



## Spring Ahead

[Excerpt from John Douillard, DC, PhD book "The Three Season Diet"](#)

When spring is right around the corner there are a few precautions we can take to insure a healthy and symptom free spring and summer. You may have noticed the birds are back scouting out where on your home they will lease nest space. The crocuses which are nature's cue to start spring are just a few weeks away and the squirrels are running out of nuts anxiously waiting for the first greens to sprout so they can finally eat a salad. Nature seems to have everything under control when it comes to adjusting for each seasonal change while we don't seem to do much. Maybe we take a sweater off or put one on but in nature survival depends on living in harmony with these cycles.

After a long, cold and dry winter our bodies accumulate dryness and cold which is why many of us dream about Hawaii and the Caribbean this time of year. Nature did however, provide nuts and grains for us to eat all winter to help combat the cold and dry weather but many of us just ate the same as always not recognizing that in nature the seasons dictate what foods we should eat, not an RDA . . .

With spring coming so do the rains, the snow melts and it gets muddy. The earth holds onto more water in the spring making congestion a problem for many. This is why we call spring, allergy season. If the earth is holding on to more water, then so shall we. The best part is, that nature provides the perfect antidote to the accumulation of water and congestion. The only food nature is making available this time of year is tubers and roots, light green vegetables, a few berries and that is about it. These foods are mucus free, fat free, and aimed at cleansing the body of all the excess calories we ate all winter.

Again, spring provides the perfect relief for the heaviness of winter. The Ayurvedic list of foods, however, are drawn from foods grown from all over the world and give us the freedom to eat certain grains and fruits which are not harvested locally but still have the mucous free properties we need in the spring. For example grains which are harvested in the fall to be eaten in the winter can also be eaten in the spring if properly selected. Barley, corn, millet, buckwheat and rye are okay (as long as they are organic) because they have less gluten and reduce Kapha. Fruits which are typically eaten in the summer can also be beneficial in the spring if they are light and dry. In the spring you want to avoid heavier foods like dairy, nuts, red meats and shell fish. Most all vegetables are good and so are beans, which are not so good in the winter but very balancing in the spring.

The spring is weight loss season in Ayurveda. It is a mucus free diet used by the weight loss gurus. The difference is that Weight Watchers wants us to stay on this diet for the rest of our lives, which no one can do. Ayurveda changes with the seasons; we eat the Kapha balancing diet only in the spring and change with each season. When you go with the flow of nature, you will see it's effortless and yes, this is true for all body types.

When the seasons change it is the natural time to cleanse the body. The Native Americans always did their vision quests and fasting in the spring. It was a natural time to purify them selves from all the heavy winter meats, nuts and grains. There are many Ayurvedic approaches to seasonal cleansing. For optimum health do not let the seasons change without some sort of cleansing effort. In addition to eating what nature has harvested the change of seasons is a good time to do a short home cleanse, Ayurvedic style.

More Information on Spring at <http://www.befityoga.com/philosophy-lifestyle/topic-of-the-month/> and click on March 2013



## Summary of Spring Tips to Stay Strong and Healthy:

- ॐ Eat more foods that are Pungent (Spicy), Bitter, Astringent / Light, Dry, Warm: such as leafy greens, spicy foods, garlicky foods.
- ॐ Eat less foods that are Sweet, Sour, Salty / Heavy, Cold, Oily: such as fried foods, ice cream, heavy dairy.
- ॐ Avoid congestive foods like refined carbs, dairy, sugar, and high fat foods.
- ॐ Sip warm water and herbal teas throughout the day (ex. hibiscus, cinnamon, clove, dandelion tea, etc)
- ॐ Eat plenty of Vitamin C rich foods like kale, brussel sprouts, broccoli, grapefruit (Vitamin C blocks the release of histamine).
- ॐ Manjistha, Turmeric, and Tulsi are good to cleanse your lymphatic system, heal your digestion, boost immunity and nourish your nervous system. Add these herbs to your diet or take them with honey.

