



YOUR SON'S
MIND-BODY
BLUEPRINT

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DEAR MAMA...

I write this to you as a mother of two boys and a holistic practitioner working in women's health for close to two decades.

You're likely reading this because you're looking for guidance on how to handle the intense load of mothering in our chaotic modern world, while also managing your own wellbeing.

We've been led to believe these two things are mutually exclusive, but they are not.

This guide is based on the wisdom of Ayurvedic Medicine. This is ancestral, body-based wisdom available to all of us that can guide us in our mothering. This is far deeper than parenting advice or the latest health hacks.

I discovered Ayurveda during a health crisis two decades ago. I didn't realize then that it would serve as the foundation of how I would raise my future children.

This is the wisdom that helps you tap into intuitive mothering guidance.

This guide will help you understand the energetics that are most present in your son's body, mind and personality, how to tend to him and how to teach him to care for himself. Once you understand these patterns, his tendencies will likely make a lot more sense. And it's my deep wish that this will help you to feel more confident in understanding, responding to and nurturing your son.

I believe this wisdom will help us raise resilient, embodied, conscious boys who will become the men who can help make the world a better place.

Much love,



WHY AYURVEDA?

WHAT IS AYURVEDA?

Ayurveda is a traditional system of medicine from India that views health as balance of body, mind, and environment.

It uses the five elements and three doshas (Vata, Pitta, Kapha) to describe constitutional tendencies and to guide diet, routines, and lifestyle.

WHY IS THIS IMPORTANT?

Understanding your son's constitution early helps you support digestion, sleep, emotional regulation, immune resilience, and healthy growth through childhood into adolescence - reducing chronic imbalance and building lifelong habits.

ELEMENTS, QUALITIES, DOSHAS

The entire universe - including our bodies - is composed of the five elements: space, air, fire, water and earth.

The 5 elements have qualities. When taking form in the human body, the elements group together to create the *doshas*.

Doshas are forces of nature that create the structure of and carry out the physiological functions of the body and mind.

When we know what qualities are predominant in our son's body and mind, we can balance with the opposite qualities.

VATA DOSHA

Composed of air + space elements

Rules circulation and movement

Is light, cold, dry, hard, mobile, sharp, rough, flowing, subtle, clear



PITTA DOSHA

Composed of fire + water elements

Rules metabolism / digestion and transformation

Is light, hot, slightly moist (oily), sharp, flowing, subtle, clear



KAPHA DOSHA

Composed of water + earth elements

Rules stability, structure, immunity

Is heavy, cold, moist, soft, stable, dull, smooth, static, gross, cloudy



AYURVEDA 101

YOUR SON'S MIND-BODY CONSTITUTION (PRAKRUTI)

We all have all 3 doshas in our body, but we tend to have a predominance of one or two.

Prakruti is a person's mind-body constitution, meaning which doshas are dominant. This is determined at the moment of conception. Prakruti tells us about our body build, our features, our personality, our physical, mental and emotional tendencies, our strengths and the symptoms we'll tend to experience when we go out of balance.

Many people are dual-dosha (e.g., Vata-Pitta, Pitta-Kapha). *This guide speaks to the predominant tendencies and how they show up. Read each profile as: "If this is primary in your son, expect these patterns and use these supports."*

YOUR SON'S CURRENT IMBALANCES (VIKRUTI)

We're constantly taking in the qualities of the doshas through our senses. For example, we can eat *dry* food, have *irregular* schedules, be in a season with lots of *cool, wet* weather, or eat lots of *hot, spicy* foods.

Like increases like and opposites balance.

