

Health For Life: Week 23 Play List



READ	WRITE	DO
<ul style="list-style-type: none">• Winter superfoods and winter self-care.• Revisit your pleasure and nourishment list from week 17	<ul style="list-style-type: none">• Reflect on the year and the last six months:<ol style="list-style-type: none">1.) What have you accomplished?2.) What remains undone?3.) What are you most grateful for?4.) Based on the above, what intentions do you want to set for the next 6-12 months?	<ol style="list-style-type: none">1. Daily mindfulness practice:<ul style="list-style-type: none">• Body check-ins• Mindfulness meditation• Eating with awareness2. Continue practice your new beliefs, affirmations and feelings associated with your new identity.3. What winter health practice or food do you want to focus on for the next week? <hr/>

Always remember the 80-20 rule!



Immune boosters:

- **Chaga:** is a powerful immune modulator, meaning it boosts immune function when needed, but tames it when overactive. It's also a great tonic for the digestive system.
- **Garlic:** broad-spectrum antiviral and antibacterial properties. Eat lots of it if you feel you're getting sick.
- **Coconut oil:** excellent antifungal and antiviral properties.

Warming foods:

- **Coconut milk:** coconuts are warming foods. Use the coconut milk and the golden milk recipes to make a warming winter drink.
- **Spices:** garlic, ginger, cinnamon, curry/turmeric, cayenne, chili, mustard, nutmeg, rosemary, etc. Winter is a great time for spicy Indian and Mexican foods.

Oils and fats for lubrication & warmth:

- **Olive oil, coconut oil, butter and ghee** (clarified butter): Fats have a lubricating effect that will prevent you from developing too much mucus (to counteract winter dryness.) Excessive mucus becomes a posh breeding ground for viruses and bacteria.
- **Nuts and seeds:** If you feel constantly cold in the winter, you'll do well eating more nuts and seeds.

Fall/Winter harvest foods:

- **Kale!** This powerful green helps the liver stay healthy as it gives you your full vitamin C, vitamin A and vitamin K requirements. Vitamin K is essential for vitamin D to have a strong immune boosting effect.
- **Brussels sprouts and cabbage:** high in vitamin C and polyphenols and sulfur. As such, it's a great free-radical scavenger and supporter of detoxification.
- **Sweet potatoes & winter squash:** Their rich color is due to the carotenoids that help improve immune system function. Beta-carotene is converted to vitamin A, which also helps maintain healthy mucous membranes. Be mindful though, their starch and sugar will also help you store fat to "survive the winter."
- **Cranberries:** LOADED with vitamin C and phytochemicals with a powerful antioxidant effect.
- **Mushrooms:** the polysaccharides in mushrooms are a perfect food for your gut bacteria, who are your first line of immune-system defense.

Winter self-care:

- Baths, skin brushing + oil, oil-pulling (see detox book)
- Neti-pot: saline nose irrigation
- Hibernation and slowing down.