

Winter Wellness

Bringing warmth and grounding our energy

Winter time means keeping ourselves warm and nourished while we store our energy for Spring.

There's our usual approach to Winter: wearing layers, eating and drinking warm foods and beverages. Here I explain holistic ways to approach this time of year.

To look at the seasons holistically you need to understand what energy is doing during that cycle. In colder months energy in and outside our body moves slower. There is a tendency towards holding cold damp energy internally. Symptoms of this are being susceptible to inflammation of joints, being tired,



body feeling heavy, and even facial skin can start to look pale.

Cold damp energy is associated with the water element which in turn is connected to our kidneys, bladder, adrenal glands, our ears and hair. If we are able to hold onto our energy and keep it in reserve it helps us to use it when we need to replenish our bodies to help heal or ground ourselves.

We can nurture and nourish our Kidney Energy by emphasizing on warming foods. Include dishes with beans, garlic, ginger, miso, and root vegetables. You can make soups and stew as well.

In addition you can ground your energy. It can decrease your pain caused by inflammation, improve mood and your sleep. There are many ways to achieve this. You can try deep breathing exercises, it can connect your sense organs. Drink a hot beverage and feel the warmth move down throughout your system and listen to drumbeats to activate your root chakra which connects to your kidney energy. Try yoga poses that stimulate your parasympathetic nervous system such as Child's Pose, Downward Facing Dog, Leg Up the Wall, and Corpse Pose. You could get a massage or massage your own legs and feet which is very grounding and again connects to your kidney pathways.

Healing Steps of Acupuncture provides Seasonal Acupuncture treatments, one for each season. A Package of 4 treatments a year to strengthen your inner organ systems and correct minor issues which can become more serious problems. Go to healingsteps.net for more information.