

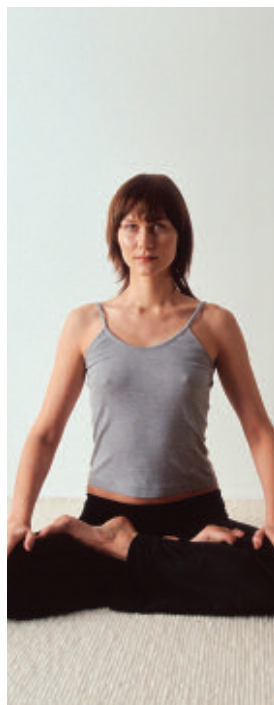
happy and healthy

A MONTH-TO-MONTH GUIDE
FOR 2008 TO INSPIRE YOU
AND YOUR CLIENTS TO
ACHIEVE MAXIMUM RESULTS
AND A STATE OF RADIANT
HEALTH THROUGH EXERCISE,
DIET AND LIFESTYLE

For thousands of years, ancient cultures have studied the two-way communication between man and nature cycles and how natural laws work in relation to human physiology. For example, the phases of the moon and its influence on the fluids of the body, and how the cycles of day and night influence activity and rest. The changes of the seasons also affect our internal conditions and mental and emotional needs. We are a part of nature and therefore part of its changes.

Humanistic studies of habits and lifestyles that promote health understand that well-being depends upon integrating our own cycles with those of nature, rather than continually going beyond our natural limits. The changes brought about by each season are the essence of personal development and healing. We can see that the body also has homeostatic mechanisms for internal balancing, just as nature does. With too much internal (personal) and external (social) tensions we can damage and create imbalances in these systems, thus draining our vital energy and working against natural energy flows. Most of us are affected by these ever-present pressures but don't necessarily know how to re-establish a balance and work with these cycles in order to put energy back into our systems. So we just become more depleted or victims of fatigue and tensions. So rather than getting caught up in complicated scientific solutions, it can be simple changes in exercise, diet and lifestyle that can have the most profound effect on our health, self-esteem and well-being.

REPORT: SUE WOODD AND JULIE HANSON



january IMAGINATION AND DIRECTION

Go to bed earlier and get up later (if possible) – it's a time for rest and renewal.

Do not go on a diet at this time of year – just simply clean up your act.

Pay attention and listen to what people (and your inner guidance) are telling you.

Develop a healthy ability to adjust to demands and circumstances.

What makes people successful? They dare to do things others don't!

Think about possible new directions in life but don't take any action yet.

Read the book *My Best Year Yet* by Jinny Ditzler.

fitness professionals
Focus on spinal health, posture, flexibility and building bone density to improve the way you move.

Slow down the pace of your teaching and schedule in a longer relaxation time.

diet
Avoid excess salt, which dries out and hardens the body and mental attitudes as well.

Introduce seaweed into homemade soups and stews which will mineralise the body and support the kidneys.

Take up meditation at least once a day for 10 minutes – space and a still mind are the greatest catalyst for change and creativity.

This month, treat yourself to as many massages as possible, to detox and promote the circulation to your muscles.

Do you have a picture of how you would like to live and does the reality correspond to the picture?

Mentally paint in details of how you would like to live your life without restrictions and limitations and keep adding to it.

Work on your ability to make decisions and carry them through.

fitness professionals
Set out personal goals for clients regarding health and fitness and design a programme that goes beyond them.

Introduce lots of side bending and twists into this month's routine to massage the internal organs.

diet
Regulate your food intake, eat foods in season and make 75% of your diet food grown within a 500-mile

radius. This creates the best internal climate to support your health and maximise energy reserves.

february VISIONS AND DECISIONS



march

GROWTH AND EXPANSION

Spring clean half the house – upstairs? And the other half in April.

Read Sandra Cabot's *The Liver Cleansing Diet*.

If you are angry, work out what it is and face it head-on.

