Golden Elixir

What do on a rainy spring day, when there is a chill in your bones that slows you down?

Ayurveda, yoga’s sister science, recommends living with awareness and in harmony with the seasons. Ayurveda encourages developing lifestyle habits that promote balance with the five elements. The early spring is associated with the earth and water elements or the kapha dosha. The kapha dosha qualities are heavy, dense, cold and moist. Kapha governs the tissues of the body and the lymphatic system. When kapha is in excess, such as on a cold and moist day such as today, it can leave you a feeling lethargic and congested. Congestion may show up in your sinuses, achiness in the muscles or slowed mental awareness.

To create balance, cultivate the opposite qualities such as light, warm and dry. Golden Elixir is the perfect remedy to create warmth from the inside and out while promoting circulation and detoxification.

Ginger is warming, promotes circulation, aids in digestion and will open the sinuses. Coconut oil lubricates the tissues. Turmeric is a profound anti-inflammatory and aids in detoxification. Curcumin, which gives turmeric its incredible orange color is all the rage in the natural health community. It is said to promote healthy blood and liver function and strengthens the immune system.

Spring is a great time to go on a daily brisk walk and include Sun Salutations in your morning yoga asana practice. This will help move the cold damp qualities from the tissues and increase circulation of lympathic system which is a powerful player in your immune system.

Given spring in the Midwest is known for dichotomy in weather patterns, toggling from sunny and warm days to damp and days. Enjoy Golden Elixir on the cool and moist days while on the hot warm days that are more expressive of summer, omit the ginger or use less.

6 c water

1/3 c ginger root, fresh chopped
¼ c turmeric, fresh chopped\*
1 tbsp coconut oil
1 tbsp raw honey
juice of one lemon

1. In a medium pot bring water, ginger, turmeric to a boil. Then simmer for 10 or more minutes.
2. Add coconut oil, honey, and lemon, stirring until the honey and coconut oil has dissolved.
3. Using a mesh strainer, strain tea and enjoy!

\*Fresh turmeric root can be purchases at Whole Foods, natural food co-ops and Asian grocery stores.