

## Welcome to Summer . . .

The season of sunshine, lakes, hammocks, eating outside, watching the stars . . .

I wish that I could stop time just for a moment so that I can take an extra deep breath of it.

At Passiflora, we have many ideas to help the small nuisances of summer disappear, along with some reminders on the best ways to protect your vital health.

Summer is the season of pitta (fire and water) from an Ayurvedic perspective. So, for maximum comfort in the heat and humidity, we offer some simple “pitta” reducing ideas:

- Start your day with a cooling calming coconut oil self-massage prior to your shower. Self-massage allows you to nurture yourself and also helps to move toxins by stimulating our lymph system. Your beautiful skin and cool, rested body will thank you. We love ***Banyan Botanicals's Organic Coconut Oil***.
- After your shower, you can apply soothing cooling ***Vetiver Essential Oil by Floracopeia*** to your body (you can even use it in place of your deodorant).
- After you get out of the shower, soothe your body with three to five minutes of calming meditation. Sit in a comfortable seat, bring your attention to your breath and silently speak the mantra, “SO”, on the inhale as you breath deeply into your abdomen and “HUM” on the exhale, as you expel the breath from the abdomen, then the diaphragm, then the chest. After executing this breath, sit in the pause and enjoy the silence in your mind.
- Enjoy some of our beautiful summer teas such as ***Organic Peppermint Leaf, Lemon Verbena, or our Own “Lemon Balm Uplift”***
- Enjoy this pitta reducing tea that you can make yourself (from [EAT-TASTE-HEAL: An Ayurvedic Cookbook for Modern Living](#)):

Take 1 teaspoon ***fennel seeds***, 1 teaspoon ***coriander seeds*** and ½ teaspoon ***cumin seeds***. Place the ingredients in a medium saucepan with 4 cups filtered water, bring to a boil for 5 minutes, and steep for 2 to 5 minutes. Add lemon juice, sucanat to taste, and fresh mint leaves. Enjoy.

We do encourage you to spend just 15 minutes a day without sunscreen soaking in the free Vitamin D in the sunshine. **Vitamin D** has been shown to be essential to help us metabolism our calcium. So, add a weight-bearing walk of 30 minutes into your daily routine. With the addition of two-pound hand weights or leg weights, you have the prescriptive for maintaining bone health. Vitamin D also boosts our immune systems, preventing colds, flus and minimizing the probability of developing certain types of cancer.

Make sure the sunscreen that you use is safe to your skin, your largest organ. We love **Dr. Hauschka's Sunscreen Products** because they are mineral based, containing titanium dioxide and zinc oxide which actually reflect ultraviolet radiation rather than absorb it, staying on the surface of your skin to maximize protection. Nurturing botanical extracts of ice plant, rose petal and oil of avocado provide hydration and infuse skin with antioxidants, keeping it healthy and helping to prevent and reverse the negative effects of sun exposure.

For bug bites, apply bentonite clay with water to remove toxins, followed by **Lavender Essential oil by Floracopeia**. We have developed our own **Passiflora Goddess Bug Spray** containing many fine organic essential oils, including lemon eucalyptus. Lisl Huebner, a "board certified" Chinese herbalist (who you will find at Passiflora on Thursdays from 11 to 2 in the Apothecary) has prepared her beautifully effective poison ivy wash. We also carry **Woodland Essence's Itch Re-leaf** and **Avena Botanicals Itch Ease**.

So, many blessing of summer,  
may you....

Count the stars on a clear summer night,

Enjoy smores over the bonfire,

Read a child a poem,

Take a long leisurely refreshing swim in our beautiful lakes, ocean or pools,

Fall in love...first of all with you.

I am so grateful for each of you. Keep me posted on your adventures. Hopefully, I will be able to share some of mine in the next newsletter.