

Spring- Turning Over A New Leaf by Maureen Tighe, ND, LAc.

Spring is all around us. As the days get longer, the sun reaches higher in the sky. An air of new beginnings is here. The stale dissipates, as the earth comes to life and everything blossoms.

This season represents many different aspects of life. To the ancient Chinese doctors, spring represents birth, growth and renewal. It is the beginning of the cycle of life and also a time to start fresh. The season of spring is associated with the Chinese medicine element of wood. Wood in nature stands tall and proud like a tree, yet it is pliable and flows freely like the grass. Therefore, it is a time to honor your self and be adaptable at the same time. Wood is also firm and represents perseverance, as in one's goals. In other words, spring is a time to start strong and fresh, as in the phrase, "turning over a new leaf". This is an excellent time to take inventory of your health and goals, dust them off and start fresh with reinforcing energy of spring.

The season of spring is also associated in Chinese medicine with wind. The cold season is changing as the warm weather arrives. With this there is a tendency to have erratic gusts of blowing wind. It is important to dress protectively even though the sun is shining, birds are chirping and crocuses are rising from the earth. Spring is the time when one easily catches a wind invasion, or a common cold. So don't be tempted to run around barefoot just yet.

The sun radiates warmth to the earth and kindles everything into a sprouting growth, including disease states that have been hiding beneath the body's surfaces. People tend to eat lots of processed foods and breathe stagnant air during the winter months. These detrimental habits accumulate in the body until they finally come out in the spring. The spring's erratic weather patterns encourage this tumultuous outflowing of ailments. Thus, spring is a pivotal time to drain the old and renew with abundance.

In addition, spring is the season of the liver and gall bladder from a Chinese medicine perspective. The liver is in charge of planning and strategy. The gall bladder is in charge of making decisions. It is the executer of these plans and sees them through to fruition. Therefore, spring is season when these qualities are strong and goals may be more readily achieved.

Join us at Trillium Natural Health to help you start fresh with strength and vigor in preparation for the warm, windy days of spring. Now is the ideal time to participate in our physician-guided cleanse to not only nourish the liver and gall bladder, but also shed a few pounds, drain the old and implement new, healthful choices.