



| NAYURYOGA

March

In spring it's the warm days that make you sick.

After battling the cold all winter, the body is unprepared for the sudden rise in temperature. The sudden shift makes us vulnerable to heat build-up. From a body perspective, March could also be the hottest month of the year. When the winter fat layer begins to melt with the blood, it enriches the blood and provokes kapha dosha. The thick blood causes pressure in the ears, congestion in the upper airways and sinus infections.

Just like in autumn, many get a warm and humid "cold" in spring. This is because the congestion and excess water attacks the lungs, which can lead to upper airway congestion and, in some cases, even pneumonia. With the spring cold, pain like the flu, a feeling of heaviness and swollen lymph nodes appear.

Important tips are:

Avoid fatty, rich and sweet foods. Bitter greens, hot spices and mild laxatives relieve constipation, reduce fat in the blood and drain excess water retention.

Ayurveda recommends doing a seasonal cleanse every spring. However, if you don't have the time or a full cleanse isn't right, try cleansing vegetable juices like celery, beetroot and carrot juice, or a refreshing ginger apple kale lemonade.

This can help naturally detoxify your body each day.

Kale, beets and celery cleanse and expel circulating metabolic toxins (ama) in the blood due to their light nature and bitter and pungent taste. In liquid form, the nutrients from this vegetable are efficiently absorbed into the bloodstream, making it easier to cleanse the digestive tract.

Even if it doesn't seem possible yet – the pleasant spring is coming!

So, don't let that excess mucus and moisture spoil your mood!