

Guide to Weathering the weather



Do's & Don't's

1. Dress appropriately. Wear layers for warm afternoons with sweater for cooler nights
2. Don't Let yourself catch a chill. Treat first sign of cold as an emergency
3. Moisturize Liberally, every am upon rising and before bed
4. Don't Allow yourself or your skin to feel dry and flaky. Skin is our largest organ.
5. Eat warm, easy to digest, one pot meals
6. Don't Get lazy and eat less or crave the sweets all the time

Guide To Healthy Eating this Fall

- **Eat healthy oils daily, like salmon, sesame and poppy seeds, avocados, ghee**
- **Eat with warming spices and foods daily, cinnamon, clove, cardamom, garlic & onions**
- **Create and stick to a daily routine with self massage and oiling body**
- **Eat warm soups and lots of grounding root vegetables**

We need to prepare our bodies and minds for the cold, the winds, and the dryness that comes when we go from Summer to Fall, and then the increased cold and dampness as we move into Winter.

Create a morning routine to ground and moisturize. Daily Oil Massage.