

For the Love of Gut – November Newsletter

Honoring the Seasons, Supporting the Body, and Nourishing the Soul

The Changing Seasons and the Body's Response

As the weather begins to cool and the barometric pressure shifts, our bodies respond—sometimes in subtle ways, and sometimes in ways that feel loud and hard to ignore. If you live with chronic conditions like autoimmune disease, chronic fatigue, or Epstein-Barr virus, you may already sense these changes before you even check the weather app.

When the **barometric pressure drops**, such as when cooler, drier air moves in, fluids and gases within the body expand slightly. This can lead to **joint pain, inflammation, headaches, and fatigue**, especially for those who are already sensitive. When the **barometric pressure rises** again—such as before a storm or when humidity spikes—the body feels that internal compression. It's why our joints ache, our sinuses swell, and our energy dips just before the rain.

In **South Florida**, summer brings high humidity, heavy mold counts, and that thick, sticky air that can trigger inflammation and viral activity. Mold is a known activator for Epstein-Barr—something I personally dealt with all summer long. During those months, I rely heavily on my immune-supportive herbs, grounding practices, and airflow to keep my system calm.

But now that autumn has arrived and the **barometric pressure is dropping**, the air begins to clear. Mold counts lessen. The mornings are crisp, the afternoons warm—this is when our bodies feel lighter, stronger, and more alive. **This is Florida's "springtime."** Our time to rebuild, strengthen, and restore.

Meanwhile, if you live in **colder northern climates**, the opposite is true. As the air grows dry and cold, circulation slows. The body naturally contracts to conserve warmth, which can stiffen joints and increase symptoms of arthritis, fatigue, and even depression. Ayurveda describes this as an **increase in Vata energy**—light, cold, and dry—which needs grounding, warmth, and oil to stay balanced.

Supportive Practices for Seasonal Change

Dry brush daily to support lymphatic flow.

Dry brushing is a gentle way to move the lymph—the body's natural drainage system. Using a soft, natural-bristle brush on dry skin before your shower, brush toward the heart in long strokes. It stimulates circulation, encourages detoxification, and keeps the skin healthy and glowing.

Sip warm herbal teas with tulsi, ginger, and lemon balm.

Teas made from herbs like **tulsi (holy basil)**, **ginger**, and **lemon balm** are powerful allies. Tulsi supports the adrenals and balances stress hormones. Ginger promotes warmth, circulation, and digestion. Lemon balm soothes the nervous system and helps calm viral activity, including Epstein-Barr.

Use a humidifier or steam inhalation if you're in a dry climate.

When the air becomes dry—as it often does up north in the winter—our sinuses, lungs, and skin can all feel parched. A small **humidifier** in the bedroom keeps the respiratory passages moist and resilient.

Keep mold at bay with clean air and natural remedies.

In humid areas like Florida, mold thrives—especially in the summer. Run a **dehumidifier**, keep A/C filters clean, and use **air-purifying essential oils** like eucalyptus, clove, or tea tree.

Get morning sunlight to anchor your circadian rhythm.

Natural morning light resets your body's internal clock, boosts serotonin, and improves sleep quality.

Move your body gently but daily.

Movement is medicine, especially during seasonal transitions.

Eat seasonally and balance your environment.

In cool, dry weather, focus on warm, cooked, grounding meals like soups and root vegetables. In humid climates like South Florida, emphasize lighter, cooling foods like greens, citrus, and crisp veggies.



Building Immunity During the Cooler Months

In Ayurveda, immunity is seen as more than a single defense mechanism—it's the reflection of your **ojas** (pronounced *oh-jus*), the body's vital essence. Ojas gives you your natural glow, steady energy, emotional stability, and strong immunity. When it's abundant, you feel grounded and resilient. When it's depleted by stress, poor diet, or environmental triggers like mold and cold, the body's reserves run low—and that's when fatigue, brain fog, and flare-ups start to whisper.

The good news is, ojas can be rebuilt.



Simple Ways to Strengthen Immunity

- Eat with the season—warm, cooked, and colorful.
- Spice your meals with turmeric, black pepper, ginger, cinnamon, and garlic.
- Prioritize rest, rhythm, and recovery.
- Support your gut—about 70% of your immune system lives there.
- Strengthen your detox pathways—hydrate, sweat, oil your skin, breathe deeply.
- Add adaptogens like ashwagandha, tulsi, astragalus, and lemon balm.

If summer was heavy, this is your time to exhale. When humidity drops and the air becomes lighter, your body has more space to heal.

🌀 Supporting the Body Through Every Season with Yoga

Yoga is one of the most powerful tools we have to support the body through change—and through all phases of life. It brings circulation, alignment, and balance to both the physical and emotional body.

In the cold months: try warm or hot yoga to keep the joints fluid and the body flexible. If possible, look for studios using **infrared heat**—it penetrates deeply and supports tissue healing. If only forced heat is available, that's okay too—even turning up your home heater before practice can make a difference.

In the heat of summer: skip the hot yoga and choose cooling, restorative, or air-conditioned flows. Focus on breath and relaxation rather than intensity.

Year-round: yoga keeps the lymph moving, supports joint health, digestion, and emotional regulation. Even ten minutes of gentle stretching or breathwork can reset your system.

"Yoga meets you where you are—in every season, every stage, and every breath."

Herbs, Healing, and the Joy of Growing What You Use

Working with plants is medicine in itself. Gardening calms the nervous system, balances stress hormones, and reconnects us to the rhythm of nature.

Herbs that thrive right now in Florida:

Dill • Basil • Lemon Balm • Peppermint • Sage • Parsley

If you buy herbs from big-box stores like Lowe's or Home Depot:

1. Remove them from their pots.
2. Rinse the roots gently to wash away chemical soil.
3. Replant in **organic soil or compost-enriched dirt**.

My favorite way to grow herbs is to buy from **farmers' markets or small local growers** who start from seed—those plants carry the highest energy and adapt best to your garden.

Foraging in Florida

Depending on your area, you might find:

Beautyberry • Spanish Needle • Plantain Leaf • Pine Needles • Wild Lemongrass • Chickweed

Always forage safely:

- Confirm plant identity before consuming.
- Avoid sprayed or roadside areas.
- When in doubt, don't harvest.

I'll soon be offering **guided foraging expeditions** to help you safely identify edible and medicinal plants while learning how to use them in daily life.

Visit theloveofgut.com for details.

Final Thoughts & Nourishing Fall Recipes

As the air cools, our bodies call for warmth—not just from temperature, but from food, connection, and self-care. This is the season of soup, stillness, and slow living.

Healing Fall Soups

Butternut Squash Soup

Sauté onion and garlic in ghee, add cubed squash, turmeric, and broth. Simmer, blend, and finish with coconut milk.

Chicken & Kale Soup

Simmer onion, garlic, carrots, celery, herbs, broth, and shredded chicken. Add kale at the end for color and nutrients.

Tomato Bisque

Sauté onion and garlic, add tomatoes, broth, basil, and oregano. Simmer, blend, and stir in coconut milk for creaminess.

Golden Lentil & Carrot Soup

Cook red lentils, carrots, and onion with turmeric, cumin, and coriander. Blend lightly and finish with lemon and salt.

Closing Thoughts

This month, eat slowly, move gently, and live seasonally. Whether you're sipping soup, tending herbs, or rolling out your yoga mat—remember: **healing isn't something you chase, it's something you return to.**

With love and gratitude,

Laura

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