Be kind to someone every day.

Set three new goals, things that will enhance your life this year.

Rest your eyes for 10 minutes a day and practise eye exercises.

fitness professionals

Start a weight-training regime or focus on muscles, joints and tendons.

How do you feel in the mornings? Encourage early morning exercise, get out of the gym on a walk, jog or a cycle – the liver loves it as it can pick up on nature's rising energy.

diet

Detox one day, one week or a whole month.

The morning is an important time for cleansing, so cleansing foods with high natural water content are great.

Include chlorophyll (in green vegetables and green powders in smoothies) – it helps to remove drug deposits, counteracts toxins and deactivates carcinogens.



april

JOY, PLEASURE AND PROTECTION

Do the other half of the spring-cleaning – the downstairs.

Practise speaking from the heart: being cordial, affectionate, enthusiastic and humorous.

When was the last time you laughed heartily? Increase the amount of joy and laughter in your life.

Are you in conflict with yourself? Deal with it as it could be limiting you.

Make sure you are putting into action plans made in January.

Start a new marketing campaign for your business.

Try on last year's summer wardrobe and throw out anything you haven't worn in the last year.

fitness professionals

Do something different or opposite to your usual routine with your client – is there an area they are stuck on or not moving?

Try out shadow boxing (tai chi, martial arts or kick boxing) – to release pent-up frustration and make life more simple and harmonious.

diet

As the weather gets warmer, start eating spring greens, stir/steam-fries.

Enjoy good food and good company so your soul is satisfied too.



may

SUPPLENESS, STRENGTH AND CONNECTION

Become more flexible in life; rigid in body is rigid in mind.

Work on the health of the three levels of mind, emotions and body.

Communicate your needs and ideas.

fitness professionals

Design short, at-home daily stretching routines to target particular areas of stiffness of tension and change them weekly to improve your (client's) flexibility.

Work on coordination with mind and body working as a team.

diet

In the garden, plant rocket and spinach in tubs ready to pick next month.

Drink less tea and coffee and more filtered water.

Temper your desire to say "yes" with occasional "no"s.

Put out some hanging baskets and water every day; it's a kind of meditation with great visual results!

Cultivate discernment this month! Is it necessary or important?

Put lots of red things in your home to cheer you up; flowers, cushions etc.

fitness professionals

Take up Latino or Salsa; dance your way into summer.



june

EXPRESSION AND ABSORPTION

Rest for 10 minutes at the end of your exercise session – it's harder to be still than to move at this time of year and remember you digest when you rest.

diet

Eat berries for breakfast: blackberries, blueberries and raspberries.

Pick and eat some of your freshly grown leaves that you planted last month, eat to cleanse and not clog.

Sedentary lifestyle means sluggish digestion; physical activity keeps peristalsis active.

Have a party and be sociable.

Cultivate the ability to give and receive warmth.

List the things that open your heart, inspire you and develop appreciation.

Wear bright colours to reflect your personality.

Increase things that bring fun and enjoyment and allow for self-expression.

Become more spiritually aware. Read any Deepak Chopra book.

july

FIRE, EXPRESSION AND INSPIRATION

fitness professionals

Discover your (client's) favourite routine/exercise and do it for the month of July to keep them happy.

Be inspirational.

Work on circulation, put more cardiovascular exercise in your routine.

diet

Put love and enjoyment into preparing your food – it makes it taste so much nicer.

Drink more water and buy a juicer and start to juice your fruit.

Avoid too much salt, red meat, fats and refined food – keep your diet light.



august

THOUGHTS AND NOURISHMENT

Become aware of your personal concerns – what you reflect upon, agonise over and dream about.

Work on relationships, simplicity and harmony.

Guard the quality of your thoughts – are they supporting you?

fitness professionals

Focus on leg strengthening, core stability and Pilates.

Include balance challenges in your routine; use a fit ball.

diet

Look after your stomach – don't eat too quickly, on the run or too much.

