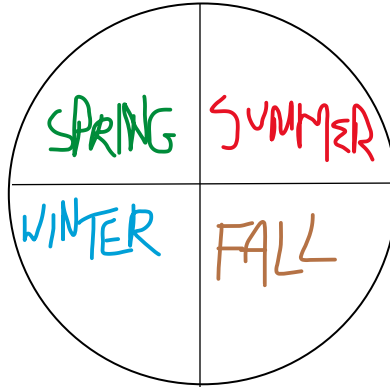


# Keeping Your Spirits Bright

## Moving into the New Year with Joy and Health

*Nicole Telkes, Registered Herbalist and Director Wildflower School of Botanical Medicine*

### Understanding the Rhythm of the Wheel of Life



Phlegmatic: Cool and Moist in Greek Medicine.

This is the Physiomedicalist Tissue state of Dampness and Depression. Tissues need stimulation and to dry out.

### Foods to consider

Add spice to your food. Avoid dairy and gluten or other phlegm producing foods.

### Lifestyle

Start the day with warmth. Exercise in the morning, get your body active early and stretch. Take a warm bath or a shower in the morning. Do a scrub or lymphatic brushing in the morning. Make sure you get yourself moving everyday and sweating if possible. Saunas or hot baths are helpful.

### Emotional/Spiritual

Morning rituals of gratitude, breathwork and getting out into nature. Do what lightens your load, including deciding who and what you have around you.

### In the winter my challenges are:

Sadness depression cant get up colds and flu gas and bloating bowel movements irregular

No motivation in life sleeping all the time

Are these challenges you face all year, or does winter seems to exacerbate them?

If I get sick or don't feel well, its often in the form of \_\_\_\_\_

I get sick \_\_\_\_\_ a year with acute illness

I feel well and happy \_\_\_\_\_ days/weeks/months of the year

## Herbs to Help Stay Joyful and Well in the Winter

Herb and Part	Latin Binomial	Action	Energetic
Ashwaganda Root	<i>Withania somniferum</i>	Adaptogenic	Warm and Dry
Calendula Flower and Leaf	<i>Calendula officinalis</i>	Immunomodulatory, Vulnerary, Alterative, Antimicrobial, Bitter	Warm and dry
Ginger Root-differentiated dry from fresh	<i>Zingiber officinalis</i>	Alterative, Aromatic, Analgesic, Rubefacient, Stimulant	Warm and dry
Lemon Balm Leaf	<i>Melissa officinalis</i>	Calming Euphoric, Aromatic, Antimicrobial	Warm and dry
Chili Pepper	<i>Capsicum annum</i>	Stimulating, Analgesic	Warm and Dry
Rosemary Leaf or other Evergreens	<i>Rosmarinus officinalis</i>	Alterative, Aromatic, Analgesic, Rubefacient, Stimulant, Bitter	Warm and dry
Turmeric Root	<i>Curuma longa</i>	Alterative, Anitnflammatory, Stimulant, Gastroprotective	Warm and dry

You may want to consider getting a full health intake if you have chronic issues and circled most of the challenges. Having someone to guide you through the winter and stay well, take someone having a deeper look into your health patterns to return you to better balance

Be well! Nicole Telkes