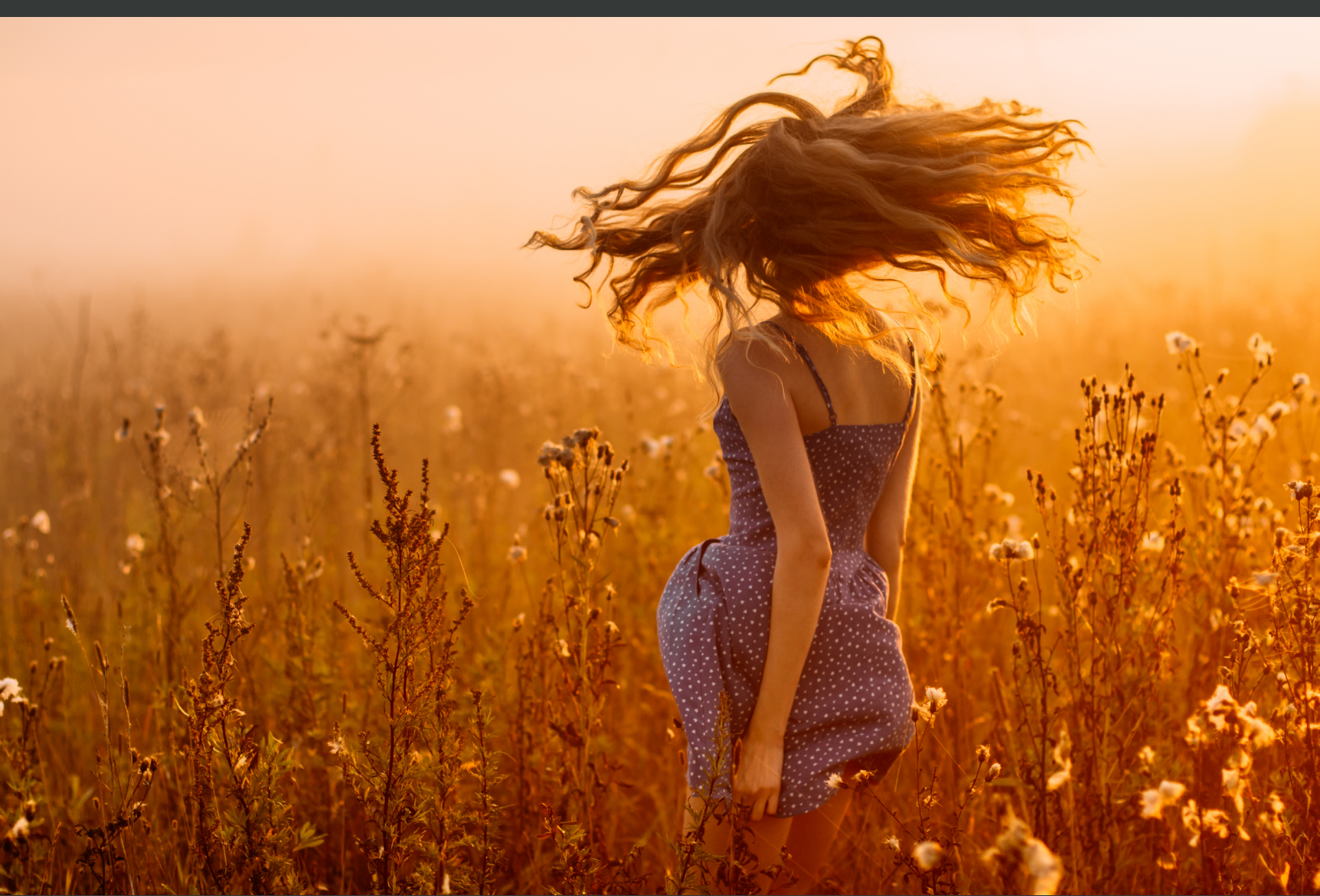


align & thrive

Summer Season Guide



DANA  SKOGLUND

BALANCING PITTA

DIET	LIFESTYLE	EXERCISE
• Pittas have difficulty skipping meals because they tend to have strong appetites. Eat regularly. • Because they also have strong digestive systems, they tend to tolerate raw foods, but are easily aggravated by spicy foods • avoid hot foods, processed foods, alcohol, caffeine that create irritability, high aggression, and anger because these will create too much pitta and also weaken the digestive system • eat more sweet, bitter, and astringent tastes - they decrease pitta. Avoid pungent, sour, salty. • eat in a peaceful environment, surround self with cooling colors like blue, green, and white • eat more cooling foods, both energetically and in temperature • use cooling spices and herbs like coriander, cilantro, fennel, and cardamom	• abhyanga (self massage) is excellent with cooling oils (like coconut or sunflower oil) • meditation and getting in touch with emotions through journaling – to give their will a rest • take time to rest every day and early to bed. Cool showers. • avoid competitive events and overheating oneself. Engage in calming activities. • avoid loud, aggressive sensory input (like violence on TV), and being overly competitive	• yoga: calming yoga that cools. Triangle to tone the liver. Fish pose to stretch the abdomen. Meditation. Tai Chi. Use exhalation to let go and release anger, frustration, stress. • practice in a moderately cool environment. • focus on the yoga experience in the body and not the brain. It's not a competition. • walking, hiking, swimming, biking are all excellent forms of exercise for Pittas • avoid exercise during the hot part of the day
SEASON EATING FOR SUMMER		
• Eat more foods that are Sweet, Bitter, Astringent / Cool, Heavy, Oily: such as salads, smoothies, fresh fruit. • Eat less foods that are Pungent (Spicy), Sour, Salty / Hot , Light, Dry: such as spicy foods, hot beverages. • Curious about a food not on this list? Taste it. If it has 2 of the 3 summer tastes (sweet, bitter, astringent), it is balancing. Prepare it in a way that is cool heavy and/or oily. • Get the full list of summer foods on page 6		

