



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

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

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|---|---|---|
| #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 spring. 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 summer.

Skin/Eye Sensitivity to Wind, Heat and Chemicals

The immune system works primarily through memory. Repeated exposure to the sun, wind and harsh chemicals, like chlorine, throughout the summer lead to the system to breaking down it's reserves. If you add insect bites and/or bug repellent to the mix, the membranes of the skin and eyes can become dry, irritated, and photosensitive. The paradox is that we need the benefit of sunlight to activate the vitamin D pathway, which is essential in growth and repair of our teeth and bones.

Taut and Tender Muscles and Fascia and Postural Deviations

The summer is a time for increased exercise. However, unless the system is prepared, exercise may lead to mixed results at best and disasters at worst. Certain muscles absorb this biochemical stress, which result in altered postures. Our blood sugar patterns can be reflected in our mood swings, endurance and the body's overall shape. Metabolic imbalances lead to poor lymphatic and circulatory patterns, which stress the heart and small intestine. Production of cholesterol in the liver is guided by the relation-ship between glucagon and insulin. Age, diet, body typing and other risk factors deplete the system of functional forms of iron, calcium, magnesium, potassium, sodium, and an array of the B complex vitamins. Decreased resistance to viruses, like herpes, manifests.

Insulin Resistance and Hypertension

As we wear the reserves down, the body develops another problem. The body begins to produce a hormone precursor called throbaxane A2, which is a powerful vasoconstrictor. With the additional backlog of undigested protein and fats clogging the artery walls, the blood pressure elevates. It now takes even more insulin to lower the blood sugar because the system is primarily anaerobic. High risk patterns like these need to be addressed prior to exposing the system to the extreme conditions of the summer

Summer Stock 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)

tuna, watercress, peaches, squash, artichokes, dates, dried coconut, yogurt, apples, pears

All connecting rituals are to be done the same time of day for 14 consecutive days.

Connecting Ritual #1 - The Fish - Lie flat on your back. Lift your chin as if your trying to look "up" so the back of your head holds you up. Now squeeze your elbows against the floor so more of your body weight shifts to these spots. Hold for 30 seconds, then relax.

Connecting Ritual #2- Cheekbone Sweep - Place your thumbs horizontally across your face, near the side of your nose. With some pressure, drag your thumbs across your cheek-bones 3-5 times. If you feel tenderness, a lot of heat, or pain, close your eyes. With finality in your inner voice, say the word STOP. Residual anger was hijacking your heart.

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

celery, swordfish, mackeral, asparagus, peas, zucchini, lemons, apricots, carrots, papaya

All connecting rituals are to be done the same time of day for 14 consecutive days.

Connecting Ritual #3- Foot Brain - Stand with heels together with toes out at a 45 degree angle. Have your arms resting at your side, with palms facing backward. Sink your weight into the right foot as you "pivot out" on left toes so the foot faces forward. Repeat this process for the right foot. Once your done, the feet will be at shoulder's width. Take 3-5 slow breaths in this position. Allow yourself to be aware of the ground as you inhale.

Connecting Ritual #4 Wall Walking- Stand with your left toes directly forward against a wall. Have your right foot two steps back also facing forward. Place your hands on your hips and lean the left knee forward until it is over the left foot, but not touching the wall. Keeping your weight on the left foot, use the position of your elbows to determine if your hips are facing forward. After your balanced, draw your weight into the right foot. Roll the shoulders back and down as you let your arms drop away. Now draw the left foot even with the right one. You should be shoulder width at this point. Repeat this beginning again with the right toes starting out first.

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

white grapes, cranberries, radishes, onions, parsley, black cherries, egg whites, turnips, ginger root, cayenne pepper, oatmeal, hawthorne berry, cucumbers, lime, pineapple, salmon

All connecting rituals are to be done the same time of day for 14 consecutive days.

Connecting Ritual #5 Hands on thighs, Close the eyes - Sit upright with palms on the the thighs, eyes closed. Breathing in and out through the nose for a count of 10, monitor the temperature of both legs. When they even out, open your eyes and stand. That's it!

Connecting Ritual #6 Hands on thighs, open the eyes - Sit upright with palms pressing on the thighs so the upper body is supported. Focus on a spot on the wall as you inhale through the nose and exhale through the mouth for a count of 10. Then inhale and hold as you tuck your chin. Using only your thighs and abdominals, lift yourself to a standing position. That's it!

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