

## Spring Support By Acazia Gilmore

As we emerge from the inward place of winter, spring is a great opportunity for us to begin to expand our energy through creativity and physical movement. It is the time of year to “rise early with the sun” and take “brisk walks.” And an opportune time to cleanse our environments, internally and externally. Our bodies have an amazing innate system to cleanse itself of toxins through the digestive system. Eating too many fatty foods, too much sugar, caffeine and/or being exposed to toxins can bog our system down. Spring is an optimal time to support our body by eating lighter foods and take a break from sugar, caffeine and fatty foods.

Spring time is associated with the element of wood and the liver and gall bladder organs. In Chinese medicine we say that the liver is the keeper of our soul, it is what gives us inspiration and desire for life. The liver establishes a smooth flow of Qi throughout the body. When there is balance the person is calm and able to manage stress effectively. When there is an imbalance there can be impatience, anger, depression, and irritability. The gall bladder is the organ/meridian that is said to govern decision making, planning and dreaming. We can help maintain the balance in our body through diet, spending time outdoors and creating space for yourself in ways that feel nourishing and supportive.

### Ways to Support Yourself Through the Spring Season

**Eat whole foods, including lighter and more raw foods:** Include young beets, carrots, lettuces, dandelion greens, chard, arugula, sprouts, and any other vegetables you may like. Include whole grains such as buckwheat, brown rice, millet and amaranth. Sprouting legumes, grains and seeds increases the sweet flavor and is supportive during spring time. Include herbs such as basil, fennel, marjoram, rosemary, caraway, dill, and bay leaf. Making a simple mint/lemon tea is a good supportive tea for spring time as well.

Mint/lemon tea:

1 tablespoon peppermint

1 quart of water

1 lemon

Bring water to boil, add the mint and then steep for 15 minutes. Add lemon to your liking and drink throughout the day.

**Include bitters\* prior to eating:** Digestive bitters are a great way to help stimulate digestive secretions, aid the liver in detoxification, and help with gut repair. Mettle and Loam and Ocotillo Herbals are both companies that make quality bitters. Their websites are: <https://mettleandloam.com/> and <https://www.ocotilloherbals.com/>.

\*do not use bitters if you have the following conditions: pregnant, kidney stones, gall bladder disease, gastroesophageal reflux, hiatal hernia, gastritis or peptic ulcer disease.

**Spend time outdoors:** As the days lengthen and warm it is a great opportunity to spend more time outside. Get up and go for 15-minute walks in the morning and afternoon. Exercise is a great way to feel better emotionally and it has been shown that even just walking 30 minutes a day can be beneficial. And since the weather is usually windy during the spring make sure you bring a scarf to wear during these changeable weather patterns.

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