



WINTER WELLNESS WITH TRADITIONAL CHINESE MEDICINE

As the days grow shorter and colder, many of us feel our energy dip and our motivation slow down. In Traditional Chinese Medicine (TCM), winter is the most **Yin** season of the year — a time for rest, reflection, and deep nourishment. When we align with this rhythm instead of pushing against it, winter can actually support our health in powerful ways.

Small, consistent choices can make a meaningful difference in how you feel. Here are a few simple wellness tips to support you this winter.



Protect your Yang energy

Yang is your inner spark — your warmth, vitality, and motivation. winter naturally pulls yang inward, so this is the time to stay warm, rest more, and avoid overextending yourself.



Guard Against Cold & Wind

Cold and wind can weaken the body's defenses. Keeping the neck and upper back covered with scarves and warm layers, and staying dry helps protect your Wei Qi (your protective energy).

Support Gentle Digestion

Heavier meals and colder weather can slow digestion. Warm, cooked foods like soups, stews, and roasted vegetables help keep your digestive system moving comfortably.





Move (but Gently)

Cold weather tightens muscles and joints. Light movement — walking, stretching, gentle yoga — keeps Qi and blood circulating without draining your energy.



Add Moisture

Winter dryness can affect the skin, throat, and sinuses. Stay hydrated, use a humidifier when possible, and include moistening foods such as pears, honey, sesame, and warm broths.

Honor Rest

Winter is the season of stillness. Allow yourself earlier evenings, quieter mornings, and more intentional rest. Your body will thank you in Spring.





Moxibustion: Supporting Your Inner Warmth

Moxibustion, or “moxa,” is one of the most supportive therapies during winter. The gentle heat helps warm the meridians, strengthen Yang energy, and improve circulation—especially for people who feel cold easily.

Clients often notice:

- Warmer hands and feet
- Improved mood and energy
- Less muscle and joint stiffness
- Better digestion
- Deeper, more restorative sleep

I’m happy to include moxa in your next session if you’re interested.





A Final Note

Winter may feel long, but it's also an opportunity for deep nourishment and restoration. With warmth, rest, and seasonal support, you can move through the colder months feeling balanced, grounded, and supported.

Looking Ahead

Over the next year, I'll be slowly exploring new ways to support nervous system regulation and deep relaxation in the clinic. This may include expanded bodywork and energy-based sessions designed to help the body unwind, reset, and restore.

