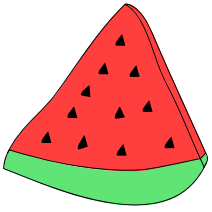


Summer Tip Sheet



Eat Cooling Foods.

Eat light and cooling foods is important optimize digestion. Enjoy Sweet, juicy fruits, light grains, veggies like cucumber, spinach, sprouts and other seasonal greens. Bring quinoa salads or green salads to BBQ's. Start the day with green smoothies or fresh juice.



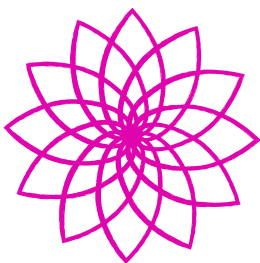
Stay Hydrated.

Drink plenty of water throughout the day without ice. Avoid salty foods if you tend to retain water. Reduce alcohol and make a refreshing drink of lime, coconut water and seltzer water. Drink herbal teas or fruit infused waters.



Exercise in the Cool Mornings.

Move your body in the cool hours of the early morning. Avoid overexerting yourself - exercising at about 50-75% of your capacity. Think fluid, watery movements. Avoid exercising at the hottest part of the day or in heated rooms.



Oil Up.

Summer can be extremely drying. Before you shower, massage your body with a light coating of coconut oil. It has a natural spf of 6, which is a great foundation. Use oil to keep your body hydrated from the outside -- in. Coconut oil is perfect for summer due it's cooling qualities.



Protect Your Skin.

Cover up if you are in the sun during the hottest part of the day. Cotton layers and a good hat go a long ways in terms of keeping the sun off your skin. Allow sun on your skin in the early morning hours. Choose a CLEAN sunscreen if you need to apply it to your skin. Check for harmful ingredients.