



FALL INTO TRANSITION

Taking a cue from nature, you can see that fall is a big time of transition. As above is below. Our bodies transition, too! We can support the ease in which we adjust with nature's help. Fall is a time to get back into the structure of rhythm and routine.

FALL TRANSITIONS

- Time change
- Darkness
- Speed (Yin/Yang)
- Routine
- Immunity
- Food/Intake
- Temperature
- Recover digestion
- Liver cleanse

TIME CHANGE

This brings about greater need for sleep support. Our circadian rhythms are adjusting. Herbs that support this transition are **Lemon Balm, Valerian, Passionflower, Chamomile, Hops flower, Rhodiola, Ashwagandha.**

DARKNESS

With the darker days and the sun hiding behind clouds, we're needing to supplement with **vitamin D, B's and C.**

SPEED (YIN/YANG)

The Yang (expansive) energy is fading and transitioning towards Yin (contracting) energy. We're contracting and reflecting inward. TIP: If you can name it, admit what you feel, the feeling can release.

Fall is a time for pause. It's a time we harvest food, yes, but we also are harvesting the lessons from our recent spring/summer "growth" spurt. Pause to learn. **Take note of your take-aways with journaling or pose questions at the dinner table.**

IMMUNITY

It's getting colder and our immune systems meet more challenges. Support its efforts with

these herbs: **Andrographis Complex and Echinacea Premium.**

ROUTINE

As our routine and the robotic/automatic mentality and chores resume, also should our need for better clarity, concentration and focus. Great herbs for this are: **Bacopa, Ginseng, Gingko, Gotukola.**

FOOD AND INTAKE

Time to eat vegetables! It's harvest season! **Bulk up on vegetables, get into your meal planning routine.** Start automating your food. Get back into a good water intake routine.

TEMPERATURE

With it getting colder, we want more warming foods and to move the blood and lymph fluids. Drink herbal teas, steer clear of coffee and caffeinated teas. Great herbs for warming are: **cinnamon, ginger, cayenne, peppermint and turmeric.** Add any or all of those to hot nut milk + honey.

RECOVER DIGESTION

Time to get the GI tract back on track. Get going on **Probiotics (HMF Genestra), Bitters (HerbPharm), and functional seasonal foods.**

LIVER CLEANSE

Let's purge some of those items that didn't serve your system well. Herbs and treatments for this: **Milk Thistle, Castor Oil Packs, Epsom soaks, Liver Juice (beet, celery, ginger, cucumber, parsley, cilantro, lemon), LivCo by MediHerb.**

Fall

Elixirs



WARMING SLEEPY TEA

Steep 2-3 dried hops flowers in hot water for 2-4 minutes and enjoy this medicinal sleepy tea.

OR

SLEEP TONIC

Valerian
Chamomile
Lemon Balm
Passionflower

Mix equal parts in dark glass vessel. Add 30-60 drops to shot glass with warm water 30 mins. before bed.

IMMUNITY ELIXIR

Echinacea Premium

Licorice

Mahonia

Osha

Andrographis

Mix equal parts and then add 30-60 drops in a shot glass with warm water 1-3 times per day as needed.



DON'T FORGET TO EAT YOUR G-BOMBS DAILY

**GREENS · BEANS · ONION
MUSHROOMS · BERRIES · SEEDS**

Thanks Dr. Fuhrman, for the acronym for the best heart-healthy and anti-diabetic foods on the planet.