



Balancing **PITTA** DailyROUTINE

Morning

- Arise early in the morning by sunrise
- Evacuate bowel and bladder
- Clean teeth and scrape tongue.
- First fluids: Mix the juice of 1 lime with a glass of lukewarm water or have a cup of **Pitta tea**
- Apply **Pitta Massage Oil** to the full body then bathe or shower – **Self Massage instructions>>**
- Quiet Time
Stretching or yoga postures for 10–15 minutes
Meditation (**TM New Zealand or TM Australia**)
- Break the fast overnight with a hearty breakfast suited to your hunger level.
Favour **Pitta pacifying foods** .
- Engage in work or study

Lunch

- **Lunch is a must have for you.** Put a regular lunch time in your diary as an appointment and stick to it. You will feel better for doing so.
- Eat lunch with full attention without reading, working, driving, talking on the phone etc.
- Favour **Pitta balancing foods** – sip **Pitta tea** and sprinkle **Pitta Seasonal Spice Mixture** over savoury foods
- Sit quietly for 5–10 minutes following lunch. Then take a 10 minute stroll to aid digestion.
- If you have a tendency for soft or loose bowel motions take **Aci Balance** 1–2 tablets after breakfast, lunch and dinner meals.
- Work or study
- **This is a great time for you to exercise.** Exercising after work provides an effective transition from work to home life and can help to release the feisty energy that can arise when life is driven and intense.
- Quiet Time –Meditation (**TM New Zealand or TM Australia**)

Evening

- Have your evening meal by 6.30 – 7pm. Use it as a time to connect with loved ones and friends to support social wellbeing.
- Avoid mental stimulation after 8pm and calm the mind well before you go to bed. Relax with a good book, play a musical instrument etc, or share time with loved ones and friends after the evening meal.
- Be in bed by 10pm light out for a good night sleep.
Keep the bedroom as a sleep zone. No computers, phones, tablets, books etc.
Use natural fibres to help keep your body temperature comfortable.

