

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

OCTOBER 2021

"FALL" INTO NEW HABITS: KEEPING THE BODY WARM PHYSICALLY AND MENTALLY

As we move into the fall, there is a common theme in aryuvedic medicine that's known as "opposing the condition." This can especially apply to what we are nourishing our bodies with. Specifically, cold beverages like smoothies may bring more cold into our system which can put a dampened effect on our digestive system. Since it is getting colder outside, we want to bring things into our body that balance out the external coolness. Warm teas such as ginger tea (good for digestion and respiratory system) and mushroom tea (chaga) can support our digestive fire. When our digestive fire is robust, our health and vitality is strong as well.

This also applies to raw foods such as cold salads. Instead, opt for lightly steamed veggies, and warm/cooked whole grains (like basmati rice and quinoa). This is where oatmeal can also come in, as it allows our body to assimilate the nutrients and burn away built up toxins.

During the summer, we may have been more accustomed to staying up later to enjoy the warm evenings. But as those days begin to shrink (and the nights expand beyond daylight saving) we want to go with the flow of that change. Allow yourself to cozy up indoors and draw inwards. Recommit or initiate a meditation practice. Unlike spring and summer that have more yang energy going outwards, fall and winter carry more yin energy. If we're going out too much during the fall/winter, we may deplete ourselves. Drawing inwards may renew our bodies and reserves. 10pm is the perfect wintertime bedtime as you're working towards the natural cadence of fall.

In addition to reading a good book, you can also add a fall-specific pranayama breathing exercise. A form of alternate nostril breathing, seal your left nostril with your right ring finger. Breathe in through that nostril for four seconds, at the top of that inhale, you're going to hold the breath as you close the right nostril with the right thumb, and breathe out through the left nostril for four seconds. The right side of the body is the fiery side, so you're turning the warm dial up. Breathing out through the left decreases the excess cold energy. This shifts the internal system to oppose the condition of the external environment.

Try this for 35 days. In aryuvedic medicine, they give this time because we have seven tissues in the body and it takes five days for this change to have an impact on all these tissues.

BLOGS OF THE MONTH

BARRE TRAINING

<https://www.wellnesswithsandy.com/post/barre-training>

THE GUT-BRAIN CONNECTION

<https://www.wellnesswithsandy.com/post/the-gut-brain-connection-benefits-for-your-health>

DID YOU KNOW?

Stress can actually damage our brain. High levels of these hormones, including norepinephrine and adrenaline, can even shrink our hippocampus - the organ responsible for our memories. This can damage our neural connections and even lead to the death of brain cells - also known as apoptosis.

**Feel free to check out
my Instagram page
and my website for
more information and
updates!**

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