

RADICAL IMMUNITY: MODULE 1
FALL SEASON DEEP HEALTH IMMERSION

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Keys of Healing

The 3 Keys of Healing are found in many cross-cultural healing traditions! In healing and wellness we work with these three keys:

3 keys of Healing

Release/Eliminate

Strengthen/Tonify

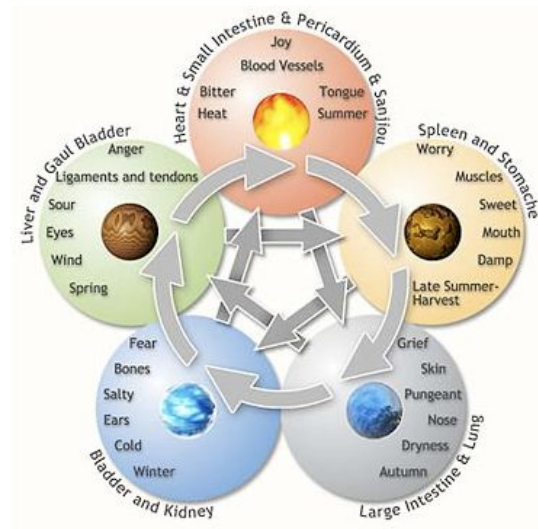
Integrate/Balance

In the spring we focused on the Release/Eliminate key of healing with the SpringVital Detox program we created. Detoxing is not just about eliminating foods, but also about adding in foods and medicines that support the purification process while also strengthening and balancing the body.

For the fall we will be focusing on all 3 keys: releasing, tonifying and balancing. Fall is the time of release and a going “inside” paying special attention. The associated organs with this time of Fall, the Lungs/Large Intestines are connected to release (the large intestine and the exhale breath). We also want to strengthen and tonify the organ systems during this time, so we can be ready and strong to fight off any germs or bugs we may be exposed to in the fall and winter months. Paying attention to

the seasons and eating accordingly is one of the first steps to aligning with nature and strengthening our connections to our inner guidance systems.

5 Element Seasonal Principles



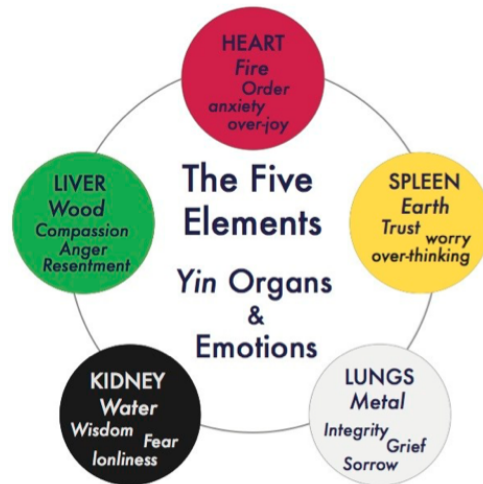
This is what supports a sustainable diet and healing process. In Chinese medicine there are 5 elements or phases and each phase carries a different magic, it's own energy of healing. Each element should be included in every diet.

What is cool about the elements is that we all know what they are and the effect they have on us just by living and observing our environment and our own bodies! We experience the effects of fire, for example, by observing and watching a fire burn and noticing how warmth affects our bodies and emotions as well.

These elements undergo constant movement and change, like the seasons. In CM the 5 Elements explain the complex connections of life that we observe and experience. Each element is also related to

a key zang(yin) organ (wood-liver; fire-heart; earth-spleen; metal-lung; water-kidney) and fu (empty) or yang organ.

The emotions are another key correlation. Too much of these negative emotions can affect or damage the organs, and if/when the organ is weak it can create an excess of these emotions. The positive emotions help to strengthen the organs and their functions alternatively.



Water is the origin of life, the seed of inherited constitution

Fire activates the spirit and is about self-awareness

Wood is perceiving duality in the world and the distinctions made by the mind

Metal governs the return of all things back to the unity of the primordial dao

Earth provides the center and governs integrity through transitions

Element	In nature	In Human-being
Water	Winter Cold Black Seed	Kidney & Bladder Fear/Recklessness Groaning voice Will-power
Wood	Spring Wind Green/Blue Growth	Liver & Gall Bladder Anger/Frustration Shouting voice Life plan
Fire	Summer Heat Red Mature	Heart & small Intestine Laughing Voice Joy/Sadness Responsibility
Earth	Late summer Humidity Yellow Harvest	Spleen & Stomach Compassion/Worry Singing Voice Family
Metal	Autumn Dry White Contracting	Lung & Colon Letting go/Grief Weeping voice Connection

Late Summer/Harvest: Earth Element

Fire is the “Mother” of Earth, making joy and order especially important components in Earth element harmonics.

