



Bobbí Mísítí, FMCHC

Yoga & Health Coaching
717.443.1119 befityoga.com

Summer

The idea of adjusting our diets to the seasons is to stay present, to understand what the seasons are doing to the body, and treat it accordingly with the foods that nature provides.

Excerpts from John Douillard:

Summer is a time of high energy, demanding the energy producing properties of fruit, vegetables, and other carbs. If you have eaten properly during the spring, fat will continue to be a baseline energy source in the summer that will keep you on an even keel as you eat more fruits and carbs in general. If you hadn't forced the body into fat metabolism in the spring time, the body would be deconditioned to burn its own fat for energy and would start to crave emergency fuel -- in this state you are effected by the ups and downs of your blood sugar.

You condition your body to burn fat by having periods of fasting. These periods can be daily, from 6:00pm through 9:00 am, weekly by choosing one or two days each week to fast, and/or seasonally by doing a 3-6 day ayurvedic fast. Fasting will also help you detoxify; when we are not digesting we are detoxing.

In the same way that winter brings cool relief from the heat of summer, and spring provides respite from a cold, dry winter by giving us moisture, summer produces the heat we need to dry up the excess moisture and mucus of spring.

And so in the summer:

- ॐ Favor foods that are cool and liquid
- ॐ Favor foods that are sweet, bitter, and astringent. Minimize foods that create heat (spicy, salty, or sour).
- ॐ Eat the foods that are plentiful and **LOCALLY** being harvested -Summer in Central PA has lots of local fresh fruits and vegetables available to us.

Some specific summer recommendations:

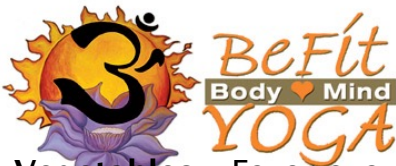
Dairy - Milk, butter, and ghee are cooling and generally better in the summer as long as the dairy is from grass-fed and finished cows that are humanely treated. Reduce yogurt and salty cheese, sour cream, and cultured buttermilk (their sour tastes aggravate summer qualities). Cottage cheese is a better summer cultured alternative.

Sweeteners - Maple syrup is your best option. Honey and molasses should be reduced in the summer. Agave is not a health food! It is mostly high fructose corn syrup, something I do NOT want to put into my body.

Oils - Olive and coconut oils are best.

Grains - Wheat, white rice, barley and oats are better summer options. Reduce corn, rye, millet, and brown rice.

Fruits - Favor sweet fruits, such as grapes, cherries, melons, coconuts, pomegranates, and plums. Reduce sour fruits.



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Vegetables – Favor cucumbers, sweet peppers, green leafy lettuce and vegetables, broccoli, cauliflower, celery, okra, beans, green beans, zucchini. Reduce hot peppers, tomatoes, carrots, beets, onions, garlic, radishes, and spinach.

Spices – Coriander, mint, cardamom, and fennel are great. The following spices increase heat and need to be used only in small amounts: ginger, cumin, black pepper, clove, fenugreek, and salt. Chili peppers and cayenne should be avoided.

What you eat now in these warm summer months can protect you from colds and flus in the fall and winter. If you want to avoid a bad week of coughing and a stuffy nose in the near future, below are some tips that will help you feel more energized, lean and clear for the year.

Eating more of these foods will also help your skin look radiant and you will have less cravings for foods that don't make you feel good.

Top Summer Detox Foods and advice to prevent illness year round:

1. Eat dark leafy green vegetables every day, such as salads, micro greens, sprouts or steamed kale. Pile greens into your wraps and sandwiches, your burritos and even in your smoothies (try spinach or romaine).
2. Enjoy decadent amounts of berries, such as strawberries, raspberries and blueberries.
3. Drink copious amounts of plain water to stay hydrated.
4. VITAMIN D! Vitamin D is now known to provide us with radiant health and disease/cancer prevention. Your best source of Vitamin D is sunshine :) We store Vitamin D in our fat cells so we have a supply for the winter months when the sun is not strong enough to provide us with vitamin D. It is important during the summer months to get outside! Fill your body with stores of Vitamin D to last you all winter long (you can always supplement with a trip to Maui in the winter as well ;)

When you eat light, juicy seasonal summer foods, the intestinal mucosa in your digestive system will stay clear and healthy. Remember, in nature it is not about avoiding certain foods. It is about eating more of the good ones.

A note on FRUIT; fruit has many beneficial nutrients -- so we want to include it in our diet. Many nutritionists are now cautioning against eating too much fruit due to the fructose content (fruit sugars). You do want to some seasonal fruit though! Fruits do provide us with nutrients we need for the season. Here are two tips to help you get more nutrition and less sugars from your fruit:

ॐ Buy smaller fruit. With all our engineering of food, producers have gotten good at making larger fruit. The larger fruit increases the sugar but decreases the skin surface (many of your best nutrients are in the skin). We don't need another super size anything. Pick out smaller fruits and enjoy more nutrition and less sugar with each bit.

