

## More tips for Fall Season 10-20-10

Fall is a time that you hear a lot about the Flu and colds. We have been indoctrinated into believing that these maladies are caused by GERMS like bacteria and viruses. It is true that we live in an environment that is full of these things and we are constantly being bombarded by them. We eat them, drink them and breathe them in everyday of our lives. So why are we not constantly sick? Well as long as your Qi is strong and abundant and flowing freely through your body, your immune system is resistant to GERMS. If and when we become weakened we become a hospitable host for the little critters and they set up shop. So it is not just a matter of having the critters present, we must also be weakened to a point that they can get a foot hold. It is not just a matter of killing the germs, but also a matter of enhancing your overall wellness by re-establishing the flow and abundance of the healing Qi throughout your body. Germs just cannot attack a healthy strong body. Life style plays a huge role in our overall immunity and therefore our ability to fend off the invaders. Be sure to eat fresh whole foods that have not been processed to death. Drink plenty of good water. Breathe deeply and get a little exercise daily. You do not have to be a weight lifter or marathon runner to get healthful exercise. Gentle movements and stretching such as Tai Chi, Qi Gong or Yoga can go a long way to enhance your inner strength and resistance. Since negative emotions can take a toll on the organs and health according to Chinese Medicine, forgive frequently, laugh lots and have gratitude in your heart for the little things. Stay well.

## Fall Home Remedies 10-20-10

In the fall you should eat less salads and uncooked foods. Add more soups and steamed vegetables. Some great ideas are winter squash, yams and sweet potatoes, broccoli, and winter peas. It would be good to add yellow and red foods and start your day with hot oatmeal.

These following foods are wonderful, warming nourishing foods to add to your fall diet.

Apples	leeks
Bananas	Pears
Beets	Persimmons
Bell peppers	Plums
Bok Choy	Pomegranate
Broccoli	Pumpkin
Brussels Spouts	Red cabbage
Cabbage	Rosemary
Carrots	Sage

Cauliflower	Spinach
Cinnamon	Thyme
Cranberries	Whole grains
Figs	Wild rice
Garlic	Winter squash
Ginger	Yams
Grapes	
Horseradish	

This recipe is for a Dry-cough Tea

Cut 5 ripe pears into small pieces removing the stems and seeds. Place in 2 quarts of water along with 4 handfuls of almonds. Bring to a boil, cover, and simmer for 15 minutes. Remove from heat and add honey and fresh mint leaves to taste. Drink one to two cups daily. This is great for enhancing the Lung function and preventing dry coughs of autumn.