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CAROLYN DEW
BPH.E, R.A.C., RTCMP

Q: What can I do to help stay healthy this Winter Season?

A: According to the principles of TCM, winter is associated with the water element and influences the health of the kidneys, bladder, adrenal glands, bones and teeth. In TCM, the kidneys are the primary source of vitality, energy and heat...energy is drawn from this source during times of stress and sickness.

Winter is a time for retrospection and exploration of deeper issues. To do this, we need to slow down. As we move into darker, shorter, colder days we may experience feelings such as fear, isolation, and depression. In addition to supplementing with Vitamin D, try to allow abundant sunlight to come in. Taking brisk walks to improve circulation and blood flow. Meditation and yoga are also helpful.

It is important to avoid raw foods during winter because they tend to cool the body and can deplete our digestive "fire" which is the ability to digest food efficiently. Eat warm foods, while cooking them longer and at lower temperatures. Emphasize soups and stews, root vegetables, plenty of dark leafy greens, kidney and black beans, walnuts, black sesame seeds, whole grains, and seaweeds.

People are more susceptible to colds and flu during the winter season, as the cold weather challenges the immune system. Acupuncture and Chinese Herbal Medicine can greatly assist in prevention and recovery from cold and flus, as well as physical or emotional challenges associated with this season.

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