

# pitta dosha

## BALANCED

Pitta dosha is precise, sharp-witted, direct, and often outspoken. People with high pitta are good decision makers, teachers and speakers. When in balance the physical form of pitta has a lustrous complexion, a strong appetite, perfect digestion and abundant energy.

## DERANGED

Out-of-balance pitta dosha can be short-tempered and argumentative, when overstressed they may become fixated with what they perceive as \*flaws\* in others. Early stages of body imbalance show up as excessive body heat, burning sensations, rashes, heartburn, hot indigestion, loose stool and peptic ulcers.

BECOME SOULFULLY NOURISHED!  
FOR PITTA DOSHA AND THE SUMMER SEASON

## foundations and food

Pitta's drive will burn itself out unless conscious efforts are made to avoid that pitfall. Use your fierceness to protect your vitality and radiance. Develop your ability to take action on the things you CAN control and let go of the rest. In general seek choices that are cooling, sweet, and stabilizing. When it comes to food settle down, then eat in a peaceful environment. Favor naturally sweet, bitter and astringent flavors. Eat and drink LESS foods that are heating, pungent, sour and salty.

## create play and pause

The ambition of pitta is balanced when moments of pause are implemented into daily living. Take playful breaks in between tasks, move your body, smile and laugh. Become a champion of alternating rest and activity. Gift yourself some free time everyday.

## be in nature with no agenda

Pitta dosha is replenished by seeking joy and nature simultaneously. Take walks with your eyes on the plants and ears tuned to nature sounds, have no agenda or achievement in mind. Go deeper into the woods, find bodies of water to sit beside or plunge into. Stay connected to earthly cycles by keeping track of the moon's rhythm. Your body and attitude are cooled when you let the light of the moon touch your skin.

## release the grip and receive beauty

Notice your desires to control situations or to be "right", give those thoughts space to be present by taking a breath while noticing them. How can you release the need for things to go your way? Implement practices for stating and receiving your own gratitude. Learn to see the subtle beauty in everyday life, learn to allow it in, let it impact you.

## an autumn detox will empty your bucket

During the summer excess heat is accumulated in the body. Ayurveda recommends a detox during the season of Autumn. Detox is all about intentionally assisting your body in its natural process of letting go. Release on a deeper level.