

# SOOTHING SUMMER FOODS TO COOL YOU OFF





It's that time of year where we begin to brace ourselves for the months drenched in sunshine and the summer heat. Aside from wearing less clothing, cranking up the air-conditioning, and staying in the water, what else can you do to keep cool?

What you eat can help soothe you from the inside out, leading you to feel cooler and more refreshed. Keeping yourself balanced is the best way to turn those hot, sticky months into a more pleasant time with family and friends.

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# WATERMELON

Watermelon is by far the ultimate summer food. Chill it in the fridge and slice it, juice it, scoop into balls, or use a cookie cutter to create fun shaped pieces. Any way you cut it, it's the such a sweet treat that is a purely guiltless indulgence!



# CUCUMBERS

Cucumbers are incredibly soothing from the inside out. Make a cucumber salad with ginger, sesame seeds and soy sauce for an Asian twist. Save two circles of cucumber slices and put them over your eyes for 10 to 15 minutes for another great summer-soother.



## SWEET SUMMER BERRIES & FRUITS

Berries are the perfect summer treat. They are just what your body wants with that sweetness yet it gives off a cooling effect with every bite. Strawberries and blueberries make for an excellent dessert. Do it even better and scoop out a cantaloupe or honeydew, then refill it with the scooped melon balls and a mixture of berries for a winning summer team of refreshing flavors.



## TAKE ON SOME BITTER

Body balance is vital for staying refreshed, hydrated, and healthy, and bitter foods help with this in the summer heat. Make sure you're eating enough leafy greens, asparagus, celery, and other veggies. Aloe is another one you should be working into your diet. I'm sure you've heard aloe calms the skin after a sunburn, but did you know it can soothe you internally as well? Look for natural aloe drinks in your supermarket, and you'll be hooked on this refreshing, cooling beverage!



## CLEANSE AND DETOXYFY TOO

With the fun days of summer come more chances for impurities to make their way into your system. Between lack of proper hydration and food-related illnesses, you can do yourself a solid favor by making sure you drink things like black tea, zest up some lemons and limes and put them in your water or on your veggies, and drink fresh cranberry juice. Each of these has a cleansing effect that will bode your bod well.



RAW &  
DELICIOUS  
SUMMER  
RECIPES



# watermelon bruschetta

*2 cups watermelon, diced*

*3/4 cup balsamic vinegar*

*1 1/2 tablespoons honey*

*6-8 fresh basil leaves, chopped*

*Optional: feta cheese or dairy-free  
alternative*

*Freshly cracked black pepper*

Combine all liquid ingredients and stir together. Stir in remaining ingredients. Mix with spoon until blended together evenly. For a bread-free option, use cucumber slices as your base and enjoy your watermelon bruschetta with zero guilt.



# pesto Zucchini pasta

*2 zucchini, spiralized*

*2 tablespoons avocado oil*

*1/3 cup pesto, pre-made jar*

This one's so easy it'll undoubtedly become one of your staples.

All you have to do is spiralize your zucchini, combine the avocado oil with pesto and stir. Pour pesto mixture over zucchini noodles and stir until combined. Top with any desired toppings such as freshly cracked pepper, red pepper flakes, etc.