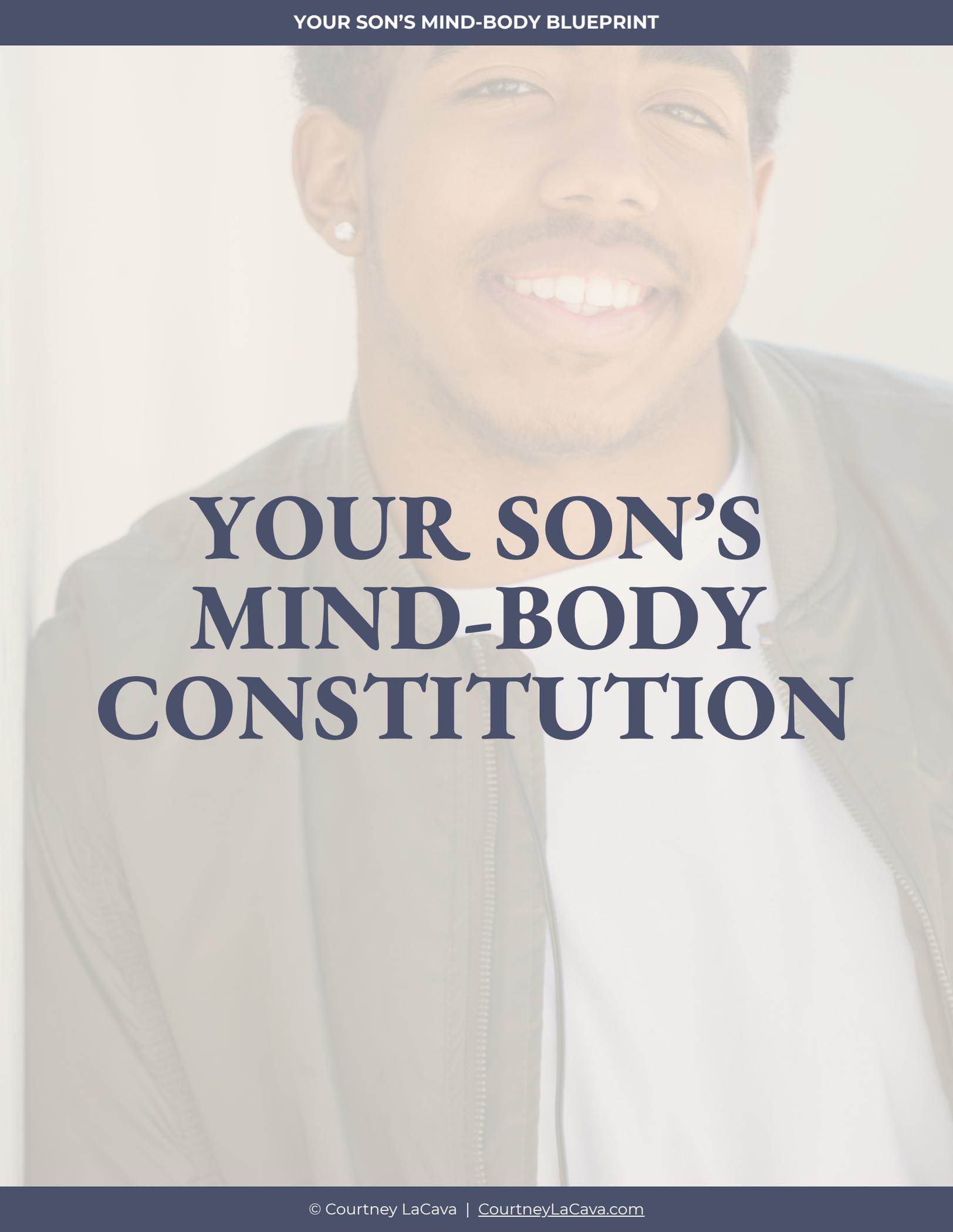
When a dosha becomes excessive from what we take in through our senses, we experience symptoms related to that dosha. This is called our *Vikruti* or current state of imbalance. This is influenced by diet, stress, illness, season, sleep, and activities.

HOW TO USE THIS GUIDE

Read each dosha snapshot and compare to your son. Remember, this guide speaks to the predominant tendencies and how they show up.

Read each profile as: "If this is primary in your son, expect these patterns and use these supports."

I've given you the strengths and challenges of each constitution, some signs to look out for, and both general supports for all boys, and specific supports for each dosha.



YOUR SON'S MIND-BODY CONSTITUTION



YOUR VATA BOY

Your Vata boy is a **vibrant and imaginative child**, brimming with energy and creativity.

His playful spirit often draws others in, as he thrives in social settings and loves to explore new ideas and adventures. He can be inspired, dreamy or a chatterbox.

