

LIVING IN HARMONY WITH THE SEASONS...

Autumn Transformations for Health & Beauty

Deborah Lee

Your body does not lie, so why not listen to it? Every season brings a new transformation. Autumn brings the harvest—whatever energies of goodness you have put out there will now return to you. In the study of *Ancient Healing Arts of Chinese Medicine*, in the five elements of nature, autumn relates to the health energy of the lungs and large intestines. This season is the most *yin* and reflective after the long, hot *yang* summer of activity. It's time to take a deep breath of fresh, cool air before it gets too cold. As you breath in the *prana* (the *Breath of Life*) and exhale the old energies and thoughts that no longer serve you, think of the things you don't want to carry with you in your consciousness or in your body. It's time to eliminate the unwanted! (See the *breathing exercise, below.*)

Autumn is also a time of

reflection, a time for meditation, prayer, and a time to purge and refine. With that comes perhaps a time for fasting—a gentle fast will help greatly with elimination in the large intestines.

Healthy Eating Transformations

Eat your way to health in the autumn with foods such as light, fibrous root vegetables for proper elimination, along with good fats such as olive oil. The taste that goes along with this season is “pungent,” so enjoy garlic, onions, mustards, fennel, and ginger. Make a wonderful root-vegetable soup with sea vegetables and all the root vegetables in season, including daikon and turnips. Enjoy the whole grains of millet and brown rice and the seeds of sesame in *gamasio* to sprinkle as a condiment. Eat light and in moderation or go on a 3-day brown-rice fast, especially during the week before Autumn Equinox—great for the

body and the mind!

Beauty & Healthy-Skin Transformations

Your skin is your largest organ and is referred to in Chinese medicine as the *third kidney* for its ability to release the toxins that cannot be processed through the large intestines or kidneys. Your skin will take the brunt of it if your diet, etc. is not managed properly during the prior season. This can manifest as acne, psoriasis or eczema. The autumn also brings cool winds and dryness to the skin and hair. The best way to hydrate these is from within with the Omega essential fatty acids. These oils can also be used externally on your face and body to hydrate and they're good for all skin conditions.

Working on your inner will bring outer manifestations... what will your autumn transformation look like? ■

A Yin-Yang Breathing Exercise

Make a loose fist with the index and middle fingers of the right hand, leaving the thumb and the last two fingers softly extended. Using the ring and pinky fingers, gently close off the left nostril and breathe deeply in through the right nostril. As you reach the top of your inhalation, release the left nostril and close off the right one with your thumb. Exhale slowly and smoothly... At the end of that exhalation, breath in deeply through the uncovered left nostril. When that inhalation is complete, open the right nostril and close off the left one again with your last two fingers, exhaling deeply and slowly through the right nostril before beginning the cycle again. Do for 2–4 minutes, alternating one in-and-out breath on each side.

Living in Harmony with the Seasons

For Health & Beauty: **Autumn Transformations**

FREE! At the Bozeman Public Library

Sunday, October 6 • 1–3 pm • RSVP: (406) 209-5516

Deborah Lee
is a Licensed
Cosme-
tologist,
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