



Balanced Living Ayurveda

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GENERAL GUIDELINES FOR SUMMER:

- Avoid the hot mid-day sun - this is especially important if you have a pitta constitution. If you must be outside mid-day, be sure to wear a wide-brim light colored hat, sunglasses and light, loose, white or light colored cotton or silk clothing. Remember: Light clothing covering your skin is the best sunscreen...
- Spend time in cool, shady, refreshing environments, preferably by natural bodies of water.
- Drink cool (not iced) beverages. Limeade is a better choice than lemonade, as lemons tend to be too sour and heating for summer. One of my favorite summertime beverages is a mix of aloe vera juice & pomegranate juice (about 2 oz. each) diluted with a little water. Aloe vera has a systemic cooling quality and is soothing to the GI tract. It is also a good remedy for sour stomach or indigestion, which are more common in hot weather.
- Favor sweet, bitter and astringent foods:
 - Sweet foods include: juicy, seasonal, organic fruits (eaten alone between meals), sweet grains like white basmati rice and spelt; whole, organic, fresh dairy products (warm non-homogenized milk, fresh (not aged) cheeses, ghee, lassi, even an occasional ice cream!).
 - Bitter foods include: kale, chard, arugula, dandelion greens, radicchio, endive, spinach, turmeric, zucchini, bitter melon, nettles
 - Astringent foods include: legumes, cranberries, pomegranates, broccoli, cauliflower, asparagus, okra, lettuce, green beans, turnips, rye, buckwheat, quinoa, white potatoes
- Avoid sour, salty and pungent (spicy) foods, heavy, fried or oily foods, red meat.
- Lighter animal proteins like chicken, turkey or shrimp once a week, otherwise a light vegetarian diet is most appropriate during summer.
- Salads are fine if digestion is strong, best eaten at the mid-day meal.

- Abhyanga – self-massage with coconut oil, sunflower oil or Banyan Botanicals. Neem oil (or any combination) is very cooling and soothing to the skin in summer.
- Instead of sun-bathing, try moon-bathing! Take a walk in the moonlight - lunar energy is soft, fluid, cooling, soothing. It provides a balance to the intense, hot, sharp qualities of solar energy.
- Avoid strenuous exercise. Walking, hiking, bicycling, swimming are all appropriate activities for summer. Never exercise in the heat of the day!
- Honor your body's natural impulse to do less and move at a more leisurely pace in summer. This is not the best time to begin an aggressive new project or to work long hours. Take a nap!
- Avoid alcohol, which is heating and sharp. An occasional cool beer on a hot day is your best choice.
- Avoid aggressive, rigid people, environments that are excessively stimulating to the senses, and excessive electronic stimulation (computers, television, video games).
- Have fun! Play with children! Laugh!