

*smart yogi's fall guide:*

# 9 TRICKS

I use to avoid getting

*sick*

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# SMART YOGI'S *fall* GUIDE:

## 9 Tricks I Use to Avoid Getting *sick*

USING A 5,000 YEAR OLD SCIENCE & TIPS I'VE LEARNED FROM EXPERIENCE

I have a toddler in daycare so I pull out all the stops to avoid getting sick once the temperatures drop. Many of my more unique tricks are derived from the study of Ayurveda, a sister science to yoga, which focuses on the idea of balance. I hope they keep you healthy so you can embrace all this beautiful season has to offer. - *Allison, Artist, Yogi, Mom*



^ ALLISON & GRAHAM

### 2 Slow down

The fall is a time when everyone is coming off a busy, energetic summer and it's time to get back to work. Whether it is going back to school, starting a new project, or preparing for the holidays, we can have a tendency to push ourselves too hard in the fall. This wears down our bodies and makes us vulnerable to getting sick—forcing us to slow down. Be mindful of your task list and make time to get in nature, observe the fall foliage, and breath in the crisp air. It will be good for your soul and good for your body.



### 2 Yoga

Yoga is a good idea during every season, but the quiet, reflective nature of fall makes this time of year especially sacred to get on your mat. It is a time to warm your body from the inside out and listen to the inner wisdom of your heart.



### 1 Up those vitamins

At the first sign of a sniffle or if I feel tightness in the lymph nodes in my neck, I boost my vitamins immediately. I have found that echinacea, zinc, elderberry (safe enough for kids), and vitamin C do the trick. I can defeat most impending colds this way. I believe it is our responsibility to fight back against sickness and vitamins are my #1 way of doing so.



### 4 Oil on the toes

My sister is a Young Living essential oil advocate and made me this concoction of oils that I put on my toes every night when I go to bed to boost my immunity. Why my toes? Because in reflexology the toes have a direct link to the sinuses. The oil is a mixture of Thieves, RC, Lemon, Oregano oil and Grapeseed oil as a carrier oil. Feet are the best place to put any oils because they enter the body quickly from this location and it's even safe enough to put on children's feet.

### 5 Sleep

Take a cue from the shorter days and go to sleep earlier. Waking with the sun and sleeping with the dark is one of the most natural ways to live in nature, but of course, we can't all be going to bed at 6/7pm. Ayurvedically, the energy after 10 pm is more erratic in nature, which is why you might feel a surge or boost of energy during this time at night. Taking advantage of this boost may drain you and leave you susceptible to illness, so aim to go to bed by 10pm.

### 6 Warm foods

When the weather gets cooler and the air gets crisper, it is the time to balance out that energy by consuming foods that are warm and oily. Too much coolness can make your body susceptible to sickness, so switch out your smoothies for oatmeal and your crisp salads for warm salads. Add ginger to foods and tea for its warming benefits and anti-inflammatory effects.



### 8 Sesame oil in the nostrils

Did you know that your nostrils are the leading place where sickness enters the body? Keep your hands away from this area and you are going to be so much more successful in avoiding sickness this fall. In line with the idea of making dry places moist to create balance this fall, keep your nostrils moisturized with sesame oil. Sesame oil has antibacterial qualities so it will keep this area moisturized and clean. I usually apply right before bedtime.

### 7 Skin care

Your skin has the most contact with the crisp air so one trick I do in the fall and the winter when I know I'm going to be outside is I rub sesame oil on my skin before a shower. This extra step of moisture gives an extra layer of protection from the cold and it really feels like a hug.

### 9 Wash your hands

Last but not least, take your parent's advice when you were a kid and wash your hands...a lot. Wash your kids' hands as well. You will come in contact with germs this season but the best chance of having those germs not enter your precious body is to wash the germs away.

be well.



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