

spring

Liver/Gallbladder

Spring is the time of expansion. The days grow longer, the plants begin to grow towards the sun and we begin our metamorphosis for the upcoming season. We begin to intuitively clean our physical spaces and, for some of us, this extends to cleansing our physical body as well. We clear out what no longer serves us and then we make space for what is starting to bloom within. Spring is an invitation.

As our environment begins to change, so do our physical bodies. We are naturally moving more, sweating more and reaching for the fresh produce that begins to grace our markets. As a natural response to increased physical movement and body temperature, at a deep cellular level, our cells are also starting to move more. This is one of the reasons that spring became known as the season of detoxification. Spring is the season of the liver and the gallbladder, two powerhouse organs when it comes to our innate detoxification processes. This is our opportunity to support our innate capacity to detoxify the body; making space on a cellular level for our evolution.

eat

It likely comes as no surprise that the colour corresponding to spring is green. From the grass to the leaves to the sprouting vegetables, vibrant hues of green are abundant. Likewise, the produce we seek during spring should be green as well: Leafy greens, sprouts, wheatgrass, spirulina and herbs such as nettle. Chinese medicine believes that these foods have an ascending and expanding quality to feed our “yang” nature that is emerging in the season of spring.

drink

Incorporate sour drinks such as lemon water, apple cider vinegar and/or kombucha if you like. Continue to emphasize green herbs such as nettle, cleavers and the mint family. Nettle is a particularly excellent choice for the season of spring as it naturally contains quercetin which acts as an anti-histamine to keep allergies at bay.

do

As we begin to shake off our winter slumber, it is ideal to incorporate more movement and more time outdoors. But, perhaps most importantly, find joy in the new season. Spring is revitalizing with much growth all around us. Take note from our plant friends and bloom new habits, try new hobbies and get ready for the upcoming summer season.