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# summer day

\*quick guide\*

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## focus

### Connect with plants

Find out what is growing in your ecosystem. Learn about the edible weeds in your 'hood. Put them in a blender with an apple and a slice of lemon and make a smoothie. Talk to the plants. Lie in a bed of clover. Ask your ecosystem what you can give back.

### Beat the heat

Exercise early. Start early on a big hike. Don't run at noon - you'll be irritable by mid-afternoon. Enjoy the sun early or late... not in the middle of the day. Spend an extra moment by a stream, river, lake or ocean.

### Keep your skin cool

Coconut oil is the best for self-massage in summer. Spritz a rose spray on your head throughout the day. Wear a big hat, wear light long sleeves.

### Wear cooling fibers

Hemp, linen, organic cotton, silk... are the clothes of summer. Avoid synthetics like the plague. Wear cooling colors -greens, blues, pastels, silver, or white.

### Busy a.m.'s ... mellow p.m.'s

Being busy as a bee all summer long will burn you out by autumn. Enjoy summer. Eat dinner early and have leisurely evenings playing outdoors. Invoke a regular walk after dinner or spend time in the garden.

### Drink the moon

The moon cools your blood and mind. Set outside a quart jar of water to catch the evening essence. Add plants from your yard or woods - a spring of lavender, mint, or lemon balm... clovers or dandelions. In the morning, strain, and enjoy. Squat and gaze at the moon or evening sky for a few moments at night.

## food

### Green is in

We're in the season of chlorophyll. Greens cool your blood and covert quickly into pure energy. Start the day with a green smoothie. Have salads for lunch and dinner. Grow your own greens. Add thistle or dandelion to your smoothies to cool your liver, skin and emotions all summer long.

### Diversify your species

Adding a few species to your diet every summer enables your body to get more nutrients in the annual cycle. Commit to adding a few new plants to your diet from the farmers market... or if possible... from the weeds in your yard or woods.

### Juicy cool foods

Put on the inner a.c. with loads of watermelon, cucumbers, mint, summer squashes, fennel, cilantro, and aloe vera. Sweet, bitter and astringent are the tastes of summer. Snap peas, ripe cherries, peaches, and whatever else is growing in the 'hood should be consumed with reckless abundance. Leave meat, grains, nuts, and beans for winter.

### Wrap it up

Slice and grate veggies. Throw 'em in a wrap made out of a collard green, nori sheet, or rice paper. Add dressing before your wrap it up.

### Cate's Summer Bevvies

Alcohol will heat your blood faster than a raging forest fire. Refresh yourself with non-alcoholic spritzers. Stock your fridge with sparkling water, lime, cucumber, mint, lavender or rose petals. Add a splash of fruit juice for sweetness.

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