

Wellness Tips for the Change of Season – Fall (Bio Chemical)

This is the second in a series of articles about wellness during the change of season. We're sharing these tips to help your body and spirit adapt to the change of season. This week, we'll talk about the bio chemical dimension. This article was prepared from a variety of sources. Fall is the time to build our immune system and prepare it for the time when we are indoors and come in contact more with viruses, colds and flu.

Change of season tips for the bio chemical dimension:

- Eat with the season and eat based on your level of activity. As our activity may decrease, so should our food consumption.
- Reduce or eliminate foods with a high glycemic index (common around the holidays).
- The fall is associated with the lung in Chinese medicine – consider eating foods known to support lung health – these foods include: Broccoli, fruits, eggs, white meat, fish, apples (high in fiber and flavonoids which provide antioxidants, also known as Vitamin P or citrin).
- Vitamin D is important! Vitamin D is obtained from exposure to UVB radiation, certain foods, and vitamin D supplements. Some research shows current recommendations of 400 IU are inadequate and as much as 4000 IU or more daily is more appropriate. Vitamin D can be obtained from oily fish (salmon, mackerel, sardines) and cod liver oil as well as from fortified orange juice and milk (both with 100 IU per 8oz), yogurts, and some cereals
- Eating a “Mediterranean” diet is beneficial – fruits, vegetables, whole grains, fish instead of the typical western diet of processed foods, refined sugars, cured/red meats.
- It's important to watch the amount of salt, oily foods and foods high in fat (remember we do need some fat for proper nutrition).
- Detoxify - the change of season is a good time to consider detoxifying and it can be done at different levels. A light detox may simply be watching foods that you know are not healthy or beneficial for you, the next level maybe eliminating foods with yeast/gluten/sugar. Some detox routines are more intense and sometimes done in consultation with by a Naturopathic physician, Chiropractor or a nutritionist.
- Consume warming foods: Fruits such as avocado, mango, papaya, grapes, olives, figs, melons. Vegetables such as sweet potatoes, beets, eggplant, carrots, squash, peppers, artichokes, yams, green beans. All nuts are good. Spices such as ginger, cardamom, nutmeg, cinnamon, cumin, coriander, horseradish, cloves and garlic. Fennel and sea salt are also good. Warm liquids such as spice tea and even warm water are good alternatives to juice.

Even eating healthy may not be enough to keep our immune system at its peak. There are a variety of supplements available to help support and improve our level of wellness. Supplements are especially important (though not a substitute) for times when you miss meals or don't have the ability to eat a balanced diet every day. Supplements also increase our intake of vitamins, minerals and other natural substances lacking in the quality of today's foods or reduced/removed during certain methods of cooking. We can suggest the right supplement(s) for you - just ask!

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