

Summer Tip Sheet

SUMMER IS A PITTA TIME OF YEAR

Pitta dosha is predominant during summer. Pitta is a heated kind of energetic: hot, oily, sharp, intense, and transformational. Pitta is determined, passionate, perceptive, and strong. 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 relates to transformation, digestion, metabolism, activity and productivity; Pitta is what gets stuff done!

STRIKING BALANCE—DAILY ROUTINES

- **Slow down:** You will still get everything done, and you will feel less frantic.
- **Calm down:** Allow your brain some much-needed down-time. Wrap yourself in something cozy and (only) read a captivating story. Let go of overthinking.
- **Cool down:** Wear cooling natural fiber clothing such as silk, cotton, hemp, and linen. Favor the watery coolness of blues and greens.
- **Hydrate:** Drink half your body weight in ounces every day. Filtered water, decaffeinated chai, and herbal teas are best.
- **Stroll:** Take a pleasant walk in a beautiful neighborhood. Really take in all of the sights and sounds that are around you.

STRIKING BALANCE—FOOD CHOICES

- **Make lunch your largest meal** of the day. Include some protein and fat to carry you easily through the afternoon doldrums.
- **Good food choices** for you include: leafy greens, cucumbers, lentils, dried beans, pomegranates, potatoes, dairy, light meats, nuts and seeds, fish, shellfish, and aloe vera.
- **Herbs and spices** such as cilantro, coconut, peppermint, dill, fennel, cumin, coriander, lemongrass, lime, and cardamom are your great friends. Consume them. Cook with them. Garnish with them. Avoid cayenne, chili, and ginger powder.
- **Add sunflower oil or ghee** to your cooking. It will keep your skin supple *and* will cool you down.
- **Avoid heating foods** such as coffee, alcohol, and even chocolate. A good chai is a fabulous thing.
- **Keep your digestive system healthy** by eating the last meal of the day by 6:30pm and go to bed by 9:30pm.
- **Eat organic** whenever possible. Avoid processed, canned, and pre-packaged foods. Your body appreciates nutrition that it can use.
- **Choose organic** whenever possible.

SUMMER'S DOSHA
Pitta (fire + water elements)
SUMMER'S QUALITIES ARE:
<i>hot, oily, sharp, light</i> ... the season's sun, heat, and increased hours of daylight ignite a passion for whatever it comes in contact with
EXTRA PITTA DOES THIS TO US:
<i>anger, critical, judgementality, diarrhea, indigestion, inflammation, red itchy skin, sunburn</i> ... we find ourselves with irritated skin situations, red hot eyes, difficulty digesting a meal, hangry, crabby, & pooping too much
TO RESTORE BALANCE, EMPHASIZE:
<i>cool, avoiding stimulants, calm, play, non-spicy foods</i> ... sip peppermint tea, take cilantro in your salsa, stroll in nature, participate without dominating, avoid 5-star spicy Thai foods, put down the coffee and craft beer

