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Techniques to reduce stress:

To reduce anxiety:

Place your left hand over your heart, in the center of your chest and place your right hand on the crown of your head. Imagine your breath moving between your hands, synchronizing the mind and the heart.

To quiet the busy mind:

Have your feet firmly on the ground and then place your left hand below your belly button with your right hand on the crown of your head. Focus on your breath with the intention of moving your mental activity into your lower belly and then into your feet and out into the earth. Know that the earth can absorb these thoughts and will transform them back into positive energy. Feel your connection to the earth and drink from her eternal spring of life and be renewed.

Current Physical activity Guidelines:

We all know that we need to exercise to raise our heart rate, improve circulation, burn calories and increase endorphins. In October 2008, the U.S. Department of Health and Human Services issued its first ever Physical Activity Guidelines for Americans to help them control their weight and reduce their risk of chronic illness. Thousands of studies were reviewed and here are their conclusions:

There are 4 categories of personal activity:

1. **Inactive:** no activity beyond daily activities
2. **Low:** activity beyond daily activities but less than 150 minutes per week
3. **Medium:** 150 to 300 minutes per week
4. **High:** more than 300 minutes per week

The ideal benefits for **weight maintenance** and general fitness were found to be at **150** minutes per week of moderate-intensity aerobic activity such as brisk walking or **75** minutes of vigorous-intense activity such as jogging or swimming laps. Examples are 30 minutes of brisk walking 5 days a week or 30 minutes of walking 3 days a week and one hour of dancing once a week.

To **lose weight** and get fit **300** minutes of moderate-intensity activity and strengthening are necessary. That would add up to 45 minutes of brisk walking or use of a stationary bike, or elliptical machine everyday and strength building twice a week.

Ten minute increments added above and beyond the suggested minutes increase the benefits. Ten minutes here and there will have the same incremental effect as doing longer workouts.

In general: Avoid inactivity, aim for at least 150 minutes of aerobic activity or 75 minutes of vigorous per week, exercise beyond the minimum to gain additional benefits like weight loss, include muscle strengthening and building at least twice a week, age is not a factor in whether or not to exercise (everyone needs to do what they can).

Spring into Wellness Recipes:



Late winter and early spring are the seasons for making phlegm and mucus; Garlic, lemon, greens, cayenne, black pepper, spring onion, ginger and raw honey all have the properties to minimize mucus.

Peel and chop 3-4 cloves of garlic
Chop three green onions
Squeeze half a lemon
Chop up a bunch of dandelion greens or chard or collard greens (cut the leaves from the stem and chop the stems into little pieces along with the leaves)
2 Tbsp olive oil

Heat a nonstick wok or skillet
Add the olive oil
Add the garlic and cook 1 minute
Add the stems and cook 1 minute
Add the leaves and cook about 2-3 minutes
Add the green onion and cook 1 minute
Remove from heat and add the lemon juice, salt and pepper to taste.

Ginger and raw honey tea

Grate a one inch cube of fresh ginger.
Place the ginger into a tea strainer or directly into two cups
Pour hot water over the ginger and let steep for 5-10 minutes.
Strain the ginger and add honey to taste.

You can also use ½ teaspoon dry ginger per cup.

This tea helps to increase digestive fire and clear phlegm in the lungs and soothe the throat.

Why spring clean or detox the body?

The ideal time to cleanse is in the early or in late spring season. Cleansing the body requires eating a simple diet of easily digested foods or simply eating one type of food such as fruit for breakfast, lunch and dinner or drinking water or freshly squeezed juices all day. This type of “diet” allows the digestive system to rest and the body to spend it’s energy cleansing rather than digesting. During this cleansing the body is able to release the toxins that have become stored in the fat cells and in the colon. The body’s favorite place to store toxins is directly in the fat cells since so many of the toxins we store are fat soluble. In the colon we can accumulate food residue. Eating a simple diet high in fiber with vegetables, fruit or beans can assist in cleansing the colon as well.

It is important to physically rest while fasting. Going to bed at an early hour and allowing yourself to sleep more hours and/or taking a nap in the afternoon. Avoiding work or at least limiting your hours during this period is also very important. This is an opportunity to restore and rejuvenate both the body and the mind if you allow for additional rest. When cleansing is done appropriately there will be a reduction of stress in the mind as well. Take advantage of this relaxed mind and use it to reflect on what’s most important to you at this time in your life. In this way we apply the subtle cleansing of the mind along with the body.



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