

The Quiet of Winter

January 1, 2023

In Traditional Chinese 5 element Medicine, there are 5 seasons associated with the elements.

They are as follows -

Spring and the wood element

Summer and the fire element

Late Summer (Indian Summer) and the Earth element

Fall and the metal element

Winter and the water element

To stay healthy, it is important to pay attention to how the season and it's element impact us.

Now is the time of Winter. Winter in Traditional Chinese Medicine (TCM) calls for a time of rest, restoration and building reserves. Look to nature upon which TCM is based. The trees have no leaves and it does not appear that much is happening. However, enormous internal growth is going on. The trees are doing the deep work to prepare for the following year when in the Spring new growth in limbs, leaves and flowers occur. "It is the concentrated, intense force of Winter that enables a seed to burst forth in Spring growth."

The same is true for us but not quite so apparently on the physical level and we have the emotional, mental and spiritual levels where these changes also take place. To help you be the best version of you (which is our intention for the year 2023), we would like to offer guidance on how best to navigate the Winter season with regards to TCM.

In Winter much of nature slows down or even hibernates. We unfortunately or fortunately (depending on your lifestyle) can not hibernate, but slowing down is important. Winter is a time of reflection, an opportunity to do internal work. To dig deep. The depth of this season can offer us the solitude to connect with the deepest parts of ourselves including untouched emotions. This does not mean you need to isolate yourself or become a hermit. Gatherings are important and it is appropriate to have those gatherings with those close to you and with whom you can deepen those

connections. You can still have celebratory events just keep them simple and meaningful.

Winter allows a most effective time for journaling, dreamwork, yoga, bodywork, breathwork, energy work (like Reiki which we can offer), and any other therapies including aromatherapy and flower essences. Our Qi flows more deeply inside of us during Winter, drawing us inside as well.

Water is the element of Winter. Water is a most nourishing and essential element. Because we are made up mostly of water, one can see the importance of respecting the strength of this element. The water element stores most of people's reserves of energy. Again, calling for a time of rest. The benefits of being in balance with the water element are of ease and flow especially with respect to one's purpose or destiny. The flow of water helps to overcome obstacles, have clearer perceptions, more wisdom and self-understanding.

To nourish our bodies in Winter it is best to eat foods that share the qualities of the water element. The color and taste associated with this element are dark and salty. Have your meals warm and cooked. Consume stews and soups. Make choices like nuts, seeds, saltwater fish, root vegetables, legumes and seaweed. Use warming spices like ginger, garlic and cardamom.

Bundle up when you go outside. In particular, protect yourself from the wind. TCM recognized exposure to wind as a major factor in illness.

We hope we have offered you some new insights and maybe inspired you for ideas for New Year's Resolutions. As we stated earlier, we would like to assist you in being your best you this year. And that can be by helping you with your beauty routines or providing a nurturing place for your body and soul to be nourished.

Happy New Year.

"And don't think the garden loses its ecstasy in Winter. It's quiet, but the roots are down there riotous." - Rumi

"Every Winter has its Spring."-H. Tuttle

"In the depth of Winter, I finally learned that there was in me an invincible Summer." -Albert Camus

"When it snows, you have two choices. Shovel or make snow angels."-
Unknown