

A woman with blonde hair is sitting in a meditative lotus position on a large, light-colored rock. She is wearing a dark zip-up jacket and dark pants. Her hands are resting on her knees with palms facing up. The background is a vast, hazy valley with rolling hills and a small town visible in the distance. The scene is bathed in the warm, golden light of a sunset or sunrise. A large tree with green leaves is on the left side of the frame, its branches extending over the woman and the valley.

HEALING WITH HERBS and Immune Boosting

with
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Chinese Medicinal Tips for warming, the 5 Elements

Chinese Medicine looks at health in a holistic manner and utilizes the elements to balance the body, Wood-Fire-Earth-Metal-Water. Foods and their tastes and qualities play an important role, whether they are sour, bitter, sweet, acrid or salty.

WATER Element-WINTER



Water, the **element** associated with the energetic season of Winter in traditional **Chinese medicine**, is the source of life. It flows, hydrates and purifies. It's a vehicle carrying nourishment to living things—plants, animals, humans. It can be hard or soft, gentle or powerful, flowing or standing still and stagnating. The corresponding organs are the kidney and bladder.



Ayurvedic Tips for a Blissful Winter Rest, Restore and Revive

Ayurveda understands the great rhythms and forces of nature- the alternation of day and night, the rhythmic cycles of seasons- all affect us, as do the seasons and cycles of human life.



Vata Season

(Mid-October to Mid-February)

You may find that your sleep becomes lighter, your skin drier, and your bowels less regular and feel some anxiety. Moving Vata stirs up any accumulated ama (toxins) collected from the previous seasons, which is why colds and flus are so common at the change of the seasons.



10 TIPS FROM EASTERN TRADITIONS

TO ENJOY YOURSELF

DURING WINTER

1. **Boost your *Ojas* or *Qi*** “vital essence” by eating these foods: sesame oil, coconut oil, olive oil, ghee, almonds (soaked and peeled), cashews, walnuts, pumpkin seeds, bananas, dates, avocado, figs, warm and lightly cooked root vegetables, whole grains, honey and molasses.
2. **Eat and drink warm** soups, hot casseroles, hot water and hot drinks like chai, hot cocoa and golden milk will increase internal body heat, keeping your immune system and digestive fire strong.
3. **Add herbs** to food: cinnamon, ginger, black pepper, turmeric, chili pepper, cayenne, paprika and nutmeg.
4. **Avoid overeating**, the ancient texts say we should eat to about 75% of your capacity. This is about what we would fit into your two cupped hands.
5. Keep away from cold food and drinks, as well as rich desserts, cheese, yogurt, ice cream, and heavy, hard-to-digest foods.
6. **Apply a daily oil massage** to keep joints supple, muscles toned, and body temperature regulated. Sesame oil is the best option for self-massage during winter.
7. **Rest.** Make sure that you go to bed by 10pm to reduce stress and keep your mind calm and clear.
8. **Exercise daily** to help you think more clearly, sleep more deeply and minimize stress.
9. **Bundle Up!** Protect your head, neck and ears from cold drafts. Oh Yes, grandma was right more than half of the body’s heat is lost through the head. Especially when going outdoors after an indoor workout, or while engaging in outdoor winter activities.
10. **Wear warming colors** like orange, gold, deep reds and mustard they are a simple yet effective way to encourage a pleasing, cozy sensation.



Immune Boosting Shot

Makes 4 portions

- 2 inches fresh ginger
- 1-inch fresh turmeric or 1 tablespoon ground turmeric
- 1 large lemon, peeled
- 1 green apple, cut in quarts and seeded
- **Instructions:**
 - Place the ingredients in a cold press juicer and process.
 - If using ground turmeric, you must add it after juicing the other ingredients.
 - Serve in a shot glass and enjoy with a pinch of pepper or cayenne.
 - During winter you can drink it with ½ cup warm water and a teaspoon of honey



Turmeric has been widely studied for its anti-inflammatory properties. In Ayurveda it is said to balance all the doshas (*vata*, *pitta*, *kapha*).

Turmeric

- Improves circulation
- Purifies the blood and lymph system
- Dissolves tumors and blood clots
- Promotes healthy menstruation
- Eases muscle and joint pain
- Clears the skin growth
- Aids sleep sugar
- Prevents cold and flu
- Decongests the liver
- Aids in the digestion of sugar and fats
- Strengthens muscles
- Supports those with diabetes and hypoglycemia.



Ginger has been widely studied and utilized for its anti-inflammatory and healing properties.

Ginger

- Fights germs
- Keeps your mouth healthy
- Calms nausea
- Soothes sore muscles
- Eases arthritis symptoms
- Curbs cancer growth
- Lowers blood sugar
- Eases menstrual cramps
- Lowers cholesterol
- Protects against disease/boosts immunity
- Relieves indigestion
- Supports those with diabetes and hypoglycemia.

Hot Spiced Chocolate with Pumpkin

3/4 cup Almond Milk

1/4 cup Pumpkin Puree

1 1/2 tsp Tierra Alegre Spice Blend

1/2 tsp Mexican Vanilla Extract

3/4 oz Semi-Sweet Chocolate chopped

1 Tbsp Agave Syrup (Optional)

Instructions:

- In a medium saucepan place the almond milk, pumpkin puree and Tierra Alegre Spice Blend, bring it to a simmer temperature and lower the heat stirring gently for 2 minutes.
- Add the semi-sweet chocolate and vanilla keep on stirring until the chocolate is completely melted.
- Turn the heat off and add the agave. Let it reach warm temperature and enjoy!





Tierra Alegre Spice Blend: Cinnamon, shiitake mushroom, ginger, nutmeg, clove, cardamom, star anise.

In Traditional Chinese Medicine **shiitakes** are referred to as an elixir of life!

Shiitakes

- Replenishes *Qi* (life force) and nourish the blood
- Strengthen the immune system by helping to fight viral infections with strong anti-fungal and antibacterial effects. Including tumor related growths.
- Prevent strokes by helping lower cholesterol with its 3 compounds:
 - Eritadenine* –inhibits an enzyme involved in the production of cholesterol,
 - Sterols* –help block cholesterol absorption in the gut
 - Beta-Glucans* –soluble fiber that binds with excess cholesterol to keep it from being absorbed.
- Improve circulation.



Cinnamon is a spice that is made from the inner bark of trees scientifically known as *Cinnamomum*

Ceylon cinnamon: Also known as “true” cinnamon.

Cassia cinnamon: The more common variety today and what people generally refer to as “cinnamon.”

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- **-Cinnamon is loaded with antioxidants-**Cinnamon contains large amounts of highly potent polyphenol antioxidants.
 - **-Cinnamon has anti-inflammatory properties-**The antioxidants in cinnamon have anti-inflammatory effects, which may help lower your risk of disease.
 - **-Insulin is one of the key hormones that regulate metabolism and energy use-** It’s also essential for transporting blood sugar from your bloodstream to your cells. Cinnamon has been shown to significantly increase sensitivity to the hormone insulin.
 - **-Cinnamon lowers blood sugar levels and has a powerful anti-diabetic effect-** In people with type 2 diabetes, 1 gram or about half a teaspoon of cinnamon per day has been shown to have beneficial effects on blood markers.
 - **-Cinnamon helps fight bacterial and fungal infections-** Cinnamaldehyde has antifungal and antibacterial properties, which may reduce infections and help fight tooth decay and bad breath.