

# Pitta Tip Sheet

## THE ELEMENTS THAT MAKE UP PITTA

fire + water

## BECAUSE OF THE FIRE + WATER ELEMENTS, PITTA'S QUALITIES ARE:

*hot, oily, sharp, light*

... like a fire that deeply warms and ignites a passion for whatever it comes in contact with

## TOO MUCH OF A GOOD THING CAUSES PITTA TO BECOME UNBALANCED:

*heat, intensity, overwork, spicy foods, alcohol, coffee, competitiveness*

... too much heat, work, intensity, and/or focus **increase** Pitta, causing inflammation all around

## WHEN THERE IS TOO MUCH PITTA, IT LOOKS LIKE THIS:

*anger, critical, judgemental, diarrhea, indigestion, inflammation, red itchy skin, sunburn*

... irritated skin situations, difficulty digesting a meal, hangry, crabbiness, nothing is "good enough," having too much poop

## TO RESTORE BALANCE TO PITTA, EMPHASIZE:

*cool, avoiding stimulants, calm, play, non-spicy foods*

... sip peppermint tea, stroll in nature, and participate (without dominating) to cool things off

## SO, WHAT IS PITTA GOOD FOR?

... getting stuff done; being efficient; creating order out of chaos; knowing where everything is; having *great* musculature

## WHAT IS PITTA?

Pitta is a combination of the fire and water elements. It is a fiery type of energetic: hot, sharp, intense, and transformational. Pitta rules your digestive system, is the heat that is carried by your blood, and is the force behind the many functions performed by your liver.

Pitta is determined, passionate, perceptive, and strong. Pitta relates to summertime, adulthood, midday, and midnight: times of high activity and productivity. Pitta is what gets stuff done!

People who are predominately pitta types tend towards a moderate body type, angular features, light-colored eyes, straight light-colored hair, an intense gaze, skin moles and freckles, and well-developed musculature.

Pittas love their food and have a strong biological need for it. Never ask a Pitta to go without a meal. You risk getting your hand bitten off!

## EXCESSIVE PITTA

When they are out of balance (ie: have too much Pitta/heat), Pitta types run too hot. They become critical, judgemental, angry, and impatient. They tend towards loose stools, "hot" headaches, and heated indigestion.

Pitta is what runs amok in adolescence, creating pimples and acne while the body gets used to its new hormonal balance. Pitta is also the heat and irritability that is involved in any inflammatory process.

## REDUCING PITTA

To restore balance to Pittas we apply the quality opposite of heat. We cool Pitta off! How do we do that? We encourage non-competitive play, time in nature, and unstructured time. We also recommend avoiding coffee and alcohol along with eating non-spicy (but still flavorful!) foods.



## WHAT BRINGS BALANCE TO PITTA?

In a nutshell: cooling down, calming down, and slowing down. Check out these strategies for dumping excess heat from your body and mind. Your friends and families will thank you for it!

### DAILY LIFESTYLE ROUTINES

- You are very good at what you do. And so productive! We don't want you to burn out, though. Please. For y/our sake. We want you to be around—and active—for a long time. Do a little less.
- Play well with others. You see things very clearly, and you speak your mind. Those are virtues, *and* you can let someone else be "right" once in a while.
- Keep it cool. Wear natural fiber clothing such as lightweight cotton, silk, hemp, and linen. Favor the watery coolness of blues and greens.
- Hydrate. Drink half your body weight in ounces every day. Filtered water and herbal teas are best.
- Give thanks by finding something to be grateful for every day.
- Soak up the cooling rays of our nocturnal luminary, the moon.
- Stroll—especially in nature where the soothing sounds and visuals of nature will help unknot your busy mind and give you a supplemental burst of pure potent plant oxygen.
- Fragrant flowers give the busy Pitta mind a place to find a moment of respite with heavenly color, shape, fragrance, and variety. Cultivate a simple garden or treat yourself with weekly fresh-cut bouquets.
- Do an Abhyanga everyday. This ancient practice of self-massage with oil is deeply detoxifying and supportive of the skin. Abhyanga lubricates the skin, cleanses the sweat glands, calms the nervous system, hydrates the tissues, and promotes healthy circulation. For Pitta, the best oils to use are coconut, olive, or sunflower. Choose organic whenever possible.

### FOOD CHOICES

- Make lunch your largest meal of the day, chow-hound. You need it to fuel all of the work that you are doing! Include some protein and fat to carry you easily through the afternoon doldrums.
- Eat organic whenever possible. Avoid processed, canned, and pre-packaged foods. Your digestive system is strong, and the rest of your body appreciates nutrition that it can use.
- Leafy greens, lentils, dried beans, pomegranates, potatoes, nuts and seeds, fish, shellfish, and aloe vera are good choices for you.
- Herbs and spices such as cilantro, coconut, peppermint, dill, fennel, cumin, coriander are your great friends. Consume them. Cook with them. Garnish with them.
- Ghee, coconut oil, sunflower oil, and olive oil will keep you cool and well lubricated.
- Avoid spicy cayenne, chili, and powdered ginger; you'll be surprised by what you can enjoy in lemongrass, lime, cardamom, and cucumbers.
- Give yourself deeply nourishing foods to keep your digestive system occupied: whole grains such as wheat, rice, and oats, dairy, meat, and root vegetables will give you sustained energy.
- Maple syrup and dates keep Pitta sweetly cool and entertained by their complex flavors.
- Avoid heating foods. You know them; they are the things you love to consume the most: coffee, chocolate, and alcohol. I apologize. You will learn in time that a good chai is a fabulous thing.
- Keep the liver healthy. The liver is the body's major detoxifier. Supporting your liver will move clean, healthy blood to your skin and will efficiently remove toxins from your skin. Eating the last meal of the day by 6:30pm and going to bed by 9:30pm will do wonders in allowing your liver to be more effective.