ॐ Eat fruit alone (breakfast is a good time for fruit). Fruit sugars digest differently than glucose. Fructose has to go to the liver to be processed before we can digest it,



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combining other foods with fruits make digestion harder. Fruit sugar will not be quickly used as fuel for the body if it is ingested with other energy sources like carbohydrates. The body will quickly burn the carbs and do its best to store the fructose as fat as part of our survival genetics. Ayurveda suggests fruit be eaten alone, in which case if the fructose is the meal's only nutritional source, it will be used as a fuel and energy supply instead of being stored fat.

Other Summer Tips:

To Stay Cool, Calm and Hydrated

- ॐ Sip cool or room temperature water with mint leaves or cucumber slices in it or drink coconut water to keep cool and hydrated.
- ॐ Drink herbal teas such as mint or hibiscus.

Daily Routines (Dinacharya) for Summer:

- ॐ Self massage with coconut oil
- ॐ When resting lie on your right side, as this will promote breathing through your left nostril which is cooling
- ॐ Avoid excessive activity during midday heat as it can be draining.

Signs of Excess Pitta During Summer:

- ॐ Irritability and impatience, heartburn, acid reflux, stomach ulcers, sensitivity to heat, lethargy, sarcasm, skin rashes, boils, acne, low blood sugar, difficulty falling asleep.
- ॐ If you experience some of these signs follow the above guidelines and the summer menus more closely or consult with an Ayurvedic Dr. (My Ayurvedic Dr. in Allentown Dr. Shekhar Annambhotla www.ojas.us, 484/347-6110, doctorshekhar@gmail.com)

Though these are not the only items you can eat, they are the most beneficial foods in the Summer.

*An asterisk means it is best to eat more of this food.

- ॐ Eat more foods that are Sweet, Bitter, Astringent / Cold, Heavy, Oily: such as salads, smoothies, fresh fruit.
- ॐ Eat less foods that are Pungent (Spicy), Sour, Salty / Hot, Light, Dry: such as spicy foods, hot beverages.

VEGETABLES	FRUIT	LEGUMES	BEVERAGES
Alfalfa Sprouts	*Apples	*Adzuki	Water (room temperature or cool)
*Artichokes	*Apricots	Bean Sprouts	
*Asparagus	*Blueberries	*Black Gram	
Avocados	*Cantaloupe	*Fava	
Bean Sprouts	*Cherries (ripe)	*Garbanzo	
*Beet greens	*Cranberries	Goya	
*Bell Peppers	Dates	Kidney	
*Bitter Melon	Dried Fruit	Lentils	
*Broccoli	Figs	Lima	
*Cabbage	*Grapes	*Mungs	
*Cauliflower	*Guavas	*Split Pea	
*Celery	*Mangoes	*Tofu	
Chicory	*Melon (all)		
*Cilantro	Nectarines		
Collard Greens	Oranges (sweet)		
Corn	Papayas (small amounts)		
*Cucumbers	*Peaches (ripe and/or peeled)		
*Dandelion	*Pears		
Eggplant	*Persimmons		
Endive	*Pineapple (sweet)		
*Fennel	*Plums (ripe)		
Green Beans	*Pomegranates (sour)		
*Jicama	*Raspberries		
*Kale	*Strawberries		
*Lettuce	Tangerines (sweet)		
Mushrooms			
Mustard Greens			
*Okra			
Parsley			
Peas			
Pumpkin			
*Radishes (moderation)			
*Seaweed			
*Snow Peas			
Spinach (moderation)			
*Squash, Acorn			
Squash, Winter			
Sweet Potatoes			
Swiss Chard			
Tomatoes (sweet)			
Turnip Greens			
*Watercress			
*Zucchini			
	MEATS		
	Beef (moderation)		
	Chicken		
	Duck (moderation)		
	Eggs (moderation)		
	Freshwater Fish		
	Lamb (moderation)		
	Pork		
	Shrimp (moderation)		
	Turkey		
	GRAINS		
	*Barley		
	Oat		
	*Rice		
	Rye		
	Wheat		
		CONDIMENTS	
		Carob	
		Mayonnaise	
		OILS	
		Almond - salad dressing	
		Avocado - for skin use is best	
		Ghee	
		*Coconut	
		Flax	
		*Olive - salad dressings and low heat sautéing only	
		Butter	
		SPICES	
		Anise	
		Asafoetida	
		*Chamomile	
		*Coriander	
		Cumin	
		Fennel	
		Peppermint	
		Saffron	
		Spearmint	
			HERB TEA
			*Chicory
			*Dandelion
			*Hibiscus
			*Mint
			SWEETENERS
			Maple Syrup (small amounts)
			Raw Sugar
			Rice Syrup
			NUTS & SEEDS
			Almonds
			*Coconut
			Flax
			Macadamias
			Pinon
			*Pumpkin
			*Sunflower
			DAIRY
			Butter
			Cheese (moderation)
			Cottage Cheese
			*Ghee
			Ice Cream
			*Milk
			<i>Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard</i>