

## Winter Greetings!

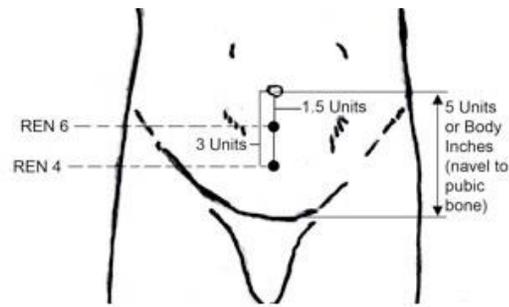
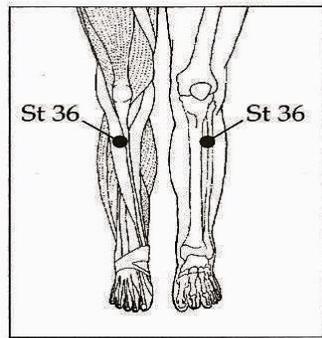


As the winter solstice approaches and this challenging year is coming to an end, I thought I'd reach out to you, my practice family, and talk about different ways we can support our health.

Of course, immune health is at the top of the list due to the pandemic. I hope this finds you and your families doing as well as possible. In the Northern Hemisphere, it's hard to get enough Vitamin D3 from the sun during this time of year. Vitamin D has proven to be an important part of our immune health in prevention of COVID-19 and easing symptoms if we are exposed. Taking Vitamin D3 is one of many things we can do to support our immune systems. Medicinal mushrooms are also quite amazing as immune support.



From a Chinese Medicine perspective, this is the most yin time of year. It is a time for consolidating our reserves, getting more sleep, avoiding the cold and supplementing warmth. Warming can be done by use of herbs and spices such as ginger, cinnamon, and nutmeg, eating some animal proteins or nuts such as almonds or walnuts. The use of moxibustion on points such as Ren 6 and 4, and Stomach 36 are also helpful to keep us warm.



Eating too much or too many warming foods can cause digestive stagnation, so it is wise to refrain from indulging too much – especially since we are (still) home and can find ourselves stress eating or relying too much on comfort foods.

I want you to know I am here to support your quest for improved health, either in person at my home office or via telehealth appointments. We can discuss foods, herbal and supplement treatments, movement, essential oil applications, and movement therapies.

Here's to moving out of the dark days of winter and the pandemic, and a brighter New Year!

