

Step Into Spring.....

☼ After the long winter every cell in your body is begging you to turn on the inner heat before summer. Your body is strong and ready for endurance. Vigorous exercise will get the lymph moving in the body, preventing congestive problems, stimulate a sluggish digestion and aid detoxification. Get your legs moving. The pelvis and legs represent the earthy/watery part of the body and are prone to retaining fat and water. Make your yoga practice or exercise dynamic. Sun salutations are ideal as they work all the major muscles.

☼ Introduce pranayama or deep nasal breathing.

☼ Get in the habit of having an early dinner and then going outside- take a walk, go for a bike ride, weed your garden; and don't make the mistake of being out then eating late.

☼ Create a "good space", a general state of health and happiness. This enables prana (vital energy) to move freely through your body. Prana propels kapha, like wind moves clouds through the sky, so fluids and mucus move easily through the body.

☼ Set your alarm for 7am at the latest, as sleeping later will aggravate Kapha.

☼ Massage your body with warm sesame or sunflower oil, followed by a warm shower.

☼ Dry skin brushing is excellent for stimulating lymph and reducing cellulite. Use firm sweeping strokes towards the heart to aid the elimination of fluid.

☼ Become acquainted with a neti pot to rinse the nasal passages. This not only helps ward off colds and hay fever, but will also improve your pranayama.

☼ Stick to your changes and give them time. Kapha, by it's nature is heavy and dense and can take time to move.

☼ You will know when you've created enough tapas if, after practice, you feel light, warm, and invigorated, with an alert mind, clear senses, and fluid emotions throughout the day.

☼ Green Chlorophyll is the colour of spring. Use it in green smoothies or juices, salads, cooked and living soups. Especially good are the dark, leafy, bitter greens like Dandelion (good for liver) and nettles (good for kidneys). Others include spinach, kale, collards, rocket, mustard, chicory. These will detox your liver, blood and fat, while replacing long lost minerals. They support the immune system, skin, eyes and mucus membranes, and stimulate elimination.

☼ Turmeric re-invigorates the blood. It is a powerful blood mover that restores circulation, cleanses the liver and re-ignites metabolism

☼ Ginger tea is good as it warms the body and enhances digestive fire.

☼ For allergies, sinus and Spring cold relief try a hot drink to clear mucus with ginger, lemon juice, cayenne, hot water and raw honey.

☼ Go for foods bitter, pungent and astringent. They help with elimination and clear mucus from the body. Avoid foods heavy, oily, sweet, sour and salty which can cause water retention and weight gain.

☼ Minimise wheat dominant foods.

☼ Start sprouting Sprouts. They are packed with protein and loads of absorbable and diverse nutrients. It's quick and easy.

☼ Get Down and Dirty-you're at the start of the active food growing season. Try growing your own. Getting your hands in the dirt is the quickest way to ground yourself and discharge EMF's.

☼ Slow down and keep it simple. Savour springtime by simplifying your life to include only those things that truly revitalise your body and soul.

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