After 50 years of research it has been discovered that overeating is thought to be a major factor in premature ageing.



september

BACK TO YOURSELF

How much time do you have for yourself and your personal interests? Make sure you have enough; if not, schedule it in.

Rub lotion into the body upward towards the heart to stimulate the lymphatic system.

Try to build a high sense of self-esteem.

fitness professionals

Work on muscle tone in your late summer routine.

Review your diet and cut out sugar and highly refined foods.

diet

Late summer is a damp time of year, so avoid highly refined or processed or stale foods, too many ingredients in a meal, late night eating and overeating.

The way you eat is an expression of who you are!

Start to wear more warm clothes.

Burn lots of spicy aromatherapy oils in the house; it's the time when the sense of smell is at a peak.

Clear up misunderstandings and focus on what's important and what you value.

Clear out clutter and get your finances in order.

fitness professionals

Be more positive and enthusiastic at this time of year.

Go to an Alexander technique class and release habitual tensions.

Make sure you do plenty of opening stretches at the beginning of class.

november

JUDGEMENT, CLARITY AND OPENNESS

Make your exercise programme a regular and a routine part of your lifestyle.

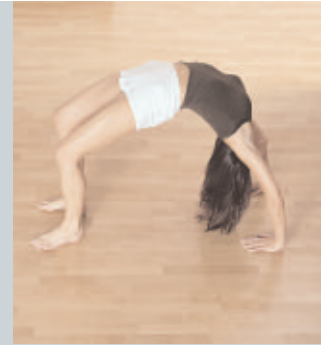
diet

Include flora-enhancing foods such as yogurt, miso, sauerkraut, acidophilus, spirulina and chlorophyll-rich foods.

Cut down on refined white foods such as white flour products, white sugar and rice. A sluggish digestion can result from a sedentary lifestyle and lack of fibre.

october

STRUCTURE, STRENGTH AND DISCIPLINE



Buy a dry skin body brush, use every morning before your shower.

If something or someone is bugging you, now is the time to tell them and deal with it and get it off your chest.

Hold on to your principles and keep your commitments.

Resolve any grief and sadness.

Look out for depression, it can often happen at this time of year.

The quality of your breath defines the quality of your movements and experiences, the quality of your thoughts and moods.

Don't cut yourself off or reject other people or obsess over small details.

fitness professionals

Lots of wide arm-opening stretches or yoga back bends to increase lung capacity.

Work on the breath and look into yoga breathing techniques (pranayama).

Make your autumn routine a little slower but refine it more.

diet

Enjoy more spices to keep up the internal temperature.

Avoid sugar, wheat and, above all, dairy products and orange juice, as they are all mucus-forming – not good at this time of year.

Use your imagination, give yourself time to think and reflect.

Look at your insecurities and address them.

Avoid the tendency to overdo things and become totally exhausted.

It's vital for health in winter to balance the intake and output of your energy in the form of food, feelings and work in order to combat stress.

Add an hour to your sleep time.

december

REFLECTIVE, PROFOUND AND COURAGEOUS

Do some memory exercises and read *The Silva Method* by Jose Silva and Burt Goldman.

fitness professionals

Work on spine flexibility, lots of hamstring stretches.

Go to a winter yoga class – lots of forward flexion and back bending, sends energy to the kidney and bladder.

Balance the energy-expending exercise with quieter, energy-accumulating, internally rejuvenating practices like yoga, t'ai chi, breathing and relaxation.

diet

Be mindful of your liquid intake and definitely not iced drinks.

Plenty of hot homemade soups and stews to keep the body temperature high.

Keep your diet alkaline and avoid too many acid-forming foods.



Sue Woodd has been working in the field of complementary medicine for the past 20 years. Julie Hanson is an energy coach and has a tool chest built with over 30 years' experience of working with people. Sue and Julie are launching their new book *Energy in Season*. To pre-order your copy or for enquiries email me@juliehanson.com