

## **BALANCING YIN AND YANG ON A DAILY BASIS**

### **Attitude**

Are you going with the flow, taking things in stride, or are you battling windmills?

### **Diet**

Cut out **ALL** cold foods, iced foods, iced drinks.

Foods eaten straight from the fridge should be left out ten minutes to warm up a bit.

Eat a balanced diet of available locally sourced foods.

Root vegetables and winter squashes are ideal for fall/winter.

Make whole grains the staple of your diet (brown rice, millet, quinoa, etc. *Not* breads).

Eat soups and stews in the winter. Salads are for summer.

Bone marrow soup.

Cut out sugars, juices. Drink tepid water and teas.

Vegetarianism in this climate is not recommended for fall/winter.

### **Lifestyle**

Ideal sleep hours: 9pm until 5am.

8 hours sleep, 8 hours work, 8 hours restful time (for meditation, leisure, meals).

Moderate exercise (Qi Gong, Tai Chi, Yoga, going for walks) **not** heavy sweating.

Cutting out destructive habits (cigarettes, drugs, excessive worrying, any addiction).

Getting regular bodywork.

### **Emotional Wellness**

Seeking harmony in relationships.

Forgiving (do it for yourself!)

Living a fulfilling, meaningful life.

### **Acupressure/Acupuncture**

Weekly sessions until you are back in balance.

Monthly sessions for maintenance.

Seasonal attunings once you are glowing with health.

### **Chinese Herbology**

See a qualified practitioner for the right herb.

Not to be taken if on blood thinners.

**Other Interesting TCM avenues**

Moxibustion

Korean roller

Tui Na massage

Electro-stimulation

Bleeding/cupping