

Spring

WOOD | LIVER | SOUR



“Spring is the season of harmony. This is the time to roam through gardens and forests, to sit leisurely in scenic kiosks and take in tranquil signs of nature. Open your heart, get rid of stagnant energy, and thus encourage the budding qi of birth, life and renewal to flow. At this time, it would be against the dynamics of nature to sit around dwelling on things and grow stagnant and depressed.”

Spring

Springtime is associated with the element Wood. In traditional Chinese medicine, the Wood element represents the liver and the gall bladder. The liver function is called the Official of Strategic Planning, the grand architect for our vision of the future; this official sees the directions we must take to live our lives in harmony with nature. Its companion, the Gall Bladder Official, gives the ability to make decisions and judge wisely.

Spring’s increasing warmth encourages us to stay outside more than we did in the winter. Warmth comes not only from physical heat, but also from the interaction of friendships and relation-

ships. In this season, we want especially to take advantage of opportunities for growth through the observations and insights that come from others as well as from ourselves. It can be painful to see ourselves through different, and perhaps clearer eyes, particularly aspects of ourselves that we are unaware of. Similarly, it can be difficult to convey an unpalatable truth to others. While the energy of spring supports and challenges us to grow and change, we may feel discomfort from these processes. We can temper our pangs with the warmth of friendship, as well as with the recognition that we all experience growing pains in the process of realizing our potential.

ELEMENT
Wood



BALANCED
Easy going

IMBALANCED
Quick to anger

Time of Renewal

As the days become warmer and brighter, nature rouses from her winter slumber and looks ahead to the new growth of spring. *The Wood*, which has been at rest, storing and concentrating its energy under a winter blanket, now bursts forth with new buds, new life piercing Earth's crust.

The swelling Wood of spring initiates rebirth— a surge of rising energy, like the young lamb staggering up to nurse, like the dandelion whose growing edge can burst through concrete if it must. Wood is the energy of youth and growth: a new beginning, a vision of a whole new cycle.

The Wood energy of spring is an expression of life at its strongest.

Wood



The Wood element within us governs our sense of vision, the emotion of anger, and the sound of shouting. When vision is stifled, we feel anger: we've made our plan, decided to act, taken aim, and suddenly our plans are thwarted. We're told: "No, you can't!" Everything that said "Go" is now blocked. At times like this, we commonly feel anger and frustration and want to shout— but then we can level out. If our Wood is healthy, we can readjust and begin again

TAKE ACTION *In this season when nature reinvents itself, we too can see people and situations with new eyes. Let new tissue grow over old hurts, and take fresh hope. Be creative. Make things, do things. Begin!*



ORGAN
Liver/Gallbladder



YIN
Storing

YANG
Flowing

Give Freely

In TCM, the liver is not simply the physical organ sitting in your abdomen, but an energetic system in your body that is tasked with certain physiological, mental, and psycho-spiritual functions. Think of the energy present in the spring— new buds bursting forth, new life beginning, new sprouts pushing their way through the soil and up towards the sun. This is the energy of the liver, and it is at play in our bodies as much as it is found in the world outside. In our bodies, the liver system controls the “smooth flow of Qi.” Qi (chee) is a life-force energy that flows through specific meridians in the body.

Liver

Located near the lateral corner of the nailbed of the big toe, is the first point on the Liver meridian— the beginning of spring growth: the energy is present, the plan formulated, the way clear. Any new undertaking is accompanied by uncertainties and risks, but they must not thwart us in reaching our goal. It is in our nature to grow, to begin anew and take our first steps. “Great Esteem” grants us the confidence to surge forth with the power of springtime— to push ahead, give birth, and grow.

TAKE ACTION *Feel the sunshine pull you up and out, like the plants and animals. Watch buds rush into leaf, often doubling their size in a day. Look for birds' nests - you'll find them everywhere, even on top of air conditioners. Feel the life within you, like that outdoors, thrust up out of darkness into new possibilities. Make a garden. Eat greens.*



FLAVOR
Sour +/- Sweet



FUNCTION
Binding

EFFECT
Tonifying

Back to Nature

The flavor of spring, sour foods stimulate the bile, Qi, Blood and Fluids. Sours include dill, kombucha, pickles, vinegar, kimchi, lemon, lime, rye, romaine, asparagus, quinoa and dandelion. Naturally fermented sour foods are additionally beneficial as their live enzymes improve digestive vitality—sauerkraut anyone? The Gall bladder loves green apples and crab apples. The sour flavor also breaks up fat and helps relieve depression. These guys are just beautiful for the Liver and Gall bladder: Beets, taro, sweet rice, amasaki, strawberry, peach, cherry, pinenut, cabbage, turnip root, kohlrabi, cauliflower, broccoli, and brussel sprouts.

Sour



A sour taste vibrates at the same energy frequency as the Liver and can, therefore, help it function at an optimal level. So liver-friendly foods to try are: pickles, bamboo shoots, eggplant, lemon, vinegar, bee pollen, fennel, lotus, broccoli rabe, garlic, safflower oil, dandelion greens, ginger, and scallions. These foods have been chosen for their healing essence. Each has the “wisdom” to support the body as it reawakens its healing abilities. Sprouted grains/seeds are also beneficial during this season, as well as slightly sweet things like goji berries and honey.

TAKE ACTION *Spring does not last forever. Use its bountiful energy wisely, so that the crops you sow—in yourself, your work, and life—are those you wish to harvest. The energy of spring brings vision.*



Remedies

SOUR

Pineapple Collaborative - ACV
Cosmic Cultures - Kraut (in-store only)
Dark Horse - Charcoal Vinegrette

ALLERGIES

Activist - Manuka Elixir
Five Seasons - Throat Soothing TCM Tonic
Vital Nutrients - BCQ Supplement

SENSITIVE SKIN

Noshba - Sommer Face Serum
Aba Love - Petal Toning Facial Mist
Dr. Ohirra's Professional Grade Probiotics

PMS

Royal Sense - Pure Bulgarian Rosewater
Copesthetic Health - Femme Cramp Relief
Shaman Shack - Women's Complete

MOOD REGULATION

Anger

Anima Mundi - Open Hart 100% Rose Powder
HRBLS - Nerveless Herbal Chews
Gaba Ease - Calming Support

Lethargy

Shaman Shack - Morning Jing Powder
Sasawashi - Body Scrub Mitten or Towel
3rd Ritual - Sun Hand & Body Lotion

GENERAL

Move Your bodythrough space
Walk in nature and observe
Choose temperate foods, not too cold/hot
Do things to raise your spirits
Set the stage for deep rest
Wake up early and avoid lingering in bed
A spoonful of honey never hurt no one