

FALL WELLNESS GUIDE



BY NOURISH WITH MEG



FALL ENERGETICS

The lungs & Grief

In Chinese Medicine the seasons and organs carry an emotion. As important as food and nutrition is - even more so is our emotional relationships with food, and how we can connect on a deeper level with our experiences, food and how we eat. You may notice how you shift with each season and what emotions come up during these periods of transition. With every shift there is a release and letting go, which can be difficult. Especially, after summer when we are busier, distracted, and it can be hard for some people when the seasons + weather slow us down. This season we begin to move inwards - the lungs and large intestines are associated with fall and with the emotions of grief. When we think about our digestion and large intestines we can connect the emotions of letting go with regular bowel movements. For example, if you're someone who struggles with constipation - emotionally you may be holding onto emotions you don't want to let go. Trusting your gut - has meaning to the cliché saying! Our energetic centers and power centers relate to our digestion, spleen, liver, intestines and where we may feel emotions like anxiety, butterflies, our inner knowings. Our lungs also hold the emotions of grief and sadness. You may notice the achey or heaviness after crying, or even when we get a cold these emotions may be brought up to the surface to release them from our bodies. In the fall our lungs are more vulnerable and we may be experiencing more grief and sadness with weather changes or moving through stagnant periods of stillness. Through these practices listed in this guide will help you and your body move through this transition. Therefore allowing your body to gently release any grief you may subconsciously be moving through.

Nutrition is so much deeper than counting your macros, eating all your protein, & being "alkaline". Food is an emotional part of our human experience. To not include it as part of our deep rooted patterns and subconscious ways of living would be to discount that there is no purpose or rhythm to life at all.



VITAMIN D

Start your vitamin d supplementation to better support your immune system and mood before heading into winter!



WARMTH

As the weather cools down our digestive & nervous system needs circulation! Warm well cooked foods like soups, stews, & warm spices like cumin, sage, clove, paprika can internal warm us up!



DRYNESS

With more wind, cold air, and winter coming things are gonna get dry! Skin is the first barrier of your immune system. Oils are protective & seal moisture for your skin. Don't forget about her.



LUNG SUPPORT

Lungs are the MVP this season. A fine balance of foods that moisten the lungs + dries (if phlegm occurs!) Pungent foods like garlic, ginger, radish help dry while white foods like pears, potatoes, cabbage, or bok choy moisten.



ORANGE FOODS

For internal skin + immune support Vitamin A can help. Orange foods contain natural Vitamin A pumpkins, butternut squash, sweet potats, & bell peppers.



FATS!

Hydration from the inside out and supports ease of digestion especially with dry weather. Eggs, avocado, olive oils, chicken thighs, beef, salmon, & nuts + seeds!



LIVER LIVER

As things slow down the liver as always can use some stimulation! Leafy greens, dandelion, sour flavors stimulate the liver which helps hormones, digestion, energy, and our creative focus.



FALL RECIPES

PUMPKIN
OAT BARS

PUMPKIN
CHEESECAKE

COZY BUTTERNUT
AUTUMN WILD
RICE SOUP

VEGAN
PUMPKIN
PASTA SAUCE

HOME MADE
PUMPKIN SPICE

SAUSAGE &
APPLE STUFFED
ACORN SQUASH

MUSHROOM
RISOTTO

PUMPKIN
LASAGNA

SWEET POTATO
CHOWDER

PUMPKIN PIE
QUINOA BREAKIE

NOURISH BOWL
DRESSING

ROASTED
PUMPKIN DIP

A photograph of three pumpkins of different varieties (one striped, one speckled, and one smooth) resting on a wooden tray against a light-colored wooden plank background. The text 'PANTRY CHECKLIST' is overlaid in white, serif, all-caps font.

PANTRY CHECKLIST

dried goodies

almonds, pumpkin seeds, cashews, rice crackers, noodles, trail mix, rice, quinoa, chickpea noodles, oats, chia seeds, sesame seeds, hemp seeds, flax.

quick adds

coconut milk, canned tomatoes, canned or dried chickpeas, black beans, canned fish, tomato paste.

seasonal veggies

onions, garlic, ginger, sweet potato, winter squash, parsnips, beets, mushrooms, carrots, celery, zucchini.

protein

fish, chicken thighs with skin, beef, eggs, red lentils, chickpeas, bones for broth, miso, tofu, nuts + seeds.

teas & herbs

Tea: chai spice, chamomile, holy basil, ginger
Warm spices: cinnamon, cumin, cardamom, thyme, rosemary, sage.



Questions?

Follow me for more tips or visit my website to book a 1:1 consultation.



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