



Spring Forward... This inquiry is meant to provide you with resources to help you make a better transition out of winter into spring. In the weeks leading up to the Equinox, you will have an opportunity to:

- #1 determine if the winter overworked, weakened or removed your tonality.
- #2 get a handle on what you can do to improve your standing in the spring
- #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 winter experience up to now.

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| #1 I experienced a cold/flu/sore throat/earache etc.. for more than 4 days | Y | N |
| #2 I gained/lost 5 or more pounds since winter began. | Y | N |
| #3 I was depressed, worried, unmotivated or felt isolated a lot. | 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 was thin-skinned. | 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 winter. 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 when spring starts.

Poor breathing rhythms

When we take in less air than we require we start a system wide search for alternatives. We sacrifice our resistance because we shut down production of hemoglobin. This decreases our iron concentration directly. We also deplete our functional zinc, gold, copper, thiamine (B1), pantothenic acid (B5), and cobalamine (B12). This results in excess sulphur in the blood. We start to clean up our mess with all the sulphur. The trouble is nothing is around to move the debris out. So our tissue becomes irritated. The thymus, liver, bone marrow and spleen assist the kidneys in neutralizing the growing acid debris. We can usually handle this one if we sleep well and replenish ourselves with minimal TLC for the body. However, if we continue to not listen to the body's signals...

Irregular blood sugar and/or tissue salt concentrations

This is the expense of an inefficient breathing pattern. We start to juggle our backups in an attempt to stay "vertical" to gravity's unconditional message. Our balance, gait, appetite and muscle/joint fluidity is taxed. More sulphur irritates us as we continue to deplete ourselves of minerals like phosphorus, magnesium, potassium, sodium, silicon, manganese, and calcium and vitamins like riboflavin (B2) niacin (B3) and folic acid (B9). The adrenals, stomach, gallbladder, thyroid, pancreas and heart step into the dance now. We have one last resort; change our brain chemistry. We know we are losing control.

Hormonal fluctuations and cell death

At this point our body is pulling us back to bed or won't let us rest depending on our makeup. Amino acids like taurine (a bile component), tyrosine, tryptophan, phenylalanine and alanine (part of our sleep/wake and fight/flight rhythms) are locking into fixed patterns and we feel it. Iodine is scarce. We are in heavy traffic with little fuel.