Naturally curious, the Vata boy is quick on his feet and enjoys learning through play, making him an enthusiastic participant in group activities.

But when his senses get overloaded and he gets out of balance, this spirited nature can lead to symptoms like anxiety, restlessness, or difficulty focusing. Because he tends to be more sensitive to stimulation, he may become overwhelmed by his emotions or experience digestive issues.

He will need grounding and stability to help him thrive. Balancing his Vata qualities with nurturing routines and calming practices can foster his vibrant personality while promoting overall well-being.



VATA ENERGETICS

Elements: air + space

Qualities: Changeable, mobile, light, creative, sensitive

PHYSICAL BUILD

Thin, light frame; narrow limbs; variable appetite; colder hands/feet.

FEATURES

Darker hair and skin relative to family; dark, smaller eyes; thinner lips, nails, skin; hair can be thin and/or curly; petite bone structure, either short or tall and quite thin

PERSONALITY, MIND, EMOTIONS

Imaginative, talkative, quick-thinking, easily excited or anxious; sensitive to change; creative and curious.

DIGESTION

Irregular appetite, can forget to eat or be a picky eater. Prone to gas, bloating, constipation.



ENERGY, STAMINA AND IMMUNITY

Variable energy with bursts and crashes; sensitive nervous system; sensory intolerance and sensitivity; lower stamina when sleep or food routines break down.

SLEEP

Tendency towards light sleep, waking at night. When out of balance, trouble falling asleep or will wake during the night





PUBERTY

Rapid, uneven growth spurts; coordination issues; increased anxiety and sleep disruption; appetite can swing; voice changes may be abrupt.

INTERESTS / STRENGTHS

Creative arts, unstructured active play, movement arts (skate, dance), activities requiring imagination and quick responses, short-burst sports, martial arts for focus.

CHALLENGES

Anxiety, sensory overwhelm, distractibility, inconsistent eating/sleep, digestive upsets, can have lots of physical and emotional energy followed by a crash. ADHD often has a strong Vata component (though Pitta can also be involved).

SYMPTOMS TO LOOK OUT FOR

Excess: restlessness, insomnia, frequent colds, dry skin, constipation, difficulty focusing, irregular appetite.

**SIGNS
TO ACT**

persistent weight loss, ongoing sleep collapse, severe anxiety, marked social withdrawal



YOUR PITTA BOY

Your Pitta boy is **dynamic and ambitious**, characterized by his strong leadership qualities and fiery enthusiasm.

With a natural drive and determination, he excels in competitive environments and approaches challenges with confidence and passion.

His intelligence and quick wit make him a keen learner, and he often inspires those around him with his vibrant energy.

But when he gets out of balance, that heat will scorch! His intensity can lead to irritability, impatience, or even anger. He may become overly critical or experience digestive issues. He'll be balanced by cooling and calming influences in his life.

Nurturing his Pitta qualities with mindfulness practices and downtime can help maintain his vibrant spirit while ensuring emotional and physical well-being.

PITTA ENERGETICS

Elements: fire + water.

Qualities: Hot, sharp, mobile, intense, driven.

PHYSICAL BUILD

Medium, muscular, angular, athletic build; good appetite; tends to sweat; skin may be warm/oily.

FEATURES

Blonde, red or light hair and skin relative to family/race; light, medium and/or deep-set eyes; moderately-sized features; angular, sharp bone structure; tendency towards moles or freckles; lighter skin that burns more easily; hair can be fine and/or straight; moderate bone structure.

PERSONALITY, MIND, EMOTIONS

Focused, confident, competitive, goal-oriented; can be perfectionistic, easily frustrated or critical.



DIGESTION

Strong appetite, quick digestion; prone to heartburn, acidity, loose stools with heat or spicy foods.

ENERGY, STAMINA AND IMMUNITY

Robust energy and stamina when balanced; energy may deplete with overheating, overexertion, or anger.

SLEEP

Tendency towards solid sleep. Can struggle to sleep when overheated.



PUBERTY

Early/strong sexual drive, increased sweating, acne, heat-related irritability, strong assertiveness; risk of anger, impatience, burnout.

INTERESTS / STRENGTHS

Competitive sports (soccer, swimming), strategy games, leadership roles, activities that test skill and speed.

