

Summer tips

Summer qualities :

Warmth, dryness and lightness increases in the summer and that increases pitta (tejas). The digestive Agni can become easily displaced by external environmental heat drawing the internal fire to the surface. The Agni in the stomach moves to exterior of the body reducing the appetite and aggravating the skin. There arises the hay fever, prickly heat and other skin inflammations. This is the time of itchy, hot pitta symptoms that rise with the rising heat. We should naturally find times of calm and coolness to reduce pitta. These light and dry qualities increases vata, so keeping vata in check is wise as well. Coconut oil can be your friend this time of year.

Asanas that help rid pitta out of intestines: trikonasana, bhujangasana, matsyasana, matsyendrasana, ustrasana. Practice sitali pranayama to keep body cool. Surround yourself with rose and jasmine: flowers, oil, fragrant waters with rose petals.

After your practice anoint your third eye, throat, and navel with rose or sandalwood oil to help keep these centers of awareness cool, calm, and collected.

Organs of body that can build fire this time of year : digestive system, liver, eyes, skin, and heart. Fire is needed for sight, digestion, appetite, metabolism, assimilation, warmth, & thermal conduction.

1

BREAKFAST

Almond milk, fresh berries, light foods

2

LUNCH

Eat at noon, have salads with lemon juice and olive oil

3

DINNER

Light meals with basmati rice, lightly grilled vegetables

Start the day by rising early drinking a glass of warm water and a squeeze of lime.

Brush your teeth with a neem toothpaste.

Scrape your tongue

Walk in the cool early morning with bare feet

Drink cooling teas made from peppermint, licorice, fennel and rose.

Try to avoid all dark meats, lamb, and pork.

Citrus fruits, tomato, garlic, onion, salt, and sour dairy increase pitta.

Before bed, rub soles of feet with coconut or castor oil to help bring heat out of body. Try to get to bed before 11.

Daily abhyanga with a cooling oil with keep vata in check.

This time of year is perfect for a full body abhyanga and shirodhara:

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