



Winter Window... This inquiry is meant to provide you with resources to help you make a better transition out of autumn into winter. In the weeks leading up to the Solstice, 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 autumn 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 autumn. 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 winter.

Skin/Hair/Nail Integrity

The winter causes the body's circulatory system to re-route much of the blood toward the core. As a result many of our peripheral surface tissues are left vulnerable. Our mineral reserves are mobilized from the bones and its marrow. This leaves us open to transient anemias. A good strategy to protect the blood from an activity standpoint is to avoid hot or long showers during this season. Another is to cover the ears, throat and chest when the air temperature drops below 45 degrees. Remember, we lose 60% of our body heat from our hands and feet. The key is to keep the moisture within our systems by having a "layered" mindset when it comes to our body heat. Shed light, not heat by checking the integrity of your skin, hair and nails. If its dry, say goodbye!

Overall Muscle Tension, Joint Motion & Flexibility

As we gear up for the inevitable "dead of winter", the water balance of our tissues will dictate the amount of muscle and soft tissue pathology that will be activated. In this "vein", we can go a long way to insuring ourselves by nurturing the fulcrums for the muscles and joints; the ligaments. Ligaments do not stretch. They "creep". Like taffy, they can unravel and re-ravel (is that a word?), but ultimately they will provide you the biomechanical support to meet gravity. From the Pettibon spinal ligament warm-ups to Chi Kung to yoga to the growing ocean of plyometric exercises, you can spend the whole winter rehabilitating the integrity of these tissues. Did you take your liquid chlorophyll?

Healing Response to Old/New Injuries

If the Summer is the season of the "FOOSH" or fall-on-an-outstretched-hand season, the winter is the season of the "FOOB" or fall-on-an-overprotected-back. We will navigate through snow, ice and slush puddles, not to mention wind and cold. Support your strength. Remember, self awareness is the sum of your posture and gait. Walk tall!

Winter Window Point Scoring System

For each question answered yes a vitality value is established.

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

beets, kale, apples, sprouts, watercress, avacados, cabbage, cucumbers, yams, winter squash

Connecting ritual #1 - Palmer-ize - This one needs props. Create a stack of books sufficient to support your elbows so you don't slump down. Rub your palms together quickly for 10-15 seconds. Slowly move your cupped, warm hands directly to your eyes. Close your eyes as your hands move in. Hold your hands so the fingertips form an upside-down V and the heel of the hands are resting on the cheekbones. Breathe in & out nasally for a count of twenty. Release and slowly open your eyes.

Connecting ritual #2- Weaving Timeline - Identify a specific area of your life where you repeat the same mistakes over and over again. Now designate a consistent behavior you do matter of factly every-day, like brushing your teeth, getting dressed etc.. to be used in a different way. Allow this time to be open to ideas about how you are disentangling this knot in time, as you use your imagination consistently.

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

lentils, pecans, parsley, red peppers, soybeans, split peas, pineapple, cauliflower, black raspberries, oats, celery, halibut, potato skins, carrots, eggs, sesame seeds,

Connecting ritual #3- The child - I've divided this common yoga position into a half & full position.

half position: Seated comfortably with your legs extended, softly bend both knees. Rest your arms on the table in front of you. Allow yourself to fold at the waist as you support yourself by stretching forward with both arms passively. Once in a full stretch, close your eyes. Inhale nasally and exhale orally 10 times. To end the ritual, inhale and hold as you move yourself away from the table so your hands can rest on your knees. Then exhale and open your eyes.

full position: Seated on your heels with your knees together, fold at the waist as you support yourself by stretching forward with both arms passively. Once in a full stretch, close your eyes. Inhale nasally and exhale orally 10 times. To end the ritual, inhale and hold as you move yourself up so your hands can rest on your knees. Then exhale and open your eyes.

Connecting ritual #4- Standing Flamingo - This psychocalisthenic exercise has been adapted to include some sensory integration. Stand with feet at shoulder's width. Close your eyes and say the first {color, number, name, then thought} that comes to mind. Inhale and fold at the waist to allow the top of you to "fall down" towards your feet, stretching the back of the thighs. Once in a full stretch for a count of three, exhale and slowly stand up. Repeat 4 times, once each for colors, numbers, names & thoughts.

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

black cohosh, miso soup, cranberries, onions, radishes, garlic, fennel, kelp, dulse, hijiki, juniper berry & nettle teas, spinach, sunflower seeds, parsnips, flax seed, wheat germ

Connecting ritual #5 - sitting flamingo - Sit at the edge of a chair with one of your legs extended so the heel touches the floor. Slide your hands from your "on" thigh to your ankle as you inhale. Slide your hands from your ankle to your "on" thigh as you exhale. Repeat 4x and then switch "on" thighs.

Connecting ritual #6 - Power breathing - Simple. Inhale for 5 seconds. Hold it for 20 seconds. Exhale for 10 seconds. Simple? If not, scale it down in a 1:4:2 ratio. Perform 10 of these. Simple. ☺