

Nutrition Zone:

This natural Wonderland

Enjoy wholesome raw foods, yoga, and natural living, and thrive all through the winter season *By Elizabeth Montgomery*

In our Western culture, the festive season is a time of celebrations: Christmas, New Year, and often, late night parties, over-indulgence in rich foods and excess alcohol. Unfortunately, this way of celebrating can quickly deplete the body's energy levels and lower immunity which then makes it easier to catch cold and flu viruses.

Conversely, in other cultural traditions, now is a time for slowing down and going inwards with practices such as gentle yoga, meditation and contemplation.

It's important to understand where we are energetically during this sacred seasonal cycle. This will enable us to choose the right nourishment, and practices that benefit our wellbeing during what is one of the most challenging times of the year.

According to the wisdom of traditional Chinese medicine, during the six-month period from the Autumn Equinox to the Vernal Equinox, we enter what is known as the contractive yin (cooling) time of year. This is a cold, dark and wet seasonal period associated with the feminine and requires foods that hold expansive yang (warming) properties. These warming types of foods are provided for us in nature and mostly grow beneath the earth. It is also a time that

requires longer periods of sleep and more gentle forms of exercise.

The key organs being activated as we move into the winter season are the kidneys and bladder. Extra care must be taken to ensure these delicate organs do not become stressed and out of balance. Ideal foods and spices that nurture these organs include beetroot, seaweed, kidney and black beans, dark green vegetables, turnips, sweet potatoes, cinnamon and ginger.



STAY RAW

Here is a great warming and alkalising raw juice to help you through the winter season.

Juice together:

- 1 cucumber
- 1 bulb fennel
- 4 stalks celery
- 1 handful parsley
- juice of 1 or 2 limes
- 1 tsp fresh ginger
- 1 tsp fresh turmeric (peeled)
- 1 pinch of cayenne pepper

Shift of the ages

The Winter Solstice on December 21 is regarded as the heart of winter and a pivotal time according to shamanic tradition and indigenous tribal cultures. It is considered to be a sacred day. It is the longest night and the shortest day in our yearly calendar which many choose to celebrate with bonfires or candlelight since it marks the return of the longer daylight hours.

As many are aware, the 2012 Winter Solstice marked the ending and re-setting of the 26,000-year-old cycle in the Mayan calendar. As prophesied in shamanic wisdom teachings, this marked the time when the earth began her ascension into the fifth dimension and the so-called Age of Aquarius. It is often referred to as: The Shift of The Ages. In order to attune to this time period, prominent spiritual teachers across the globe emphasise the importance of working to raise the vibration of the body/mind/spirit complex at this time. For

example, incorporating daily practices like meditation, positive thinking, yoga, Tai Chi and mantras are all useful tools.

Additionally, many people are now choosing to include higher amounts of raw foods into their diet not only for optimal health, but to assist in raising the body's vibrational state.

Eating high amounts of raw food can easily be maintained during the cold dark winter months. The key here is to be sure to include spices with warming properties such as turmeric, ginger, garlic and cayenne pepper. ॐ

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