BREATHE AND MOVE

MOVEMENT

	Link	Full Moon Yoga Practice
	Type	Yoga
	Time	00:43:58
	Level	Intermediate

	Link	Slow and Steady for Summer
	Type	Yoga
	Time	00:54:08
	Level	Intermediate

YOGIC BREATHING HACKS TO KEEP YOU COOL

#1 SITALI (COOLING) BREATH

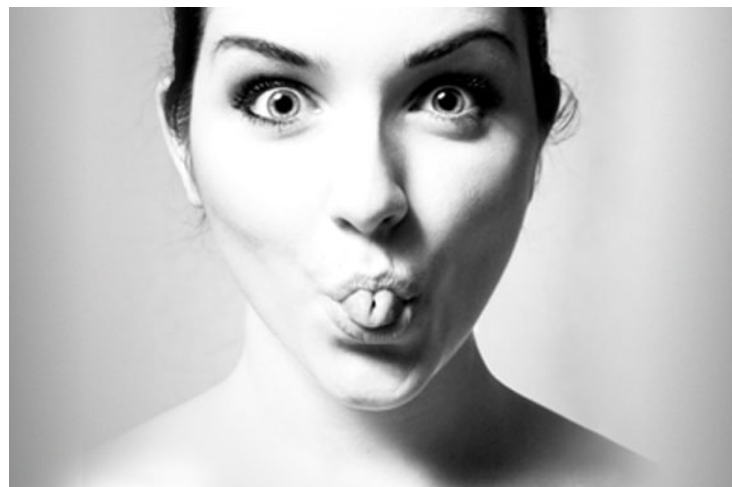
1. Breath in through your tongue curled like a straw.
2. Breath out through your nose.
3. Repeat for 30 rounds

#2 LEFT-NOSTRIL BREATHING

1. Close off your right nostril with tip of thumb and ring finger.
 2. Inhale and exhale out your left nostril only for 5 minutes
- your left nostril is associated with yin energy which is cooling, calming and realxing.

BENEFITS OF USING THE COOLING BREATH:

- Reduces excess bile
- Reduces fever
- Controls hunger and thirst
- Lessens stress
- Relaxes the body and mind.



SEASONAL WISDOM

STAY HYDRATED THE AYURVEDIC WAY

Sweating and dryness caused by heat makes it easy to get dehydrated in the summer. It's not enough to simply drink enough water (**half your body-weight in ounces**), but about how much of it your cells actually absorb.

How do you know you might need more water?

Here are some signs you're dehydrated:

- Dry lips, skin, eyes, and hair
- Inflammation: skin rashes and burns, clogged pores leading to acne, red eyes
- Urine color: your first pee of the day is dark yellow instead of light yellow (not clear)
- Constipation: if you don't have a bowel movement for 1 full day or longer
- Little to no sweat
- Fatigue
- Muscle weakness
- Headaches

5 TIPS TO OPTIMIZE YOUR WATER INTAKE & ABSORPTION

TIP #1: ADD ANY OF THE FOLLOWING TO INCREASE ABSORPTION

These ingredients bind to water molecules to make delivery into the body faster:

1. Add a teaspoon of unrefined mineral salt (not ordinary table salt but Celtic Sea Salt or Pink Himalayan Salt) to every 32-ounce container of water.
2. Add a squeeze of lemon to your water.
3. Soak chia seeds for a few hours and add them to your water.
4. Add ginger slices to your water (not in the summer and not if you have a lot of pitta)
5. Try any of the spa water combinations provided on page 5

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TIP #2: EAT YOUR WATER

Summer is prime time to load up on seasonal fresh produce. Eat lots of healthy oils and high quality fats. Eat high water content foods like avocado, celery, cucumber, coconut, bone broth, soaked chia seed, aloe vera.

