

The seeds we plant now are not only in our gardens but in the life we wish to cultivate.

KAT MAIER, ENERGETIC HERBALISM



Address the 3 Pillars in SPRING - A CHEAT SHEET



Spring is the season to move forward, have plans, create new designs, and make clear decisions.

KAT MAIER, ENERGETIC HERBALISM



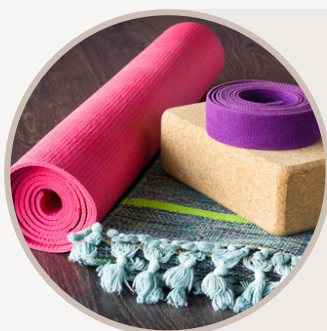
3 COACHING PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self



NOURISHMENT FOR SPRING

- Eat spring greens
- Consume Nettles - Traditional Medicinals
- Eat bitter, bland, sour foods
- Drink Lemon water daily!



SELF-CARE FOR SPRING

- Move your body - especially walking after a meal
- Start a Yoga practice
- Start a Qigong practice
- Exercise that gets your heart rate up!



PERSONAL DEVELOPMENT FOR SPRING

- Journal on Anger. Where does this come up for you in your life?
- What tools can you use to help you express and release your anger?

"The seeds sown in the spring welcome the warmth + light of summer as they become the fruit that is to be harvested."

KAT MAIER, ENERGETIC HERBALISM



Address the 3 Pillars in SUMMER - A CHEAT SHEET

"This season of ripening is the time to bring visions and plan to fruition."

KAT MAIER, ENERGETIC HERBALISM



3 PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep.
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self.



NOURISHMENT FOR SUMMER

- Enjoy cooling foods
- Watermelons
- Cucumbers
- Coconut water
- Organic berries
- Avocados
- Spicy peppers
- Hibiscus, Lemongrass, Chamomile, Hawthorn, Mints, Lemon Balm



SELF-CARE FOR SUMMER

- Exercise that gets your heart rate up.
- Start a Yoga practice.
- Engage in social gatherings - this keeps the heart balanced.



PERSONAL DEVELOPMENT FOR SUMMER

- Enjoy time near the water - a beach, lake, river, waterfall, hot spring.
- Read a book, write poetry, or journal.

"This is a season of letting go, a lesson that trees teach us so beautifully as they release their leaves with ease and grace."

KAT MAIER, ENERGETIC HERBALISM

KAT MAIER, ENERGETIC HERBALISM

"Trees don't stubbornly hold onto their leaves because they might need them next year."

Address the 3 Pillars in AUTUMN - CHEAT SHEET



3 PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self.



NOURISHMENT FOR AUTUMN

- Eat pungent + spicy foods/herbs.
 - **Ginger**
 - **Garlic**
 - **Cayenne**
 - **Horseradish**
 - **Thyme**
 - **Coriander**
- You can get creative. Mix the foods/herbs in your meals, broths, and teas.



SELF-CARE FOR AUTUMN

- Learn/Practice Pranayama Yoga.
- Start a Yoga practice.
- **Dry brush** your skin.



PERSONAL DEVELOPMENT FOR AUTUMN

- **Clear the clutter** - closets, basements, garages and let go of items that you do not need.
- Journal a list of what needs to move on and burn it in the fire. Please use a fire safe container.

VANESSARAGAINS.COM



"This is a quieter, more reflective time of year, a time when sleep and rest are the main medicine."

KAT MAIER, ENERGETIC HERBALISM

"In Western culture, the frenetic holiday season contradicts what nature intends for the season of winter."

KAT MAIER, ENERGETIC HERBALISM



Address the 3 Pillars in WINTER - A CHEAT SHEET



3 COACHING PILLARS

- **Nourishment:** Herbs, H2O, Food, Sleep
- **Self-Care:** Yoga, Rituals, Exercise that gets your heart rate up.
- **Personal Development:** Building a trusting relationship with your self



NOURISHMENT FOR WINTER

- Rest, Rest, Rest!!!
- Daylight hours
- Broths + Stews
- Seaweeds
- Warm Foods
 - Black + mung beans, Barley, millet, Nuts, sweet potatoes, squash, carrots, cabbage, mushrooms, apples



SELF-CARE FOR WINTER

- Keep your kidneys warm, wear socks, and cozy attire.
- Start a Yoga practice.
- RITUAL: Ginger or Rosemary bath.



PERSONAL DEVELOPMENT FOR WINTER

- Connect to your dreams, keep track of dreams.
- Start a journal. It's the perfect medicine for this season.