CHALLENGES

Irritability, acne/inflammation, seasonal allergies, overheating, overtraining, impatience, critical behavior.

SYMPTOMS TO LOOK OUT FOR

Excess: rashes, acne, heartburn, loose stool, high irritability, sleep disturbed by heat, obsession/perfectionism.

**SIGNS
TO ACT**

severe or cystic acne, recurring GI inflammation, aggression, sleep deprivation



YOUR KAPHA BOY

Your Kapha boy is **a sweet, nurturing and gentle spirit**, often embodying qualities of calmness and stability.

His affectionate nature and strong sense of loyalty make him a cherished friend, as he is always there to support others with kindness and empathy.

With a natural inclination towards creativity and imagination, he enjoys nurturing activities, such as arts and crafts or storytelling.

But when he gets out of balance, this sweet disposition can make him lethargic, stubborn, or overly emotionally attached. This can make it hard for him to engage with the world around him.

He may also experience digestive sluggishness or weight gain. He will need lots of movement, stimulating activities, challenges and varied routine to stay healthy and happy.



KAPHA ENERGETICS

Elements: earth + water.

Qualities: Heavy, stable, moist, grounded, steady, cool.

PHYSICAL BUILD

Sturdy, solid or round build; steady appetite; may gain weight easily; often cool and moist skin; tends to sweat easily and abundantly.

FEATURES

Lighter or medium coloring relative to family; large eyes, long lashes; larger facial features; dense or thicker bone structure; tendency towards fleshiness (but not always); skin that can burn then tan; hair is thick and can be wavy.

PERSONALITY, MIND, EMOTIONS

Calm, sweet, affectionate, loyal, patient but can be slow to start or resistant to change; may hold onto emotions.



DIGESTION

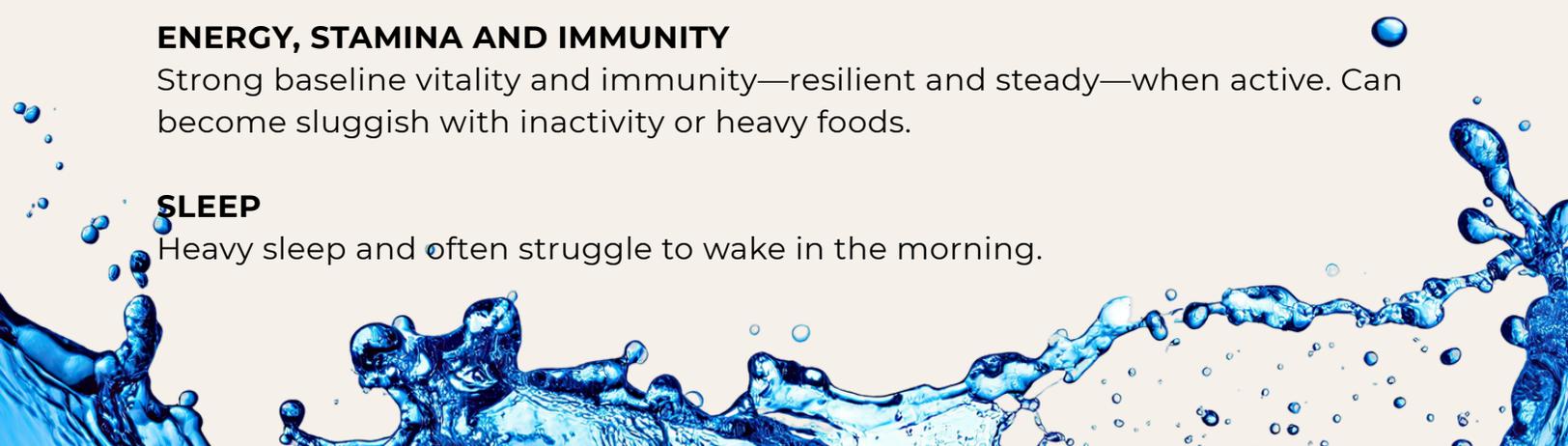
Slow digestion which can lead to congestion and heaviness if eating heavy foods or overeating. Tendency to emotionally eat or eat for pleasure even when not hungry. Kapha digestion is weaker so appetite for food may not be from real hunger.

