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## energy of the season

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The metal element rules and moving into fall means “entering the time of the lungs.” Symbolically it is time of exhaling, of letting go. Go ahead and finish summer projects, and then release the old just as the trees release their leaves. Make room for reflection.

As the seasons change, our internal energies should correspond with nature. We spend our spring and summer growing and expanding our energy, staying busy and active. Fall is a transitional time and as any good gardener knows, it’s time to harvest what we’ve made and prepare for the winter. Literally speaking, it is a great time for preserving food, but energetically it’s our opportunity to finish up tasks, reorganize, reflect, and begin to slow down our pace and the active energy of summer.

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## organs

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### Lung & Large Intestine

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#### 5 elements chart

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**Organs/Tissues:** Nose  
**Taste:** Pungent  
**Color:** White  
**Emotion:** Grief

**Environment:** Dryness  
**Stage:** Reap  
**Direction:** West  
**Personality:** Meticulous, strong willed, focused, independent

**When the metal element is healthy:** A person is well organized, self-disciplined, and conscientious. They like structure in their life and are most comfortable in situations when they know the rules and can succeed by following them.

**When the metal element is weak:** A person may be grief-stricken, “steeped in sadness”, overly critical, or have difficulty letting go. There can be illness of the lungs, resulting in asthma, allergies, or frequent colds.

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## foods

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### White Foods

Onion, garlic, cauliflower, turnips, white beans, radish, almond, chicken, coconut, egg, kohlrabi, millet, oats, pear, sesame seed, tofu

### Pungent Foods

The pungent flavor is dispersing, invigorating, promotes circulation, and is warming.

Garlic, aniseed, arugula, basil, cinnamon, fennel, kale, kohlrabi, scallions, onion, horse radish, radish, mustard, ginger root

### Common Complaints & Imbalances

**Yin Deficiency:** Feeling of heat, red cheeks, insomnia, night sweats, sore throat, and a red tongue with no coat, dryness (mouth, skin, eyes)

Apple, bean (mung), beef, bee pollen, borage, cheese (goat, sheep), chickweed, coconut milk, egg (chicken, duck, pigeon, yolk), ginseng, grape (red), pea, persimmon, poppy seed, pork, milk (cow), rose, sesame seed (black), wheat

**Attack of Wind Heat:** Fever and chills with more fever, fatigue, sore throat, runny nose or sinus congestion with yellow phlegm, thirst, concentrated urine, cough with yellow sputum, headache and body aches

Apple, borage, burdock root, celery, Chinese cabbage, chrysanthemum, Echinacea, eggplant, elderflower, eucalyptus, garlic, ginger, grapes, honeysuckle, lavender, marjoram, mint, pears, peppermint, sage, spearmint, tea (green), turnip, watermelon, wintergreen, yarrow

**Attack of Wind Cold:** fever and chills with more chills, fatigue, a desire for warmth, runny nose or sinus congestion with clear phlegm, inability to get warm, stiff neck and shoulders, and headache

Angelica root, basil, caraway, cayenne, cherry, chili, cinnamon, coriander, eel, garlic, ginger (fresh), green onion, horseradish, juniper, perilla, rosemary, sage, scallion, thyme

## supplements

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**Immuplex:** Supports a healthy immune system, maintains healthy white blood cell activity, provides antioxidants, and is packed full of essential vitamins.

**Prosynbiotic:** A blend of four probiotic strands and two prebiotic fibers that supports gut flora and overall health. It also helps to support the body's natural absorption of calcium, magnesium, and other nutrients, while supporting immune function.

**Echinacea:** Enhances immune function, especially following stress and encourages healthy upper respiratory tract function.

## essential oils

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Try 8 Branches' signature Metal blend with Siberian Fir, Lemon, Lavender, Litsea, and Eucalyptus. This blend strengthens the Lung, tonifies and regulates the Qi, invigorates the Blood, resolves phlegm, dries damp, and strengthens the Mind (shen).

**Eucalyptus:** enhances breath, strengthens the lung's Qi, clears phlegm, expels cold and flu, and benefits sore throat.

**Lavender:** Cleanses and purifies while tonifying the Qi, and clearing heat from the lungs.

**Lemon:** Spiritually cleansing, clears dampness, heat, and phlegm, and is great for the circulatory and lymphatic systems.

