simple, easy to digest meals, blanching, slow cooking, gentle braising, steaming, boiling, simmering

Avoid: Excess dairy and refined sugar, greasy and creamy foods

AUTUMN

Flavors to focus on early in the season (late August, early September): Bitter and astringent foods

Flavors to focus on throughout the season: Naturally sweet, salty, sour

Qualities to focus on: Grounding, lubricating, warming, reflecting, releasing

Beneficial activities: Journaling, reflecting, meditating, restorative yoga, brisk walks, martial arts

Signs of imbalance:

Respiratory issues	No patterning, or overly rigid patterning
Skin problems	Strict habits, or unpredictability
Constipation	Stinginess
Trouble letting go of past hurts	Stuck-upness
Overly materialistic	Selfishness
Self-righteousness	Abuse of power

Balancing food options:

Spinach	Lychee
Okra	Rose hips
Persimmon	Beans
Almond	Tofu
Seeds, nuts, and soybeans	Shiitake
Grapes	Mushrooms
Apples	Chicken, lamb, beef
Plums	Whole oats, rice
Pears	Onions, leeks, scallions
Persimmons	Garlic, ginger, cinnamon, pepper
Pomegranates	

Cooking methods: Longer cooking times, lower temperatures, fermented foods, baking, blanching, frying, roasting, boiling, braising, stewing, simmering

Avoid: Overly dispersing and cooling, raw or cold, dairy, overly fatty foods

WINTER

Flavors to focus on: Naturally sweet foods, some salty, bitter, and sour foods in moderation

Qualities to focus on: Warming, relaxing, restoring, resting, gathering, nourishing

Beneficial activities: Sleeping more, meditating, journaling, less-schedules/more flow

Signs of imbalance:

Premature aging

Adrenal fatigue

Trauma

Fear

Insomnia (waking too early, having trouble falling back to sleep)

Inability to go with the flow

Fertility issues

Menopausal symptoms

Arrogance

Defiance

Loners

Inability to connect with higher calling

Rigidly grasping for control

Inflexibility

Balancing food options:

Root vegetables	Oyster	Burdock root
Whole grains	Duck	Walnuts
Beans and legumes	Sea salt	Black sesame seeds
Meats	Chicory	Cinnamon
Seaweed	Endive	Star anise
Seafood	Escarole	Chili peppers
Miso	Black tea	Curry
Tamari	Dandelion leaves	Cloves
Barley	Chicory	Nutmeg
	Roasted dandelion root	

Cooking methods: Slow cooker, roasting, baking, simmering, soups and broths

Avoid: Excess spicy foods, grilled foods, raw and cold foods

SPRING

Flavors to focus on: Naturally sweet, pungent, and astringent foods

Qualities to focus on: Invigorating, creating, expanding, planning

Beneficial activities: Walks in the woods, spending time outdoors, stretching, breathing deeply

Signs of imbalance:

Blood clots	Overly emotional, or inability	Indecision
Cold feet	to cry	Inability to make a plan
Brittle nails	Dissatisfaction	Easily overwhelmed
Frustration	Boredom	Stuck in the past
Irritability	Restlessness	Dogmatism
Over-impulsiveness	Feeling stuck	Winning at any cost

Balancing foods:

Green vegetables	Legumes and seeds	Chives
Baby turnips	Sprouts	Scallions
Snow peas		Garlic
Spinach	Mint	Ginger
Baby carrots	Lemon balm	Watercress
Baby beets	Rosemary	Arugula
Whole grains	Thyme	

Cooking methods: Steaming, quick boils, quick sautés, light braise, stir-fry, lightly fermented foods, crunchy foods

Avoid: Overexertion, heavier, creamier, richer foods, processed foods, stimulants, refined carbs, hot & spicy foods, overly salty foods

SUMMER

Flavors to focus on: Naturally sweet, pungent, bitter, and sour foods

Qualities to focus on: Cooling, hydrating, calming, connecting

Beneficial activities: Stay physically active, explore, be social, free-flowing communication with outside world

Signs of imbalance:

Restlessness

Insomnia (restless sleep)

Hatred

Loneliness

Insecurity

Impulsiveness

Inappropriate laughter

Anxiety, heart palpitations

Lacking spark

Circulatory issues

Flushed face

Acne

Skin rashes

Acid reflux

High blood pressure

Hormone imbalance

Balancing foods:

All vegetables

Endive

Escarole

Romaine lettuce

Radicchio

Asparagus

Dandelion

Bitter melon

Cucumbers

Zucchini

Radishes

Celery

Berries

Peaches

Apricots

Plums

Melons

Rhubarb

Lightly fermented foods

Mung beans

Tofu

Basmati rice

Wheat

Fish

Tea, especially white and green

Cooking methods: Steaming, blanching, light and quick cooking, sauté, poaching, raw foods (in moderation, when digestion is strong)

Avoid: Excessively hot or cold foods, greasy, creamy, heavy foods, processed or baked goods, stimulants

CONCLUSION



And there you have it!

You now know the basics of personalizing your diet + lifestyle for optimal health, happiness, and productivity.

But remember that this is just the tip of the iceberg.

If this has sparked your curiosity, there are lots of opportunities to hone in on the diet and lifestyle factors that will help you thrive.

As I mentioned in the intro, if you're an ambitious mama who wants to have, be, and do it all, then the best place to start is with my free Fill Your Cup Mini-Workshop.

[You can click here to get your hands on this awesome free audio training + PDF workbook.](#)

(<https://katerinabaratta.com/start-here>)

And if you're interested in diving even deeper into this information with personalized recommendations and coaching from me, [then click here to set up a free consultation.](#)

Whether you want to lose weight, have more energy, process emotional baggage, be more productive, or clear out another physical or emotional hurdle, 1-on-1 holistic health coaching is the best way to get to the bottom of your struggles so you can bring the best version of you to all you do.

[You can contact me any time](#) with any questions or comments, and I hope to connect with you again soon!

XO *Katerina*