Direction & Element: Southwest & Earth

Principles: Unity, harmony; Find the rhythms and cycles that make life simple and harmonious.

Wisdom: Meditation, singing. Avoid anxiety and worry. Tend to the practicals and digestive system, nurture self.

Organs: Spleen, Stomach, Pancreas

Yin/yang: Point of transition between yang and yin

Flavor: Sweet

Diet: Choose foods that are harmonizing and represent the center; this creates stability during transition from yang to yin. Simple preparation of food, minimal seasonings and mild taste; Seasonal transitions can be a good time to do a three day, single grain-fast for purification. Mildly sweet foods, yellow or golden foods, round foods, foods that harmonize the digestion like millet, non-GMO corn, carrots, cabbage, garbanzo beans, non-GMO soybeans, squash, potatoes, string beans, yams, tofu, sweet potatoes, sweet rice, rice, amaranth, peas, chestnuts, filberts, apricots, cantaloupe.

The Earth “season” is that of late summer and the interchange of the seasons. During this time we strive to make life simple and harmonious, and choose foods for each meal that represent the center or earth. These foods include mildly sweet flavored foods, as mentioned above. During the 7 ½ days before and after the equinoxes and solstices it is a nice time to take a short, three day, single grain fast during the fall and winter and a vegetable or fruit fast on the cusps of spring and summer, for an earth element “reset”.

Fall: Metal Element

Earth is the “Mother” of Metal, making diet (earth=digestion) an especially important component in Lung harmonics.

Direction & Element: West & Metal

Principles: Dusk and the setting sun; Letting go and harvest, store up, warm up, and plan for approaching winter; Beginning of contracting inward and downward; The leaves fall and seeds dry, the colors become lighter and drier

Wisdom: This is the season that corresponds with grief. Allow it to come and wash over you, the time when the rains wash away and purify like after a good cry, things are different. Being in right relationship with Death. Ancestral connection.

Western model: Respiratory, Immune and Digestive Systems

Yin/yang: yin season

Common illness: colds/flu, cough, bronchitis, skin issues, asthma

Organs: Lungs, Large Intestine

Senses/Body Parts: Smell, nose, throat, skin/pores

Child Development: Metal to water phase is infancy to 2-3 years

Emotions: Grief, sadness

The **Lung**, considered a Yin organ, is associated with taking in the new.

Emotionally, the Lungs coincide with:

Grief and Sadness (unprocessed grief and sadness can stagnate the lung meridian)

Attachment (difficulty letting go can stagnate the lung meridian)

When the lung qi is flowing and balanced, one can experience enhanced:

Clarity of thought

Positive self-image

Surrendering to and allowing inner peace and joy regardless of circumstances

The **Large Intestine**, considered a Yang organ, releases the old.

The Large Intestine channel is often associated with:

Inability to let go, uptightness, stubbornness, stagnation, negative outlook (glass half empty vs. half full perspective)

How we flow with life's current

When the large intestine qi is flowing and balanced, there can be increased:

Sense of relaxation

Release of what no longer serves a person

Flowing with life vs. resisting

Focus on the day-to-day vs. big picture/meaning/purpose

FALL SEASON DIET, FLAVORS, COOKING METHODS

Flavors:

Sour (which is astringent) matches the contracting energy of fall. If you need help “coming down” and going inside after the summer (having a hard time letting go of warmth, fun and connection that the fire element of summer brings) then it is good to add in extra sour foods like sauerkraut.

Pungent, Spicy - this flavor warms the body, circulates blood and qi, stimulates the digestive process, disperses mucus and enters the Lungs. The lungs can get saturated with too much dampness and phlegm, so adding in pungent foods strongly moves the energy in the lungs and elsewhere!

DIET FOR THE FALL SEASON

Sour foods = sourdough bread, sauerkraut, olives, pickles, leeks, adzuki beans, vinegar, yogurt, lemons, limes, apples, plums, grapes

Use heartier flavors and foods; The sense of smell is connected to the lungs/autumn, so the warm fragrance of baked and sauteed foods harmonize you with this season; concentrated, flavorful foods, root vegetables and dang gui (Chinese Angelica) thicken blood for cooler weather

Cooking methods: cook with less water, lower heat for longer periods. Best methods: saute, stews, crock pot.

