

## **Get Grounded, Get Juicy, and Simplify!**

Ayurvedic wellness tips for fall

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The summer season has come to an end. Lots of activity, lots of fun and sun, and very little moisture! Now fall has arrived in all its colorful splendor. **Vata dosha**, which is associated with the elements of space and air, dominates in the early fall season, and its energy is light, dry, mobile, cold and erratic. Excess vata can cause us to feel ungrounded, anxious and spacey. Our sleep quality suffers. Symptoms of chronic health issues can intensify. Early season colds and allergies abound. What to do?

**Get Grounded:** To soothe the light and mobile qualities of the fall season (think of dry leaves blowing around), we need to draw our energy in and connect with the stable, dense energy of the earth element. Favor warm, cooked foods, especially whole grain cereals, cooked fruits and root vegetables. Take time for stillness and solitude, incorporate a daily grounding pranayama practice like alternate nostril breathing, attend a gentle yoga class. Favor grounding postures in your asana practice like hip openers, strong standing postures, and forward bends.

**Get Juicy:** The long summer drought has left our skin, our hair, our tissues and our organs in need of deep nourishment and lubrication. Add ample amounts of **ghee** to your diet. Add **Abhyanga** (self massage with warm sesame oil) to your daily routine, either before your morning shower or in the evening before a warm bath. Sip warm water and herbal teas throughout the day (this also keeps lymph flowing to boost immunity).

**Simplify:** It can be challenging to maintain balance and optimal health during the change of seasons. Scaling back on our activities, eating simple, whole, nourishing foods and maintaining a simple and consistent daily routine are very valuable tools for staying healthy during this time. Instead of going out on the town or watching an action packed movie, curl up in a cozy warm blanket and read a good book, listen to some soothing music, start or recommit to a meditation practice. Nothing soothes vata dosha like routine, simplicity and a low-stress lifestyle.

(Next page: A perfect fall breakfast recipe)

A Perfect Fall Breakfast!

Gingered Cooked Fruit

For each serving, place in a saucepan:

- 1 apple or pear, peeled and chopped
- 2 fresh or dried plums or prunes, or 2 tablespoons raisins
- ½ tsp. grated fresh ginger
- a little water

Cook over medium low heat until fruit is soft. Add more water if necessary to reach desired consistency.

Add just before serving:

- 1 teaspoon ghee per serving
- some ground cinnamon and cardamom

If extra sweetness is desired, drizzle a little raw, unheated honey over the dish just before serving.

If you are really hungry in the morning, serve this over cooked steel cut oats, quinoa, or whole grain pancakes!