



AYURVEDIC GUIDELINES FOR *A Healthier Spring*

by Nancy Ruby, yoga educator, wellness coach, joyologist

FOCUS

DETOX THE JUNK IN YOUR TRUNK After the long winter every cell in your body is begging for you to press the reset button. Spring is the season of burning the fat and turning on the inner air conditioning before summer. Don't miss out on nature's season of the reset button ... and you'll look good in those summer shorts. Join the next YogaMotion Qualitarian Cleanse.

MOVE IT OR LOSE IT Spring is the easiest season to up your exercise. It's Kapha season, which means your body is strong and ready for endurance. Turn up your workout. Play your edge. Put some hustle in your bustle.

PRIORITIZE PRANIC PATHWAYS Our nadis (subtle and not so subtle energy channels) get clogged. Clear your nadis each morning with deep nasal breathing. If you can't inhale through your nose - try to exhale a "humming" sound. The humming, known as Buzzing Bee Breath, breaks up the junk and helps your blood take up as healthy dose of oxygen.

GET OUT Get in the habit of having an early dinner and then playing outside. Take a walk. Go for a bike ride. Weed your garden. Just get out. And don't make the mistake of being out and then eating late, or you'll burn out before summer's end.

Join our Qualitarian Cleanse
Vibrant Health in 21-days
from Anywhere, USA!

FOOD

START SPROUTING Set up some kitchen gardening and grow your own alfalfa, sunflower, radish, and clover sprouts in abundance. Sprouts have more protein per pound than lean meat and loads more absorbable and diverse nutrients. Buy your seeds and sprouter and get going. Sprout your own. Aim for one cup per adult per day. Let the gardening begin!

FERMENT Living fermented foods protect your immune system. Add a spoonful with each meal. Try making sauerkraut or simply have a cup of miso soup with your meals.

GET DOWN AND DIRTY You're at the start of the active food growing season. Upgrade your outdoors with grow boxes and container gardens if you don't have the yard space. Getting your hands in the dirt is the quickest way to ground yourself.

EAT GREEN Chlorophyll is the color of spring. It's natural for primates, like yourself, to eat green three times a day, especially in Spring. Use green smoothies or juices, salads, cooked greens and living soups.

ALLERGIES, SINUS + SPRING COLD RELIEF

If you or your tribe have more issues as the grass grows greener do this: Make a hot drink to clear mucus with ginger juice, lemon juice, cayenne, hot water and raw honey. Mmm Mmm Good.

BUILD BETTER HABITS WITH

