

Immune Health Tip Sheet

AUTUMN AND WINTER SEASONS CHALLENGE US HEALTH-WISE

Ayurveda has a concept called Ojas :: Ojas is the sum total of our immunity, resilience, heartiness, and juiciness. Ojas is like a savings bank: you can (and should!) make and create and store Ojas, but you can also draw too much on your Ojas and wind up depleting yourself.

The colder months of the year are a time when we can definitely use up too much Ojas and fall into imbalance (ie: sickness), if we aren't careful. Thus, we focus on conserving the Ojas that we do have while building more to keep us healthy through the Autumn and Winter months. Supporting a healthy immune system is about doing simple daily preventative, proactive practices to keep us vital and strong. We'll explore those practices here.

SUPPORT METABOLISM

A strong digestive fire and metabolism are a first line of defense in creating and building Ojas:

- + exercise at least 3x/week
- + stay warm
- + drink ½ c. warm water + the juice of 1 lemon in the morning, daily
- + cook with onions, garlic, ginger, and turmeric

SUPPORT REGULAR ELIMINATION

It is important to eliminate wastes every day. If you are challenged in this, try:

- + hydrating adequately (drink 32+ oz of water with an added pinch of salt for electrolyte content, daily)
- + taking 3+ capsules of triphala daily, at bedtime
- + eating a diet high in fiber (that means fruits and veggies)

AUTUMN'S QUALITIES ARE:

cold, dry, light, mobile :: cooler temperatures, more wind, drying effect of heating spaces, variability and changeability

WHEN THERE IS TOO MUCH AUTUMN ENERGY, IT LOOKS LIKE THIS:

worry, anxiety, and overwhelm peak; dry and cracked skin; split and broken fingernails; frizzy hair; constipation; chattering teeth; cold hands and feet; feeling ungrounded

HOW TO RESTORE BALANCE:

get toasty warm (don a sweater), hydrate (drink some ginger tea), pack on some pounds (sleep under a heavy blanket), slow down (curl up with a good book); create stability (set up some consistent, regular daily routines for getting up, going to sleep, and eating your meals)

SO, WHAT IS AUTUMN GOOD FOR?

cooling off from summer's heat, slowing down to a more sedate pace, turning inward, accessorizing with scarves

SUPPORT THE LIVER

The liver does 500+ functions for us. Give it a helping hand:

- + take ¼ c. aloe juice + 1 tsp. turmeric powder daily, at bedtime
- + hydrate adequately
- + avoid ultra-heating foods such as coffee, alcohol, and spicy foods (sorry, Pittas!)

SUPPORT THE RESPIRATORY SYSTEM

Get some quality prana (life-force and vitality) into you:

- + take Banyan Botanicals' Immune Health Now formula, daily, during the cooler months
- + use all of your lung capacity (ie: do some form of pranayama breathing practices, daily)

NOURISH THE TISSUES

Ensure you are getting high quality & easy-to-digest nutrition so that you can maintain healthy tissues:

- + eat warm, moist, soft, cooked foods (soups and stews, anyone?)
- + incorporate culinary herbs and spices to stoke your digestive fire
- + avoid drinking and eating cold foods (including: chips, crackers, ice water, salads, rice cakes, energy bars)

DO SELF-CARE PRACTICES

These take a small amount of time but deliver big benefit:

- + dry brush and/or abhyanga oil massage
- + use a sauna and/or red light
- + make sure you take adequate time to rest and recover
- + have regular daily routines for waking, eating, and going to sleep

WORK WITH HERBAL ALLIES

Harness the intelligence of nature:

- + take 1 tsp. fire cider, daily, in colder months as a preventative practice
- + drink a Wellness Toddy if you feel a cold or flu coming on
- + take a spoonful of chyavanprash daily (high vitamin C!)

For more helpful information or to schedule a consultation, check out our website.



Ayurvedic Health Center — Guided Transformation

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