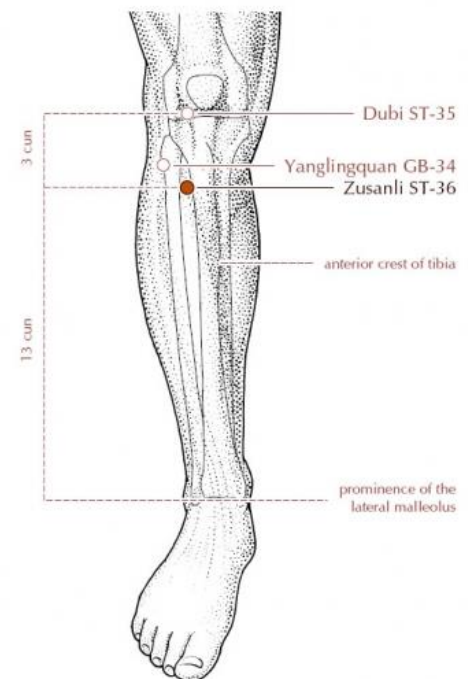
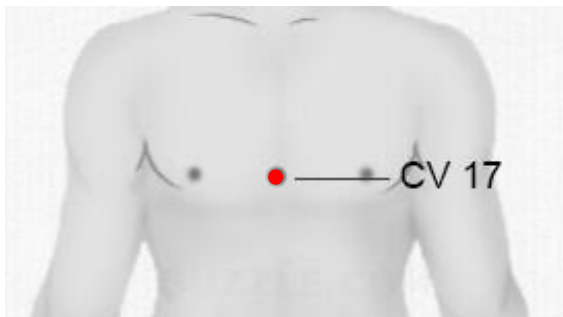
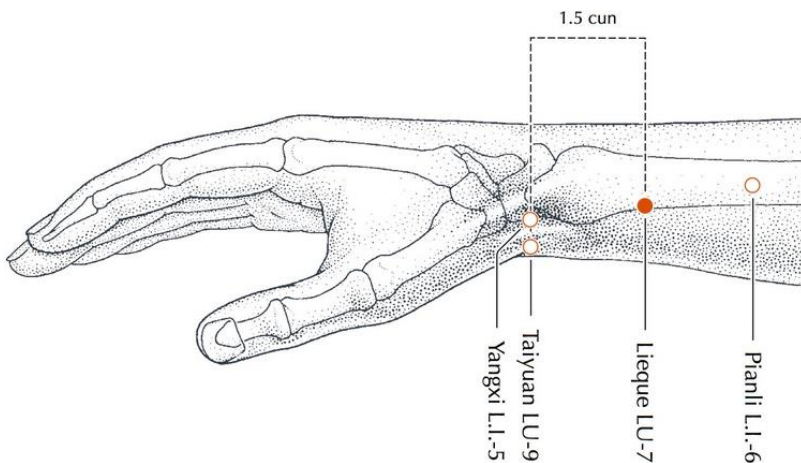
## acupressure

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**Lung 7:** Nasal congestion and discharge, sore throat, wheezing, asthma, headaches, and stiff neck.

**Conception Vessel 17:** Shortness of breath, wheezing, rattling sound in throat, cough, asthma, fullness and oppression of the chest, and acid regurgitation.

**Stomach 36:** Boosts immunity, stomach problems, poor appetite, calms the spirit, and "all diseases can be treated".



**Breathe Deep:** Slow down and take a deep breath because our lungs help us gather energy. When we are connected to the emotion of grief and sadness, our lungs can feel heavy. Many of us breathe shallowly, especially when we are heavy with emotion. Open your chest a bit more by spending a few times each day focusing on your breath. Take a deep cleansing breath in through your nose, letting the air fill your lungs until your belly rises. Then focus on exhaling through your mouth, completely, from the bottom of your lungs. Your exhalation should be noticeably longer than your inhalation. Just a few breaths can reinvigorate you.

**Nutrition:** Take in nourishing and easily digestible foods to stay healthy. It's a good time to prepare for the cold season and build your protective qi—your immune system. As the weather gets cooler, reduce the raw and cold foods, especially dairy products. You'll notice an abundance of root vegetables appearing in the garden and the markets this season. These vegetables are a great nutrient source that can help our bodies gather energy and warmth.

