

SPRING HEALTH

Spring is the season of rejuvenation and renewal so what is the best tips to staying health?

What Does Rejuvenation Mean to Us?

- In winter our energy turns inward and we feel most comfortable doing quiet activities. In spring, we start to feel more energetic and want to be more active. Great ways to tap into that energy is to do things outside such as plant a garden, go for a walk or start a new activity.

What About Spring Cleaning?

- We often associate spring with a big clean out. This is a great idea – on a warm day open the doors and window to get the fresh air through the house. Give everything a good clean – even those hard to get at places like ceiling fan blades – it gets rid of the dust and any mould. This not only makes you feel brighter, it also gets rid of anything that may start to grow into something more toxic in the humid summer months.
- Also, check your medicine cabinet. Get rid of anything that is past its use-by date or looks like it's changed colour. If you have old medication that you need to get rid of talk to your pharmacist about its disposal – most medications shouldn't be flushed down the sink as they can contaminate our water ways.
- When spring cleaning, don't forget to clean out your food pantry. Get rid of anything that's past its use-by date or that you just aren't likely to eat.

What Should We Eat in Spring?

- The start of spring is still cool or even cold so warm foods are best but you are probably looking at lighter foods than in winter. Good ideas are stews, vegetables bakes, frittatas and risotto.
- As the weather warms up, add cooler foods such salad side dishes and fruit yoghurt.
- Fresh food that's in season is always the best, most nutritious food. For spring, the fruit in season is: berries, strawberries and lemons. Some of the vegetables in season are: beans, peas, broccoli, parsnip, cucumber, squash, spinach and zucchini.

What About Exercising in Spring?

- As you start to feel more energised, it's great to step up your exercise or even start a new activity. Look to do something outside – walking, cycling or joining an outside yoga class.
- In the early days of spring it's important to stay warm while exercising – especially if the wind is brisk. Layers are a great option – take them off as you warm up while exercising and put them back on as you cool down.
- Have a good look at your exercise clothing – does any of it need replacement? Gym shoes should be replaced after 6000 km – for somebody walking 5km at day, that's roughly every six months!

What Other Things Do We Need to Watch for in Spring?

- Spring is hayfever season! If you're prone to hayfever, early spring may be a good time to start a preventative program. Acupuncture can also help prepare you and lessen the symptoms of hayfever.
- Flu season is still with us – both respiratory and gastro viruses. If you get a flu, stay home, rest and take plenty of fluids.
- Spring colds are common! They often happen when we don't dress warmly enough or the weather suddenly and unexpectedly changes. In the early part of spring, it's a good idea to keep a jacket handy even if you don't think you'll need it.
- Don't forget the sunscreen when you're outside! Sunburn can creep up very quickly on warm spring days!

Phoenix Centre for Acupuncture and Holistic Health

15 Dawson Street South, Ballarat

Telephone: 0487 152 507