Warming foods for fall and winter: lamb, mussel, trout, chickens, beef, butter, ghee, ginger, cloves, Rosemary, oats, spelt, quinoa, sunflower seeds, sesame seeds, walnuts, cumin, sweet brown rice, parsnip, parsley, winter squash, sweet potato, onion, garlic

Foods for Lung conditions:

PUNGENT FOODS for phlegm in the lungs and general lung health: garlic, mint, fennel, flaxseed, watercress, fresh ginger, seaweeds, scallion, chamomile, basil, cayenne, cinnamon, ginger root, onions, pepper;

***Special note:** these foods should not be given to a child with a fever, however, mint, chamomile, white pepper, and radish leaves are appropriate.

Foods to Avoid: Dairy, mammal meats, peanuts, tofu, tempeh, miso, soy sauce, soy milk and other soy reduces and all sweeteners.

Herbs for phlegm/mucus:

mullein, coltsfoot, nettles, flaxseed (combining for hot phlegm = yellow and/or green mucus)

OR

elecampane, fresh ginger and fenugreek (combining for cold phlegm = white or clear mucus)

Dryness and yin deficiency: Since the Fall brings in the quality of dryness, which is injurious to the Lung, it is important to eat moistening foods during this time. Symptoms may include dry, unproductive cough with little or no sputum, periodic fever, frequent thirst, fresh-red cheeks and tongue, hot palms and soles, night sweats,

thin and fast radial pulse.

Foods for dryness/yin deficiency: Pears, seaweeds, spirulina, Chlorella, orange, peach, apple, tomato, banana, string bean, tempeh, rice syrup, flaxseed, butter, yogurt, egg, oyster, clam, pork

Herbs for dryness: marshmallow root, slippery elm bark, lily bulb, raw rehmannia, Solomon's seal

Lung weakness (Deficient qi): symptoms include weakness, fatigue, weak voice, limited speech, coughing and shortness of breath. There might also be spontaneous sweating with any physical activity and poor immunity to contagions such as colds and flus when the Wei Qi (Defensive qi) is also weak.

Foods for Lung Qi deficiency: rice, sweet rice, oats, carrot, mustard green, sweet potato, yam, potato, fresh ginger, garlic, molasses, rice syrup, barley malt, herring.

Avoid mucus or cooling foods like citrus fruits, salt, milk and other dairy products, cereal grass products, spinach, chard, seaweeds and micro-algae.

Herbs for lung qi deficiency: elecampane root, spikenard root and licorice root

Herbal tea blend: elecampane, fresh grated ginger, ashwagandha, cordyceps, licorice root

Foods for Autumn (general): almonds, apples, barley, barley malt, clams, crabs, dairy products, eggs, mushrooms, honey, millet, mussels, oysters, peanuts, pears, persimmons, pine nuts, pork, rice syrup, seaweeds, sesame seeds, spinach, soy milk, tofu.

Source: Healing with Whole Foods by Paul Pitchford

Constitutional Eating

In addition to eating with the seasons, there are two other components to dialing an optimal food framework for yourself: 1) Elimination of toxic + inflammatory foods, i.e. food allergens and intolerances, highly processed foods with added chemicals, dyes, preservatives; and 2) eating for your constitution, i.e.

Recipes:

Earth Element/Transitional Meal: Millet with steamed squash and melted ghee

Fall/Winter Meal: Red Cooked Lamb with Sweet Potatoes and Dang Gui from *A Spoonful of Ginger* by Nina Simonds

Hot & Sour Soup with Seaweed and Shitake Mushrooms from *The Chinese Medicine Cookbook* by Stacey Isaacs

General Lung Health + Lung Dryness: Baked Pears

Resources:

A Spoonful of Ginger by Nina Simonds

The Chinese Medicine Cookbook by Stacey Isaacs

Healing with Whole Foods by Paul Pitchford

Fullscript website

*A note on Substitutions:

Remember we can use recipes as templates and add/subtract/substitute as needed based on our dietary preferences (including allergens and intolerances to certain foods). If you don't already have a framework for your unique diet, you can try an elimination diet. Resource: *The Elimination Diet* by Tom Maltese & Alissa Segersten

As well as their website: <https://wholelifenuitrition.net/books/elimination-diet>

Soy sauce: Tamari or coconut aminos

Sugar: honey or monk fruit sugar or maple syrup

Gluten flour for gluten free flour