

Ayurveda Tips for Pitta Season



Eat Cooling Foods

Favor
watermelon,
cucumber,
coconut, lime &
mint



Hydrate

Drink plenty of
water & avoid
caffeine &
alcohol



Avoid Hot Spicy Foods



Reduce Stress

Avoid over
scheduling
yourself &
take time
to relax



Favor Cooling Exercise

Swimming,
walking, slow
flow yoga are
good choices



Seek Shade

Take a siesta
& limit
activity
mid-day