TIP #3: TIMING IS EVERYTHING

“Water before a meal is nectar. It replenishes fluids and encourages juicy digestive organs. Small sips during a meal is honey. It helps turn the food into a sauce. Water after a meal is poison because it dilutes stomach acids.” -

Dr. Vasant Lad

DAILY WATER TARGET

- Wake up: Drink two 8-ounce glasses of water (this will flush your body)
- Breakfast: Sip water with breakfast as needed
- Between breakfast and lunch: Drink at least 1 glass of water
- 30-45 minutes before lunch: Drink 1 glass of water over 15 minutes
- Lunch: Sip water with lunch as needed
- Between lunch and dinner: Drink at least 1 glass of water
- 30-45 minutes before dinner: Drink 1 glass of water over 15 minutes
- Dinner: Sip water with dinner as needed
- Between dinner and bedtime: Drink at least 1 glass of water (if you drink a lot of water too close to bedtime, you might wake up in the night to pee)



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TIP #4: ALWAYS DRINK FROM THE SAME CONTAINER

Find a water bottle or container and calculate how many servings you need a day to meet your goal of drinking half your bodyweight in ounces.

If you always have water by your side, you're more likely to drink it. Get a pretty water bottle made out of copper and keep it with you at all times.

Copper is an extremely important mineral that not only kills bacteria but helps to balance the body's doshas. According to Ayurveda, water stored in a copper vessel can balance all three doshas and does so by positively charging the water. It's perfectly safe and causes the copper to gently seep into the water and instill it with numerous healing properties.

BENEFITS OF DRINKING OUT OF COPPER VESSELS:

- Reduces inflammation
- Kills harmful bacteria
- Improves digestion
- Regulates thyroid, blood pressure, and heart rate
- Boost skin health
- Antioxidant to slow aging
- Helps break down and eliminate fat



TIP #5: DRINK ROOM TEMP OR HOT WATER INSTEAD OF ICE COLD WATER

As tempting as it is to load up on ice in the summer, ice cold water freezes the enzymes and fluids in your gut so your body can't properly digest food, which creates toxic buildup. Room temp or hot water gently encourages the natural flow of the lymph system and over time, you have less buildup.

FANCY FLAVORED "SPA" WATERS			
Raspberry, rose, mint	Blackberry, lavender, vanilla	Cucumber, rosemary, lime	Ginger, lime, pear
Lemon, lemon balm, lemon thyme or lemongrass	Cinnamon stick & grapefruit	Star anise, orange, fennel fronds	Basil, peach

Tips for flavor: infuse dried herbs in the water overnight, rub fresh herbs between your fingers. Make no more than a day's worth at a time as the fruit tends to get soggy.

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SUMMER FOODS

VEGETABLES	FRUIT	MEAT & FISH	NUTS & SEEDS	SPICES	JULY - OCTOBER
Alfalfa Sprouts *Artichokes *Asparagus Avocadoes Bean Sprouts *Beet Greens *Bell Peppers *Bitter Melon *Broccoli *Cabbage *Cauliflower *Celery Chicory *Cilantro Collard Greens *Cucumber *Dandelion Eggplant Endive *Fennel Green Beans *Jicama *Kale *Lettuce Mushrooms Mustard Greens *Okra Parsley Peas Pumpkins *Radishes (moderation) *Squash Seaweed, cooked Squash, Acorn Squash, Winter Sweet Potatoes Swiss Chard Tomatoes (Sweet) Turnip Greens *Watercress *Zucchini	Eat fruit separately from other foods. *Apples *Apricots *Blueberries *Cantaloupe *Cherries (ripe) *Cranberries Dates Dried Fruit Figs *Grapes *Guava *Mangoes *Melons (all) Nectarines Oranges (sweet) Papayas (small amounts) *Peaches (ripe and/or peeled) *Pears *Persimmons *Pineapples (sweet) *Plums (ripe) *Pomegranates (sour) *Raspberries *Strawberries Tangerines (sweet) WHOLE GRAINS Oats *Rice	All meat, eggs and fish are good: Beef (moderation) Chicken Duck (moderation) Eggs (moderation) Freshwater Fish Lamb (moderation) Pork Shrimp (moderation) Turkey HERBAL TEAS *Chicory *Dandelion *Hibiscus *Mint SWEETENERS Favor natural whole foods sweeteners, in moderation: Maple Syrup (small amounts) Sugar, Raw Rice Syrup	Almonds *Coconut Flax Macadamias Pine Nuts *Pumpkin *Sunflower OILS Almond Avocado *Coconut Flax *Olive Ghee LEGUMES *Adzuki Bean Sprouts *Black Gram *Fava *Garbanzo Kidney Lentils Lima *Mung *Split Pea *Tofu	Anise Asafetida *Chamomile *Coriander Cumin Fennel Peppermint Saffron Spearmint CONDIMENTS Carob Mayonnaise BEVERAGES Water (room temperature or cool)	• Eat more foods that are Sweet, Bitter, Astringent / Cool, Heavy, Oily: such as salads, smoothies, fresh fruit. • Eat less foods that are Pungent (Spicy), Sour, Salty / Hot, Light, Dry: such as spicy foods, hot beverages. • Curious about a food not on this list? Taste it. If it has 2 of the 3 summer tastes (sweet, bitter, astringent), it is balancing. Prepare it in a way that is cool heavy and/or oily. Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list. <i>*An asterisk means that this food is a Summer Superfood. If you like it, eat more of it.</i>