

Vibrant Living Summer Tips



Stay Cool, Calm, Content and Hydrated.

Summer Eating Tips

- **Eat more foods that are sweet, bitter, and astringent** as these will cool the body.. Enjoy coconut, cucumber, all fresh veggies in season, all greens. Enjoy green smoothies, colorful salads, basmati rice or quinoa pilafs, mint and cilantro.
- **Enjoy the juicy fruits of summer** as these will hydrate your body and are gentle on digestion. Enjoy melon, watermelons, grapes, apples, pears, plums.
- **Eat less foods that are pungent, sour, salty** as these flavors create more heat in the body. Reduce coffee, salty chips, salsa, pickles, alcohol, red meats and cheese.
- **Sip cool or room temperature water or herbal tea** throughout the day to stay hydrated.
- **Eat at regular meal time and avoid snacking** to facilitate easier digestion.
- **Eat your largest meal at midday** when your digestive fire is at its peak.
- **Eat an earlier, lighter dinner** for less burden on the body and better sleep.

Summer Living Tips

- **Wear light colored clothing, loose cotton, linen and silk** to stay comfortable and cool
- **Avoid excessive physical activity during midday heat**, as it can be draining.
- **Do your yoga or movement practices in early morning and in the evening.**
- **Cook in the morning** before it gets hot.
- **Carve out time each day to rest**, rather than push yourself.
- **Make time to daydream!** Sit in a hammock and watch the treetops and clouds.
- **Spend time in nature.** Swim, hike, float, paddle, stargaze,
- **Nourish your skin and sooth your senses** with daily self massage using coconut oil.
- **Protect your skin from the sun.** Use a zinc based sunscreen and aloe for your skin.
- **Enjoy cooling and calming essential oils:** such as rose, sandalwood, jasmine or lavender.
- **Do alternate nostril breathing** to stay calm.
- **Embrace Easeful Living.** Don't overcommit yourself or you'll feel burned out by fall!