

# Spring Seasonal Reset 2024

## Signs You May Need a Seasonal Reset

- Headaches
- Brain fog/difficulty concentrating
- Issues of sleeplessness, especially between 1-3 am
- Swollen lymph nodes or tonsils
- Lack of energy
- Recurrent sore throats
- Morning mucous
- Mucous drainage (especially after dairy or flour)
- Fluid backup in the ear (especially in children)
- Ear popping and ringing
- Reduced ability to fight infection (frequent cold or flu)
- Constipation or sluggish bowel function
- Inability to lose weight
- Soreness or stiffness in the morning
- Bloating, swelling, or heaviness in extremities
- Arms or hands fall asleep while sleeping
- Pain, pressure, or stiffness along your spine and shoulders
- Joint stiffness or pain
- Sore breast or breast swelling with your menstrual cycle
- Acne, dry skin, itchy skin or other skin issues
- Body or breath odors despite good hygiene
- Puffiness or stubborn weight
- Challenges around shifting emotions from past events
- Chemical sensitivities
- Chronic fatigue/chronic insomnia (especially awakening 1-3 am)
- Panic attacks
- Sinus drainage
- Crohn's disease/colitis symptoms
- Chronic indigestion
- Beginning of a new season—like springtime
- After a course of medication
- Any history of past surgeries or anesthesia
- Any alcohol use
- Air travel
- Feeling “meh”

