

SPRING



We welcome spring, the season of renewal and beginnings. According to the Five Element Theory, spring is the time when we transition from the winter element of Water to the Wood element. The Wood element is gentle, persistent, and filled with creative potential. Wood rules the liver and gallbladder. The liver regulates the smooth flow of Qi in the body, governs the spine, muscles, joints, tendons, ligaments and eyes.

Keeping the Wood element balanced is essential for full body health. When the Wood element is in balance, you will feel more confident and motivated. An unbalanced Wood element may cause anger, stress and other negative emotions. Chronic fatigue, dry eyes, headaches and joint problems are a consequence of imbalanced Wood element.

A good way to support the Wood element is by calming the nervous system and easing into a more relaxed state. Take time during the day to shift from your current activity. Now that the days are becoming longer and warmer, take a walk outside. Even a short walk is enough to change your focus. You can also try listening to soothing music, meditating or simply take five deep and mindful breaths.

Spring is the perfect time to take inventory of your life. Is your current plan working? If not, devise a new approach and make a fresh start. Plant your seeds now and act upon your desires and goals. This is a time to feel vibrant and inspired.

Suggestions for a Healthy Spring

Detox: In spring we naturally eat less or detox the body of the fats and heavy foods we consumed during the winter months. A diet high in fatty, greasy foods or processed foods tends to impede the flow of Qi of the liver. Instead of your morning coffee, try adding some lemon or apple cider vinegar to warm water and sip on that.

Eat Your Greens: Add lots of greens to your meals. Green vegetables such as asparagus, romaine lettuce, watercress, dandelion leaves, celery, and mint can help to move the liver energies and ease any imbalances.

Add Some Citrus: The liver is particularly receptive to sour flavors. Foods like lemons, limes and grapefruit are all good choices that help cut the fats that may have been stored in the body. If you crave sour foods that may be your liver communicating that it needs an extra boost, so include fermented foods or sweet and sour recipes in your diet.

Release: Let go of those things, thoughts and habits that no longer serve you. Release old hurts and grudges, they stand in the way of your growth and happiness. Clear your physical space also. Releasing possessions helps you to let go of the past and any emotions associated with those items.

Relax: Try to stay calm, especially during the spring season. Don't get caught up in spring's intense new energies. Take things in stride and go at your own pace; take a nice long walk outdoors or practice Qigong. Qigong Meditation has been proven to help maintain your mood and is the perfect way to help you relax your body.