ENERGY, STAMINA AND IMMUNITY

Strong baseline vitality and immunity—resilient and steady—when active. Can become sluggish with inactivity or heavy foods.

SLEEP

Heavy sleep and often struggle to wake in the morning.





PUBERTY

Gradual changes, possible weight gain, increased mucous or allergies, low motivation, risk for depression if inactive.

INTERESTS / STRENGTHS

Endurance sports, strength-based activities, team sports, activities requiring persistence and steady effort (hiking, rowing, cross-country).

CHALLENGES

Low motivation, sluggish metabolism, seasonal allergies, weight and congestion issues, resistance to change.

SYMPTOMS TO LOOK OUT FOR

Excess: sluggishness, frequent colds/sinus congestion, emotional eating, weight gain, low motivation, heavy sleep, emotional withdrawal.

**SIGNS
TO ACT**

persistent low mood, rapid weight gain, chronic allergies or asthma flare-ups



SUPPORT FOR YOUR SON

GENERAL SUPPORT FOR ALL CONSTITUTIONS

NUTRITION: SEASONAL EATING

Eating seasonally is always the best place to start for nutrition for the whole family. You can download my [Seasonal Eating Guide with Shopping Lists here](#). In the next section I'll give you dosha-specific recommendations but *start with seasonal eating first. If his imbalances persist, you can incorporate the dosha-specific nutrition recommendations.*

HAVE LUNCH AS LARGEST MEAL OF THE DAY

Digestion is ruled by the fire element and is strongest when the sun is the highest point in the sky (midday), between 11am - 1pm. Proteins and fats will digest better at this time and create more strength and stability for your son's system. This also keeps his digestion strong. This can be harder to do when he's at school, so doing your best on the days off will still make a difference.

EARLY BEDTIME / SLEEP

Aim for consistent bedtime by 10pm. The body physically and psychologically purifies between 10pm - 2am. When we sleep during those hours, we'll get deeper, more restorative sleep, which is so crucial as they go through this huge phase of growth.

MOVEMENT

Boys need daily movement to channel their energy. One of the biggest challenges for modern boys is domestication. They need outlets for their energy and wildness, especially if they have lots of screen time.

INTERRUPTING ISOLATION WITH PARALLEL CO-REGULATION (10 - 15 MINS/DAY)

This is especially important during puberty. Parallel co-regulation is when you're in a room together with your son doing something. You don't have to be talking to each other. Do this with simple, transitional, transactional activities (ie. cleaning up, doing dishes). Bring him into your world, give him some responsibility, do it together. The only rule: no headphones allowed or looking at the phone (for either person).

SPECIFIC SUPPORT FOR YOUR VATA SON

Qualities to reduce: mobile, irregular, light, dry, cold, fast

NOURISHING DIET

- Favor warm, cooked meals rather than raw foods. Favor heavy, moist, warming foods. Limit cold, raw, dry foods and stimulants.
- You can download my [Seasonal Eating Guide](#) to learn more about the most and least supportive foods for Vata.
- Regular warm drinks and small snacks can steady his appetite

HYDRATION AND WARM DRINKS

- Make sure he drinks enough fluids, aiming for warm water throughout the day, especially if he tends towards constipation. Iced drinks will weaken his already variable digestion, so room temp or warm is best.

REGULAR ROUTINES

- The windy, mobile nature of Vata will resist routines but they're so important for him! Establish a regular daily routine for meals, sleep, and activities. This helps provide stability and comfort, balancing Vata's erratic nature.
- Avoid irregular meal times, abrupt transitions, late-night screens, overstimulation.

GENTLE EXERCISE

- Encourage activities like yoga or walking, which help ground energy without overstimulating. Vatas need movement to keep prana (life force) flowing, but prolonged, strenuous activity can be too intense.

OIL MASSAGE

- Give or encourage regular oil massage (abhyanga) using warm sesame or almond oil. This helps calm Vata energies. To learn how, you can download my [Ayurvedic Massage Guide](#).
- Touch is some of the best medicine for Vata, who tend to have sensitive nervous systems. Use gentle, loving touch to provide comfort and reassurance.

