

Autumn guidelines – maturity and harvest – the lungs

Sleep – Early to bed and early to rise.

Exercise – autumn is the best period for physical training during the year. The Chinese are big on mountaineering during this time of year. The best time for activity is right after waking. They say, get up early and get out and do something.

Clothing and heat - *“Freeze the body in autumn.”*

Add clothing and blankets slowly – let the body be cold slightly. This allows the body to strengthen and does not let the pores open and perspire (allowing the cold inside the body).

Emotions – **grief easily harms the lungs.**

“First,” say the Chinese, “develop optimism. Think of the fruitful harvest to be psychologically relieved.”

Failure to keep the emotions fairly stable and being excessively melancholy or anxious can harm the lungs... and it can lead to diarrhea with undigested food.

Foods which moisten:

Drink more liquid – especially warm – warm water, dilute tea, dilute fruit juice. Pear, apple, persimmon, loquat, seaweed, almond, peanut, pinenut, sesame seed, spinach, barley, millet, tempeh, tofu, honey, barley malt, rice syrup, yogurt, sour cream, eggs, clam, crab, oyster, and mussels are all moistening.

Things that dry or congest the proper functioning of the lungs:

Tobacco, drugs in general, processed foods, too much meat, too much dairy, and too little roughage.

Winter guidelines – all things hide the vitality – the kidneys

Sleep – Early to bed and late to rise – do not work until the sun rises.

Clothing and heat:

Adopt a comfortable room temperature when using heating – too cold or too hot is not good. You should not feel cold nor should you feel dried out – adjust your clothes accordingly. Keep the hands and feet warm and the shoes and socks should be a little larger to allow free flow.

Emotions – **excessive or sudden fear and fright easily harm the kidneys.**

Stabilize the emotions and cultivate the mind. Be emotionally implicit, quiet, and happy to avoid excessive emotional activities – avoid fear and fright if possible. This will allow the the deepest yang energies to remain hidden and growing until the spring.

Exercise – even though it's cold “people should still persevere in their training.” Keep warm and avoid exercise in too strong a wind, too cold a temperature, heavy snow, fog, or dew.

Bitter and salty foods good for winter (promote storage of yin):

Lettuce, watercress, endive, escarole, turnip, celery, asparagus, alfalfa, carrot top, rye, oats, quinoa, amaranth, miso, seaweed, millet, barley, and moderate amounts of sea salt help to nurture the yin and strengthen the constitution through the winter.

Things that deplete us during the winter (a time for building and storage):

Stress, fear, insecurity, overwork, toxins in food and water, alcohol, drugs in general, coffee, tobacco, excessively sweet food, and too much protein.