

Lotus Letters



Welcome to the first of many Lotus Letters, a monthly newsletter featuring advice to stay healthy, inside and out.

Holiday Immune-Boosting Poses

Practicing yoga is a great way to help protect your body against catching a cold this season. By detoxifying your body and reducing stress, you can combat the common cold.

In general, twisting postures are great. They squeeze the inner organs, which aids in detoxification. Try Revolved Chair (Parivrtta Utkatasana) to improve digestion.

Say you've already caught a bug. Try Legs Up The Wall Pose (Viparita Karani). It is a vitalizing pose with many benefits, including opening up the chest to aid in breathing.

For more on these poses, see yogajournal.com and bloominglotusslc.weebly.com.

The Daily Bite: December

It's December. There's snow outside, the crisp air bites at our fingers, and urges to hibernate run strong. Eating an Ayurvedic-balanced diet can do quite a bit of good to help avoid these common symptoms.

The Maharishi Ayurveda website has great articles with many tips on how to stay healthy.

This spice mixture from their Ayurvedic expert is excellent to boost the immune system and add flavor to any dish.

Pre-make a batch, then measure out one teaspoon and heat with one tablespoon ghee (clarified butter) when making any recipe.

- 6 parts turmeric
- 3 parts ground cumin
- 3 parts ground coriander
- 6 parts ground fennel
- 1 part powdered dry ginger
- 1 part ground black pepper
- ¼ part ground cinnamon

Enjoy the health benefits of an enhanced digestion and stronger immune system today!

Tips on Staying Healthy this Winter

- Drink up the water!
- Follow the usual advice- eat healthy and get moving.
- Eliminate as much sugar as possible from your diet.

What good is the warmth of summer, without the cold of winter to give it sweetness?"

— John Steinbeck



Winter is the perfect time to establish a habit of meditating. Even taking 5 minutes a day is beneficial.