SPECIFIC SUPPORT FOR YOUR PITTA SON

Qualities to reduce: hot, sharp, oily, light

COOLING DIET

- Favor cooling, slightly dry foods. Limit spicy, sour and oily foods.
- You can download my [Seasonal Eating Guide](#) to learn more about the most and least supportive foods for Pitta.
- Pittas can tolerate raw foods. Emphasize warm cooked foods in colder months and raw foods in warmer months.
- A larger mid-day lunch is a must for Pittas. That fire is strong and needs something to eat so it doesn't burn him out or burn up others!

HYDRATION

- The fire of Pitta can easily dry out his system. Give him plenty of room temperature water.
- During the warmer months cooling drinks like coconut water, cucumber water, or aloe juice can be very supportive. If he has strong digestion and a strong appetite, he can also have some cold drinks.

ROUTINES & BEDTIME

- Pittas will tend to get a second wind during the Pitta evening hours (10pm - 2am) so early bedtime is so important. The Pitta mind is strong, so soothing music or routines that aren't overly stimulating can help him wind down.
- During the hottest times of year, it's very important for Pittas to avoid overheating by being outside during the midday, or to pacify that heat with diet, swimming or other cooling activities.

BALANCED EXERCISE

- Pittas love to compete! He'll need a balance of competitive sports and calming physical activities, like yoga. Swimming, surfing and all winter sports are great for your Pitta son to keep him cool.

SPECIFIC SUPPORT FOR YOUR KAPHA SON

Qualities to reduce: heavy, moist, sticky, stable, cool

LIGHT, DRY DIET

- Favor light, dry, spiced foods. Limit heavy, sticky, bland foods like dairy and wheat.
- You can download my [Seasonal Eating Guide](#) to learn more about the most and least supportive foods for Kapha.
- Kaphas do best with light, cooked, well-spiced foods but can tolerate raw foods during the warmer months.
- Kaphas thrive with plenty of veggies and some fruit.
- Because of the water element, Kaphas don't have strong digestive fire. But they also have the strongest sensory attachment, so they tend to like to eat because tasting good foods just feels so good to them. Kaphas need space between meals to keep their digestive fire strong, so be mindful of too much snacking.

HYDRATION

- Kaphas don't need as much hydration as other types, so don't force it!
- They do best with warm, spicy teas like ginger tea with a little honey, green juices or carbonated drinks.

ROUTINES

- Kaphas don't need as much sleep as other types but are so good at sleeping. It will be easier to wake them when they wake earlier, before sunrise (depending on the age).
- They do best with varied routines, challenges and stimulation. The earthiness of Kapha will tend to get stuck without change or movement.

RIGOROUS EXERCISE

- The best medicine for Kaphas is *movement*...and because of the stable quality of earth, it can be hard for them to do consistently. It's so, so important for Kapha kids to get into the habit early in life of doing regular, rigorous, endurance exercise that makes them sweat.

ABOUT THE AUTHOR

Courtney LaCava, MA, CAS, is an Certified Advanced Ayurvedic Practitioner and mama to two boys. She has also been incorporating Somatic Experiencing into her practice for the past 5 years.

Through her own health crisis with chronic fatigue in 2005, Courtney discovered Ayurveda - an ancient wellness tradition more relevant than ever in teaching us how to thrive (not just survive) in our overwhelming modern world.

In 2021 she discovered Somatic Experiencing, a body-based therapy to heal trauma and the nervous system. Both of these practices have revolutionized her health, all aspects of her life and how she supports women.



It's her mission to elevate women and their families to reclaim their vitality, power and body wisdom, help them live better and create a more humane world.

- Certified Advanced Ayurvedic Practitioner with over 15 years of experience
- Masters of Arts Degree, UC San Diego
- Bachelor of Arts Degree, Colgate University
- Study with renowned Ayurvedic and Somatic teachers, including Dr. Marc Halpern, Dr. Claudia Welch, Kimberly Ann Johnson and Dr. Vasant Lad
- Certified Yoga Teacher
- Certified Health Coach
- Trained Ayurvedic Herbalist
- Pancha Karma Specialist

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