

# Spring Tips for Healthy Living

Harmony and ease in our bodies, minds, and spirits are dependent upon living in harmony with the Cycles and rhythms of Mother Nature.

In India, Spring is celebrated everywhere as the honored "Morning of the Year".

Spring is the season of lightening up and opening physically, mentally, and emotionally. This is a good time to eliminate the stagnation and heaviness of Winter and to begin to build again the foundation for personal strength and vitality. It is a time to renew and purify our Spirits.

Here are a few suggestions to help regulate the digestive fire, clear some of Winter's heaviness and toxins, and help to establish new patterns more aligned with the Season of Spring.

-Sip warm water throughout the day  
 -Sip Spice Water every ½ hour (for 2 weeks)

#### **Spice Water - Base**

- 1 tsp. fennel seeds
- ½ tsp. coriander seeds
- ¼ tsp. cumin seeds
- one quart boiling water added.
- Let seeds remain in thermos for the day.
- Sip every ½ hour.
- Make fresh each day.

#### **Think:**

- Warm
- Dry
- Light
- Stimulating
- More Exercise

#### **Reduce or avoid:**

- Cold foods and drink
- Meat
- Dairy
- Oily foods
- Fried foods
- Wheat
- Bread
- Nightshades such as potato, sweet potato, tomato, eggplant
- Banana, orange, avocado
- Sugar
- Amount of food eaten
- Processed food

#### **Favor:**

- Pungent, bitter, and astringent tastes
- Warming spices such as ginger, cinnamon, cardamom, pepper
- Eat lots of vegetables, especially green colored ones- include steamed greens such as kale, collard, or dandelion (which will soon be showing up) daily
- Fruits -apples, pears, papaya, pomegranate, cranberry, berries
- Barley, rye, oats, quinoa, couscous,
- White chicken (only if craving for meat)
- Legumes such as lentils, moong dahl

**If you have a Yoga practice emphasize:**  
 sun salutations, standing poses, backbends, twists and inversions with a strong willful intention  
 Accompanied by conscious, rhythmic breathing.  
 Punctuate the exhalation.

**Take time each day to be quiet, breathe and reflect.**  
 -Write down some of your observations and what you wish to manifest in the coming months.  
 What is no longer working for you in your life – what is not wholesome.

What is working for you?  
 What do you wish to strengthen?

**Remember that true health depends upon remaining connected to the essence of who we truly are -our divine nature- which is happiness, peace, and joy itself.**

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