**Cook longer:** Cook your meals a little longer by making more soups and stews. Begin roasting seasonal favorites. Enjoy carrots, beets, sweet potatoes, turnips, squash, pumpkin, celery, and mushrooms. Other beneficial fall foods include onions, scallions, ginger, garlic, cinnamon, cardamom, and black pepper that are used to warm your food and your body a bit.

**Keep warm:** Remember to keep warm on the outside too and be sure to cover up. Chinese medicine recognizes the wind as a contributing cause of illness. Just as heat causes exhaustion or too much cold causes frostbite, wind can contribute to the onset of headaches, common cold symptoms, stiffness, skin rashes, and more. Wearing a scarf is a great way to protect the body by keeping your neck warm and protected from the wind.

**Seasonal fun:** Spend time enjoying the fall with brisk walks, pumpkin carving, warm drinks, and all the fun this season brings. As the days become shorter and shorter, remember to take time to turn inward, rest a bit more, and prepare for the cold season ahead.

**Boost your immune system:** Along with getting good sleep, adequate exercise, and deep breathing techniques, nutrition is imperative. Try incorporating bone broth, pumpkin seeds, cod liver oil, eggs, green tea, raw honey, and vegetables; carrots, beets, sweet potatoes, tomatoes, onions, scallions, ginger, garlic, dark leafy greens and mushrooms. Avoid sugar and caffeine.

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## recipe

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### Kick the Cold with these recipes:

#### Cinnamon-Coconut Oil-Honey Elixir

Cinnamon relieves congestion, stimulates circulation, and serves as an anti-inflammatory and anti-microbial agent. Coconut oil and raw honey have powerful anti-viral, anti-bacterial and anti-fungal properties and can strengthen the immune system • Mix equal parts coconut oil and raw honey together in an 8-ounce jar (Be sure your coconut oil is slightly warm so it will mix well) • Add 1 tbsp cinnamon  
Enjoy a spoonful/day during times of cold or when you need a little extra immune boost.

#### Honey-Lemon-Ginger Tea

In addition to the benefits mentioned above, raw honey is also very soothing for the throat. Ginger is very helpful for stomach upset while being warming in nature and lemons are high in vitamin C, potassium and are anti-bacterial • Fill a 16-ounce jar with sliced organic lemons (peels can be loaded with chemical residue, be sure your lemons are organic) • Add approximately 2-4 tbsp chopped fresh ginger • Fill the jar with raw honey and store in refrigerator • Scoop 1-3 tbsp into hot water and drink like a tea.

#### “Vapo-Rub”

Rub it on your chest, soles of the feet (add warm socks) or under your nose and go to bed! • Melt 1/2 cup of coconut oil on the stovetop (buy organic at Outpost/Whole Foods) • Add 40 drops camphor essential oil • Add 20 drops eucalyptus

essential oil • Pour into your jar and store either in the refrigerator or in a cabinet.

*Recipes courtesy of [Oh Lardy!](#)*

**Elderberry Syrup**— what we call “a spoonful of sugar” in my house. Take 1Tbsp for adults or 1tsp for children of this elixir daily during cold and flu season. At the onset of a cold, take 1tsp ever 2-3hrs. You can even use it as a pancake syrup or sweetener in your yogurt or favorite tea. It is super delicious and kids LOVE it.

Ingredients: 1/2 cup dried organic Elderberries, 3 cups water, 1 cup raw local honey, 1 organic Cinnamon stick, 3 organic Cloves, and organic Ginger (optional)

• Place berries, water, and spices in a saucepan. Bring to a boil, reduce heat, and simmer for 30 minutes- reducing the liquid by half • Smash the berries to release remaining juice and strain the mixture using a sieve, pressing with a wooden spoon to get all of the juice out • Allow liquid to cool and stir in honey. (Will last for 2-3 months stored in the fridge).

#### Sore Throat Soother

To help alleviate throat pain that comes with strep and other bacterial infections this season, gargle with a sage, salt and lemon concoction. The sage slows the growth of bacteria while the salt and lemon reduces the irritation and soothes your throat.

• Mix 1 tsp of salt with juice from half a lemon and a half-cup of sage tea.