

YOUR 12-STEP PITTA SUMMER STRATEGY



INSIDE YOUR BODY

1

WATER

Get your 12 glasses of 8-ounces of water every day.

2

EAT REGULARLY

Make sure you do not skip meals. Take time to sit down and eat every 3-4 hours.

3

CALMING FOOD

Avoid spicy, hot or acidic foods, selecting calming, soothing foods instead.

4

STIMULANTS

Try to limit your intake of stimulants like energy drinks, caffeine & alcohol.



OUTSIDE YOUR BODY

5

WATER

As often as possible, enjoy swimming, being in the water, or having a cool shower.

6

WORKOUTS

Enjoy your workouts early in the day or later in the evening, avoiding the hottest parts of the day.

7

SHADE

If you are outdoors during the heat of the day, stay in the shade, wear loose clothes well cover your skin & don't forget your hat

8

ACTIVITY

Choose activities that are not as high impact such as walking, gentle yoga or swimming.



CALMING YOUR MIND

9

MINDFULNESS

Take time for yourself each day to quietly, slowly breathe in a peaceful place.

10

YOUR TRIBE

Surround yourself with people that calm you, avoiding those that push your buttons.

11

AVOID CONFLICT

Try to put off stressful interactions until the fall when you will naturally be in a more centered place.

12

MEDIA

Avoid aggressive media, movies and SM that upset you, favoring things that make you laugh.

CAUTION

If you find your wonderful natural fire moving from anger to a place of rage as the heat of the season can take you to your limit, PLEASE seek help. There are Pitta body types all around you. We know what you are feeling. We are right there with you. Reach out!

Visit me at www.thedetoxyogi.com for more tips.