

AUGUST DIET TIPS

For the Northern Hemisphere




Pitta Dosha
Fire and Water
Vata Dosha
Air and Ether

General Tips:

Stay well hydrated and lubricated to prepare for fall winds. Ground down with healthy routines.

Enjoy the light fare and bounty of summer harvests all the while starting to ground down with roots, nuts, and lighter proteins.



STAY HYDRATED
Enjoy water infused with sweet fruits like peaches, nectarines, pomegranates, and cranberries to help balance electrolytes. Or add some salt/lime to your water to help with retention. Limit diuretics and the astringent and pungent tastes.



Practice *abhyanga* (oil massage) to get your skin, tissues, and joints well lubricated for the fall. This will help to balance out summer rashes and inflammation that may start to flare up at end of summer.

QUICK DIET TIPS	FAVOR
Tastes	Neutral flavors with a little sweet and salty. Not too much spice. A little oil.
Grains	Barley, rice, oats, wheat, rye
Dairy, fats, oils	Oils like coconut, olive, and avocado. Ghee, milk, and rice/soy milk.
Beverages	Room temperature water with sweet juicy fruits. Ayurveda ade or water with salt and lime.
Sweeteners	Maple syrup, raw sugar, coconut sugar, honey.
Spices	Fresh basil, cardamom, coriander, dill, fennel, mint, neem leaves, orange peel, parsley, peppermint, tarragon, saffron, pepper, ginger, cinnamon
Nuts and Seeds	Nuts like coconut, pumpkin, sesame, pine, and sunflower, soaked flax seeds, soaked chia seeds, soaked and peeled almonds.
Fruits	Apples, apricots, berries, melons, ripe cherries, cranberries, grapes, mangoes, peaches, pears, persimmons, pineapple, plums, pomegranates.
Proteins	Fish, egg whites, tofu, tempeh, adzuki, black gram, fava, garbanzo, mung, split pea, tofu, poultry
Oils	sandalwood, rose, jasmine, orange, vanilla, lavender, lemongrass, ginger, yang yang.