

Catherine's Clinic

Naturopathic Family Practice



Autumn Menu

Fruits	Vegetables	Proteins	Spices
Apricot	Asparagus	Rice	Basil
Avocado	Beetroot	Wheat	Bay leaf
Bananas	Carrots	Beef	Black pepper
Berries	Garlic	Chicken	Cardamom
Cherries	Green beans	Turkey	Cinnamon
Coconut	Cooked onion	Eggs	Cloves
Grapefruit	Sweet potato	Seafood	Coriander
Grapes	Radish	Red lentils	Curry leaves
Lemons	Zucchini	Tofu	Dill
Limes	Seaweed	Nuts	Fennel
Mango		Seeds	Ginger
Oranges	Drinks	Yogurt natural	Mustard seed
Papaya	Aloe Vera juice	All oils are ok	Nutmeg
Peaches	Chamomile tea		Oregano
Pineapple	Clove tea		Paprika
Plums	Grain coffee		Parsley
	Rice milk		Peppermint
	Almond milk		Rosemary
	Goats milk		Sea salt

Autumn is the time to dispelle phlegm and mucus from the respiratory system. As summer draws to a close, one feels the heaviness of the phlegm that one has built up over the summer by consuming too much dairy foods that are usually cooling to their blood, but very mucus forming. Hence Autumn is the time to rid this from the system before Winter comes, as it may cause Consumption (the old name for Bronchitis!) Many colds and flues are a result of not clearing out this old phlegm, built up from the consumption of dairy products and wheat, both of which are mucus forming.

Those who suffer from Sinusitis, Hay Fever and Rhinitis, all benefit from having a good clear out of the respiratory system during Autumn, which may reduce the incidence of intolerance during the next Spring season.

Autumn is also a great season to use lots of spices in your cooking to assist in clearing out the orifices!

The Autumn season is given to the lungs hence the full clearing of the upper and lower respiratory systems. In Chinese medicine the large intestines partner the lungs and while one takes care of the lungs one must not neglect the bowels at the same time. The Chinese say it is like acknowledging the wife and ignoring the husband! This is an important thing to always remember; when treating your lungs, add herbs or supplements which assist in cleansing the bowels.

There are some lovely Autumn fruits like pomegranates, dates and persimmons which are all beneficial for the bowels.

The lungs are also the organs of grief. When one grieves too long, it can weaken the lungs, and can lead to asthma. Unresolved grief is also injurious to the lungs which in turn reduces the quality of oxygen moving around the blood, leaving the skin pale and pasty looking. Especially around the nose, the skin goes very white here and heavy breaths are heard quite frequently from patients with these complaints of weak lungs.

Exercises like swimming and CHI KUNG are excellent for these lung conditions.

Please honour and respect the wonderful organs which give us life and unconditional love. Take them out for a meal sometime. Perhaps one which moves the "Chi" and allows for freedom from catarrh. So spice up your Autumn soon!

With health and good wishes,

Catherine

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