



## Focus

### Hydrate with a Thermos

When it's cold out... we aren't as thirsty. Dehydration in winter leads to a cold or flu. Fill a thermos with hot water in the morning. Add a slice of lemon, or a few pinches of cumin in you don't have thirst. Refill 2-3 times a day. Keep track.

### Oil your Nostrils + Skin

Oil massage creates a barrier between you and the outside world. It is deeply nourishing and it stimulates your nervous and lymph systems. Put a little oil in your nose and any other noses you're taking care of. Use a neti pot if there is any sign of congestion. Teach your kids nasal hygiene. Oil massage your body with sesame oil before bathing all winter long.

### Sleep. Silence. Stillness.

Winter is the time to take in the most sleep in the annual cycle. Go to bed early - don't stimulate your brain. Enjoy the deep early morning stillness in silence. Build your annual reserves. If you are tired and have trouble winding down early, eat dinner around 5 pm. Before bed, sip warm nutmilk spiced with turmeric, ghee, cinnamon and nutmeg.

### Move it, Shake it, Dance or Jump

Get up and move for 20 minutes to counter the heavy winter energy. If you struggle with SAD - jump on a rebounder 20 minutes each morning. If you're light and fragile - start the day with a breathing practice.

### Cover your Neck

Your mom told you the same. Keep your neck and head covered. Bundle up in warming hues, orange, yellows, reds. Keep your rooms cooler and wear more clothing for more prana.



## Food

### Eat Warm, Mushy Food

Soups, stews, porridges, one-pot meals, curries... are on the menu. Less moisture in the air means your body wants more moisture in your food. If you're eating dry and crunchy... you're making more work for yourself. If you're a salad junky... dress 'em early and let it marinate.

### Spice it up

Add spice to everything. 'Tis the season of black pepper, ginger, cinnamon, cloves, cardamom, cayenne + turmeric. Spices add nutrients, ease digestion of heavy foods, and warm you up. Adding a few pinches of spices to a thermos of hot water to sip through the day.

### Ferment + Sprout

Living fermented foods protect your immune system. Add a spoonful with each meal. Try making sauerkraut. Or simply have a cup of miso soup with your meals. Set up some kitchen gardening and grow your own alfalfa, fenugreek, radish, and clover sprouts in absurd abundance.

### Lube it up

We need more fat in winter to counteract the dryness. Fat is heavy + grounding. Add more flax and chia seeds to your diet to maintain inner lube.

### If you get Sick...

Stick to the above advice strictly. Go to a spicy, liquid diet. Drink hot water with lemon, cayenne, and maple syrup. Underwhelm your digestion. Eat citrus like it's going out of style. Get back to bed.