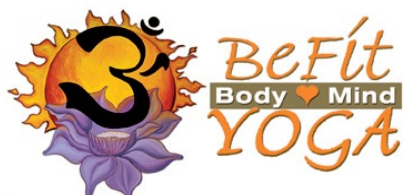
## Daily Routines (Dinacharya) for Spring:

- ॐ Self Massage with sesame oil or mustard seed oil.
- ॐ Three or more times per day practice Bellows Breath: breathe quickly and with strength in and out through your nose for 30 seconds while expanding and contracting your diaphragm. Sit in silence for 1 minute.
- ॐ If possible do your practice in the morning to increase circulation, mood and immunity.
- ॐ Perform Neti irrigating your nasal passage with warm salt water. Always follow with Nasya. (Perform [Nasya](#) by dripping a few drops of oil in each nostril and sniffing or dipping a q-tip in sesame oil or Ayurvedic Nasya Oil, swirling it inside your nostrils, and inhaling deeply.)

## Signs of Excess Kapha During Spring:

- ॐ Cold, cough, allergies, congestion, flu, fatigue, depression, weight gain.
- ॐ If you experience some of these signs:
  - Follow the above guidelines and spring foods for closer to balance your Kapha
  - Schedule a consult with an Ayurvedic Dr.
  - Schedule a 3-6 day Ayurvedic detox at home or a pancha karma retreat with an Ayurvedic Dr.

Curious about a food not on this list? Taste it. If it has 2-3 of the spring tastes of spicy, bitter, or astringent, it is balancing. Prepare it in a way that is light, dry, and/or warm..



## Spring Grocery List — Approx. March through June

Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.

\*An asterisk means that this food is a Spring Superfood. If you like it, eat more of it.

VEGETABLES	FRUIT	SPICES	LEGUMES	HERB TEA
*Alfalfa Sprouts Artichokes *Asparagus *Bean Sprouts Beets *Bell Peppers *Bitter Melon Broccoli *Brussels Sprouts *Cabbage *Carrots *Cauliflower *Celery *Chicory *Chilies, dried Cilantro *Collard Greens *Corn *Dandelion *Endive Fennel *Garlic Ginger *Green Beans *Hot Peppers Jicama *Kale Leeks *Lettuce *Mushrooms *Mustard Greens *Onions *Parsley *Peas *Potatoes, baked *Radishes Seaweed Snow Peas *Spinach *Swiss Chard *Turnips Watercress	Apples Blueberries *Dried Fruit (all) Grapefruit Lemons, Limes Papayas Pears Pomegranates (sour) Raspberries Strawberries All Berries <hr/> <b>Eat fruit separately from other foods.</b> <hr/> <b>DAIRY</b> <b>Favor Raw or Vat Pasteurized.</b> *Goat milk Ghee (moderation) yogurt <hr/> <b>OILS</b> Coconut Oil Flax Hemp	Anise Asafoetida Basil Bay Leaf *Black Pepper Chamomile Caraway Cardamom *Cayenne Cinnamon *Clove Coriander Cumin Dill Fennel Fenugreek Garlic Ginger Horseradish Marjoram Mustard Nutmeg Oregano Peppermint Poppy Seeds Rosemary Saffron Sage Spearmint Thyme Turmeric	*All Sprouted Beans Adzuki Black Gram Garbanzo Fava Split Pea *Kidney *Lentils *Lima *Mung <hr/> <b>LEAN MEAT &amp; FISH</b> Chicken Duck (moderation) Eggs (moderation) Freshwater fish Lamb (moderation) Ocean fish (moderation) Turkey <hr/> <b>NUTS &amp; SEEDS</b> Filberts Pinons Pumpkin Sunflower <hr/> <b>GRAINS</b> Amaranth Barley Buckwheat Corn Millet Oats, dry Quinoa Rice, Brown, long grain Rye	Alfalfa *Cardamom *Chicory *Cinnamon *Cloves *Dandelion *Ginger *Hibiscus *Orange Peel *Strawberry Leaf <hr/> <b>BEVERAGES</b> Black Tea (moderation) Coffee (moderation) Water (room temp. to hot) <hr/> <b>SWEETENERS</b> *Honey - Raw Maple Syrup Molasses <hr/> <b>CONDIMENTS</b> Carob Pickles <hr/> <p style="text-align: center;"><i>Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard</i></p>