

Pitta-dominant.

Fire/Water energy, focus, transformation

Characteristics:

- Hot, sharp, oily, and intense
- Medium build, strong digestion, sharp intellect
- May experience inflammation, anger or skin sensitivity when imbalanced



Herbal Recommendations

- **Brahmi (Gotu Kola or Bacopa)** – calms the mind and nervous system
- **Amalaki (Amla)** – cooling antioxidant for digestion and skin
- **Guduchi (Giloy)** – immune support and liver detoxifier
- **Shatavari** – balances heat in the reproductive system
- **Neem** – purifies blood, helps skin clarity
- **Coral calcium (Praval Pishti)** – cooling and a pitta-pacifying mineral



Meat Recommendations

Pitta types do best with cooling, lighter meats and should avoid overly spicy, oily, or acidic preparations.

- **Organic turkey** – light and slightly cooling, high in lean protein
- **Rabbit** – more cooling and gentle on the system
- **Goat** – less heating than lamb, good when mildly spiced
- **Freshwater fish, oysters & crustaceans** – more cooling compared to more oily fish species like salmon, cod and mackerel
- **Eggs (soft-boiled or poached)** – nourishing without overheating if not over consumed

Best prepared steamed, baked, or poached with herbs like coriander, mint, fennel, and turmeric.



Supportive Ideal Foods

- Cooling and hydrating: cucumbers, coconut, leafy greens, milk & ghee
- Use spices like fennel, coriander, turmeric, and mint
- Avoid excess fried, spicy, sour, and acidic foods



Pitta Dietary Guidelines

Balance heat, calm intensity, support digestion, nourish the skin and liver

Best Foods:

- **Vegetables:** Leafy greens (broccoli, asparagus, kale), sweet potatoes, celeriac, swede, turnip
- **Grains & Legumes:** Basmati rice, pearl barley, rolled oats, mung dal, amaranth, split red lentils, cannellini beans, chickpeas
- **Fruits:** Cucumber, zucchini, squash, okra, olives, melons, mango, fresh organic berries, pomegranate, coconut, sweet oranges, seeded grapes, pears
- **Dairy (cooling):** Cow's or goat's milk (cooled), homemade lassi with:
 - Organic yogurt + mango
 - Organic yogurt + water, mint & mishri
- **Fats:** Coconut oil, olive oil, avocado oil, ghee, hemp seeds, pistachios, pine nuts, flaxseeds, chia seeds
- **Sweeteners:** Mishri, raw honey, maple syrup, coconut sugar

Limit/Reduce:

- Spicy foods, chili, garlic, and onions (in excess)
- Red meat such as lamb or duck
- Aged cheese, sour cream, acidic foods (lemon, limes, tamarind)
- Alcohol, molasses, fermented foods, vinegar, caffeine

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Balance is not something you find, it's something you create



Skin Care

- **Cooling oils:** coconut oil or ghee-based products
- Use rose water, sandalwood, and aloe vera for calming heat
- Avoid excessive sun, saunas, and harsh scrubs
- Keep the body cool to soothe inflammation

Lifestyle Tips

- Exercise in the early morning
- Focus on lighter resistance training and cardio
- Prioritize moon salutations, swimming, and calming breathwork
- Use rose water and aloe juice to cool Pitta

