



Fall Back... This inquiry is meant to provide you with resources to help you make a better transition out of summer into autumn. In the weeks leading up to the Solstice, you will have an opportunity to:

- #1 determine if the summer overworked, weakened or removed your tonality.
- #2 get a handle on what you can do to improve your standing in the autumn
- #3 experiment with specific food clusters, exercises, and other adaptations designed to provide you feedback on your internal state of vitality.

Answer these Y/ yes or N/no questions about your spring experience up to now.

- | | | |
|---|---|---|
| #1 I experienced what I call "allergies" for more than 4 days. | Y | N |
| #2 I gained/lost 5 or more pounds since spring began. | Y | N |
| #3 I was unmotivated or felt isolated doing my daily activities. | Y | N |
| #4 My muscles and joints ached. My overall sense of mobility decreased. | Y | N |
| #5 I felt more sensitive to criticism in my relationships. I had a loud temper. | Y | N |

Based on your answers to these questions you will be directed to particular avenues to pursue changing your diet, behavior or both in the last weeks of summer. Below are the four basic patterns of adaptation that deplete our reserve supply of vitamins, minerals and amino acids. Making changes now will give you a smoother transition into the autumn.

Air Temperature Sensitivity

The autumn is a season of quick environmental changes. From its origin in September, with Indian Summer's humidity, to the blustery days of October, followed by November's cold, raw rain and December wintery chill the outside world will challenge us to accept a variety of air temperature gradients. Conscious recognition of nasal breathing is an excellent tool as the air cools and condenses. Remember, nasal air is pre-warmed and filtered for the lungs and oral air is not. The immune response is taxed by this cycle.

Body Temperature Distribution and Lymphatic Viscosity

Potassium is the key ion of body temperature. As we head down the temperature gradient into the winter months, our body uses potassium to reassign our blood supply to a more central distribution, near the vital organs. Our hands and feet account for approximately 60% of our total heat loss, by design. Chiropractic recognizes a lack of sensitivity to temperature as a physiological extension of the neuropathic process. The vasomotor/ blood-action response to a chiropractic adjustment is one of the most obvious cues we see, which a patient experiences as the soothing warmth of vasodilation. Another area exposed to external stress during autumn are the nasal membranes, sinuses and bronchi. The body protects these sensitive mucus membranes by shifting the blood flow in response to the rate of heat is lost to the external environment. The great and wonderful world of phelgm is a classic constitutional marker for overall adaptability.

Body Clock Rhythms

Nature vs. Society In The Pineal. As thousands flock for melatonin, nature applies the brake and society conserves daylight with Ben Franklin's little game with the clocks. Remember, health comes from within so use this transition time to slow the body and quiet the mind. Activity moves to a reflective modality as we gear up for year's end.

Fall Back Point Scoring System

For each question answered yes a vitality value is established.

#1 = 2 points #2 = 1 point #3 = 4 points #4 = 4 points #5 = 4 points

A score between 0 and 5 indicates a need for support

A score between 6 and 10 means your body has to rejuvenate

A score of 11 or more means your system is toxic and must do a flush

The closer you are to the borderlines, the more you can cross-train between each category. your call

Supportive Food Clusters and Exercises (use the food OR the exercises)

yams, pecans, dates, waterchestnuts, miso soup, artichoke, beets, lentils, radishes, walnuts

Connecting Ritual #1 - 4 Pattern Breathing Consciously breath in the following sequence:

Inhale nasally, exhale nasally. Inhale nasally, exhale orally. Inhale orally, exhale nasally.

Inhale orally, exhale orally. Note which one felt the most natural. Repeat that one 3x's .

Repeat the 4 patterns again. Now note the one that felt the most difficult. Repeat the opposite pattern 3x's.

Connecting ritual #2- Visual Purplex Sit in a comfortable position with your hands resting on your thighs. Turn your eyes to the right and then your head to the right. Then turn your eyes to the left and your head to the left. Now, keep your eyes left and slowly turn your head to the right. Then turn your eyes to the right and slowly turn your head to the left. Repeat the entire sequence with your eyes closed.

Rejuvenation Food Clusters and Exercises (use the food AND the exercises)

almonds, eggplant, green pepper, apples, apricots, eggs, butter, cabbage, pumpkin seeds peas, cauliflower, papaya, pineapple, bran flakes, peanut butter, okra, prunes, broccoli

Connecting ritual #3- Heel Pivot Stand with legs shoulders' width apart and the right foot one step ahead of the left. Reach straight ahead with both arms. Place all of your weight on the left leg. Pivot on the right heel and rotate the arms, trunk and foot all the way to the right as you inhale. Allow the the right foot to lightly rest on the ground. Exhale. Repeat this rotation all the way to left. Again, allow the right foot to lightly rest on the ground as you exhale. Notice how well the right leg rotates to the left by the direction the toes are pointing. Then repeat the process in its mirror image beginning with the left foot one step ahead of the right.

Connecting ritual #4- Pineal pitstop Stand with your feet shoulder's width apart with your tongue on the roof of your mouth. Close your eyes and relax your shoulders and knees so you're "sinking" into the floor. Inhale nasally and bend at the knees as you lift your chin to the sky. At the top of the breath, hold it there and bring your shoulder blades together. Allow the air to exhale orally as you: release your tongue from the roof of your mouth, relax your shoulder blades, and stand up tall. Open your eyes. Is it brighter? Repeat this until it is....

Overall Detoxifying Food Clusters and Exercises (do these + rejuvenation set)

liquid chlorophyll, asparagus, watermelon, cucumber, licorice root, kelp, dulse, wacume, kale, shave grass, sunflower seeds, garlic, onions, celery, blueberries, coconut, grapefruit, pears, plums

Connecting ritual #5 - Mantak Chia's Belly Clock Lie down face up. Men: Cover your navel with both palms use a left over right contact. Massage in a spiralling motion down, right, up and left 36 times in expanding circles. Reverse the spiral for 24 contracting circles. Women: Use a right over left contact and travel up, left, down, right in expanding circles. Reverse the spiral for 24 contracting circles.

Connecting ritual #6 -Ancient chinese thermal blanket To prepare for rest lie down face up with arms at your sides, palms up. Relax the jaw so you mouth is slightly open. Exhale slowly through your mouth and hum a soft, subvocal, high pitched HEEEEEEEE sound. Allow the vibration to travel from head to toe like a wave of sound rolling over the body and releasing tension. Repeat til you feel warmer.

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