



## SPRING INTO HEALTH GUIDE

**In the spring, our bodies sense the seasonal change and there is a natural urge to make a clean, fresh start.** The winter weather in your area may have been mostly cold and dry or cold and wet. In either case, you were probably eating more filling and heavier foods, more fats and proteins, to keep your body nourished. Now, that it's spring, there is a natural craving for lighter foods.

**In Spring there is desire to hit the RESET button.** There is a desire to DETOXIFY THE BODY. There is a desire for REJUVENATION. At THIS TIME, WE WANT TO CLEAR OUT WINTER STAGNATION AND CLEAR IMBALANCES.

**In the spring, the body's need for the heavier, rich foods of winter shifts to a desire for light, dry, simple foods that digest easily.** Maybe you've noticed your cravings change. The arrival of the warmer weather often is accompanied by the desire to eat less of the heavier substantial foods of winter, and the desire to eat lighter foods such as fruits, fresh veggies and salads. This is the body's way of telling you it's time for a SPRING CLEANING.

**This is a great time to do a CLEANSE or DETOX.** Anyone can DETOXIFY THE BODY by simply eating a plant based whole foods diet adding more of the **flavors of pungent, bitter, astringent tastes** found in seasonal, bitter greens, berries, ginger, turmeric and simply prepared veggies and vegetable soups.

### HERE ARE SOME GENERAL DETOX GUIDELINES FOR SPRING:

To balance the dampness of the season, we want to INTRODUCE foods, flavors and experiences that are:

- WARMING
- LIGHT
- DRY
- MOBILE
- SHARP
- PENETRATING

We want to REDUCE foods, flavors and experiences that are:

- COLD
- HEAVY
- OILY
- STATIC
- DULL
- SLOW

If we do this, we will be less likely to experience COMMON SPRING IMBALANCES such as sinus or chest congestion, spring allergies and lethargy.

## HOW TO START:

- GET UP WITH THE SUN
- START EACH DAY WITH A LARGE GLASS OF WARM WATER. ADD IN LEMON, GINGER, TURMERIC AND CINNAMON. SIP THIS THROUGHOUT THE DAY
- START ADDING INTO YOUR DIET THE FLAVORS OF **PUNGENT, BITTER AND ASTRINGENT**
- UNPLUG. EARLY TO BED. 10 PM.

## TASTES TO FAVOR AND ENJOY IN THE SPRING:

- BITTER
- ASTRINGENT
- PUNGENT

## FOODS TO FAVOR:

- GREENS! To clean out the body!
- PUNGENT SPICES: ginger, black pepper, lemon, turmeric
- DRY GRAINS: corn, millet, buckwheat, quinoa, rye
- ASTRINGENT FRUITS: apples, pears, berries, prunes
- LEGUMES AND LEAN PROTEINS: beans, lentils, egg whites, chicken, fish
- BITTER VEGETABLES: kale, arugula, dandelion greens, asparagus, cabbage, broccoli
- RAW HONEY in moderation

## FOODS TO REDUCE:

- Anything COLD
- DAIRY products
- SWEETER, HEAVIER FRUITS (dates, figs, bananas)
- BREADS and REFINED CARBS
- Heavy, OILY, FRIED FOODS,
- SALT – because it adds to fluid retention
- ANIMAL PROTEIN – consume in moderation during Spring



## MEAL SUGGESTIONS:

### BREAKFASTS:

- Green smoothies made with fresh fruits and greens, consumed at room temperature or slightly warm. Add ginger and turmeric for more cleansing qualities
- Porridges made with lighter grains such as buckwheat or millet
- Fruits like cherries and berries, apples and pears

### LUNCHES AND DINNERS:

- Enjoy cooked legumes, cooked grains, freshly cooked veggies, salads (midday)
- KITCHERI and other veggie stews
- LENTILS AND RICE DISHES
- CHICKPEAS, BLACK BEANS
- ASPARAGUS STEAMED OR IN SOUP
- ASIAN STIR FRIED VEGGIES AND TOFU
- VIETNAMESE PHO SOUP WITH BOK CHOY AND VEGGIES
- CAULIFLOWER OR BROCCOLI STEAMED OR IN SOUPS
- ARTICHOKEs
- LIGHTER, LEANER PROTEINS and not so often (chicken, fish, eggs)

One Ayurvedic cleanse which is great for this time of the year is kitcheri (well cooked-mung bean and basmati rice stew with veggies and spices). This can be prepared daily and eaten for each meal for several days or a week as a seasonal cleanse. It is simple, nourishing food that is easy on the digestive track to help the digestive system renew itself and help the body release accumulated toxins.

### MORE SPRING NOURISHMENT:

- TRY SPROUTING! Sprouts are full of vitality and cleansing properties.
- EAT YOUR WEEDS! Some of the best nutrition to be found is in your yard. Dandelion, Thistle, Nettles – detoxifiers. And they are FREE!
- TRY THIS SPICE MIXTURE: coriander, fenugreek, cumin, turmeric, ginger, black pepper, cayenne, cloves
- ENJOY DIGESTIVE TEAS MADE WITH ginger, anise, cloves, peppercorn, turmeric, cinnamon, lemon

## FAVORITE SPRING DETOX RECIPES

### *kitcheri detox for any season*

Kitcheri is the classic detox dish from Ayurveda for any season. Easy to digest mung beans and basmati rice cooked with healing spices and veggies. An easy weekly detox is to prepare kitcheri in the morning and only kitcheri for a whole day to clear out and heal the digestive track. This can be repeated for several days for a longer cleanse.

- [Classic Kitcheri](#) - recipe from the Ayurvedic Institute
- [Instant Pot Kitcheri recipe](#) from the Ministry of Curry

### *green smoothies for spring*

**The Basics:** Go for **bitter** ingredients like: spinach, dandelions, kale, chard and turmeric. Add **astringent** flavors like grapefruit, lemon, citrus and **more astringent fruits** like berries, apples and pears.. Add **pungent** flavors like black pepper and ginger. **Drink warm or room temperature**, not cold!

- [Grapefruit Green Smoothie](#)
- [Large Selection of Green Smoothie Recipes](#)

### *breakfast recipes for spring*

- [Brown Rice Cereal Bowl](#)
- [Basic Chia Seed Pudding](#)
- [Superfood Oatmeal](#)
- [Cinnamon Quinoa Breakfast Bowl](#)

### *lunch/dinner recipes for spring*

- [3 Warming Soups for Detox](#) (broccoli, beet, squash)
- [Coconut Curried Greens](#)
- [Vegan Kale Salad with Chickpeas](#)
- [Wilted Spinach and Chickpeas](#)
- [18 Mason Jar Salads](#)
- [30 Minute Vegetarian Pho](#)
- [Easy Red Lentil Dal Winter Salad Bowl with Quinoa and Veggies](#)
- [Vegetarian Bibimbap Bap, Korean Rice Bowl with Veggies and Egg](#)