

# AYURVEDA WISDOM

## for Summer



### FOCUS



#### CONNECT WITH PLANTS

Find out what's growing in your ecosystem. Learn about edible weeds in your 'hood'. Put them in a blender with an apple and a slice of lemon to make a smoothie. Talk to the plants. Lie in a bed of clover. Ask your ecosystem what you can give back.



#### BEAT THE HEAT

Exercise early. Start out on a big hike first thing. Don't run at noon—you'll be irritable by mid-afternoon. Enjoy the sun early or late, but not in the middle of the day. Spend an extra moment by a stream, river, lake or ocean.



#### KEEP YOUR SKIN COOL

Coconut oil is the best for self-massage in the summer. Spritz a rose spray on your head throughout the day. Wear a big hat and light long-sleeve shirts.



#### WEAR COOLING FIBERS

Hemp, linen, organic cotton, and silk are the clothes of summer. Avoid synthetics like the plague. Wear cooling colors, too-greens, blues, pastels, silver, and white.



#### BUSY A.M.S, MELLOW P.M.S

Being busy as a bee all summer long will burn you out by autumn. Enjoy summer. Eat dinner early and have leisurely evenings playing outdoors. Institute a regular walk after dinner or spend time in the garden.



#### DRINK THE MOON

The moon cools your blood and mind. Set a quart of water outside to catch the evening essence. Add plants from your yard or the woods—a spring of lavender, mint, lemon balm, clovers, or dandelions. In the morning, strain and enjoy. Squat and gaze at the moon or evening sky for a few moments at night.



### FOOD



#### GREEN IS IN

We're in the season of chlorophyll. Greens cool your blood and convert quickly into pure energy. Start the day with a green smoothie. Have salads for lunch and dinner. Grow your own greens. Add thistle or dandelion to your smoothies to cool your liver, skin, and emotions all summer long.



#### DIVERSIFY YOUR SPECIES

Adding a few species to your diet every summer enables your body to get more nutrients during the annual cycle. Commit to adding a few new plants to your diet from the farmer's market—or from the weeds in your yard or the woods.



#### JUICY COOL FOODS

Switch on your inner AC with loads of watermelon, cucumbers, mint, summer squash, fennel, cilantro, and aloe vera. Sweet, bitter, and astringent are the tastes of summer. Snap peas, ripe cherries, peaches, and whatever else is growing in your 'hood' should be consumed with reckless abandon. Leave meat, grains, nuts, and beans for winter.



#### WRAP IT UP

Slice and grate veggies. Throw 'em into a wrap made out of a collard green, a nori sheet, or some rice paper. Add dressing before you fold it all up.



#### CATE'S SUMMER BEVVIES

Alcohol will heat your blood faster than a raging forest fire. Refresh yourself with non-alcoholic spritzers. Stock your fridge with sparkling water, lime, cucumber, mint, lavender, and rose petals. Add a splash of fruit juice for sweetness.

Schedule your free BODY GOALS Session!

It's hard to have a breakthrough on your own, without a goal. Start here, and set yourself up for success!

-> [www.yogahealer.com/body-goals](http://www.yogahealer.com/body-goals)



yogahealer  
Cate Stillman