# pineapple salsa

*1 cup pineapple, diced*

*1 cup red bell pepper, diced*

*1 cup tomatoes, diced*

*1/4 cup red onion, chopped*

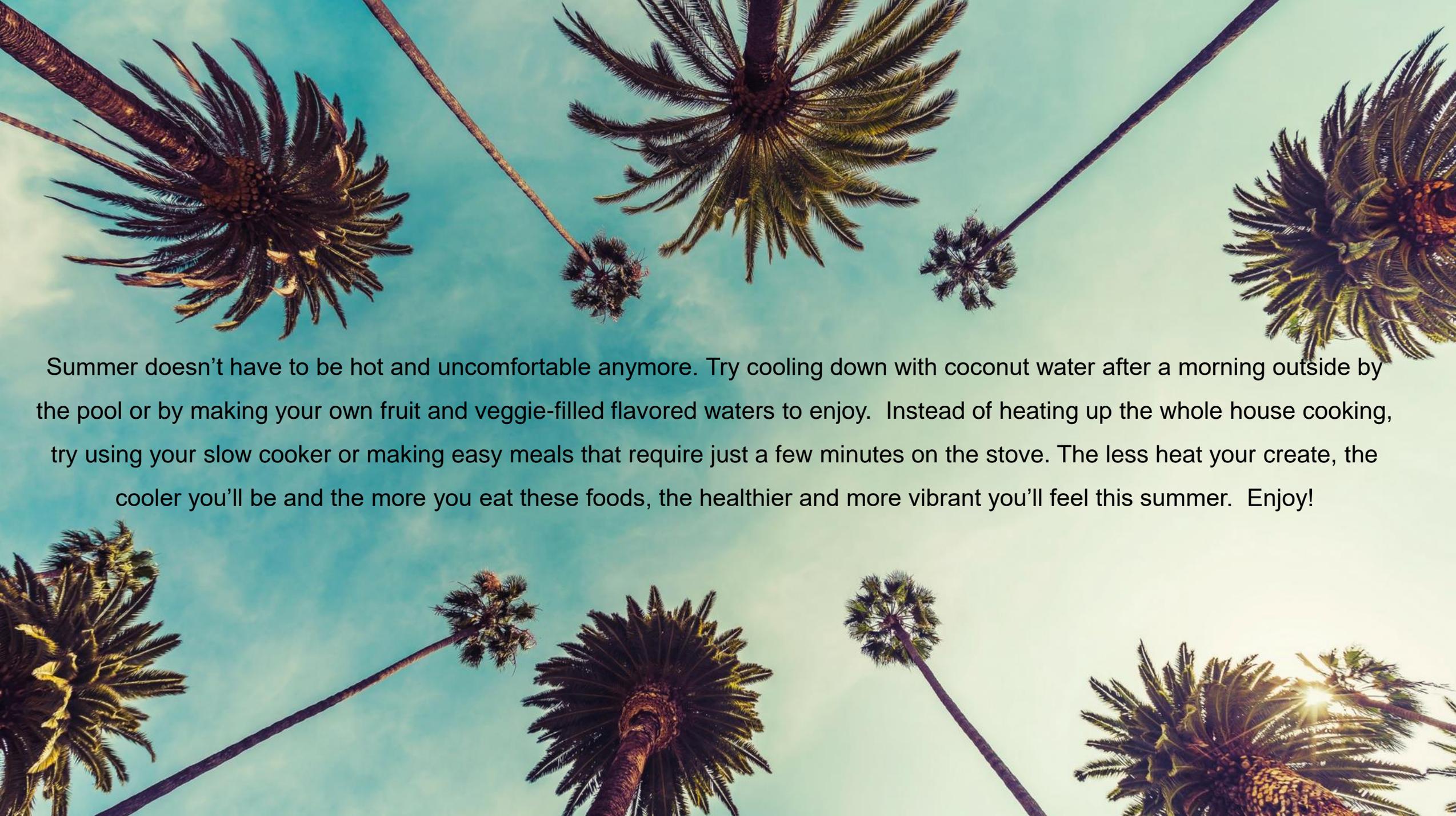
*1 tablespoon jalapenos, diced*

*Juice of 2 limes*

*Freshly cracked black pepper*

*1/3 cup cilantro, chopped*

Mix all ingredients together  
and enjoy!



Summer doesn't have to be hot and uncomfortable anymore. Try cooling down with coconut water after a morning outside by the pool or by making your own fruit and veggie-filled flavored waters to enjoy. Instead of heating up the whole house cooking, try using your slow cooker or making easy meals that require just a few minutes on the stove. The less heat you create, the cooler you'll be and the more you eat these foods, the healthier and more vibrant you'll feel this summer. Enjoy!