



YOUR PATH TO VIBRANT HEALTH

A self-inquiry journaling exercise to support you in identifying the areas of your life you may want to give more attention to be your best self.

Nutrition/Foundation

The Chinese medicine holds that there are five flavors of foods, and eating too much of any one flavor can create an imbalance. Play around and see what flavors react the best with your body. Again, if you'd like to learn more about this approach, a licensed TCM practitioner can create a customized plan to suit your particular constitution. Here's an overview of the five flavors and their principle properties from a health perspective.

SOUR FOODS act as an astringent and have a calming, cooling effect on the liver. They are good for diarrhea, profuse sweating, think loss of body fluids. They're also good for those who eat a high-fat, rich diet. Examples include lemon, lime, vinegar, tomato, orange, pickles, and kiwifruit.

BITTER FOODS dries dampness (think conditions like edema, candida, and cystic acne) and clears heat. These foods are good for water retention, canker sores, nightmares, heart palpitations, anxiety, and insomnia. Examples include pomelo, burdock root, romaine lettuce, dandelion greens, and other bitter green vegetables.

SWEET FOODS help to tonify the body and, in small amounts, can increase a weak constitution. They also calm the body. People who will benefit the most from sweet foods are thin, have poor digestion, dry skin, hair, and eyes. Examples include sweeteners (sugar, maple syrup, honey, and the like), sweet fruits, sweet potatoes, rice, almonds, and walnuts.

PUNGENT FOODS warms the body. Good for a cold, flu, or lung infection, pungent foods make you sweat. They are also perfect cold-weather foods and are recommended for people who are overweight or feel tired and sluggish. Examples include mint, garlic, ginger, and cayenne pepper.

SALTY FOODS soften and disperse masses like nodules, cysts, and cataracts. They also promote healthy bowel movements. Examples of salty foods are seaweed, gluten-free tamari, miso, and all table salts. I recommend avoiding regular iodized table salt and choosing sea salt, Himalayan pink salt, Hawaiian black or pink salt, or any other unprocessed salt, that is, any salt that has not been stripped of its natural minerals.

1. What changes will you make to your diet after you have completed the cleanse that will enhance your energy level and support you in achieving your goals?
 2. What flavors excite you the most?
 3. What kinds of foods will you choose that inspire you and truly nourish your body?
 4. Do you prefer bitter, sweet, salty, or spicy foods? Warm or cold foods? How does that relate to your constitution?
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Movement/Qi

In Traditional Chinese medicine, one of the root causes of many diseases is stagnation. Movement is crucial for a healthy mind, body, and spirit. Exercise increases oxygen to your brain and organs so you feel refreshed and revitalized. It naturally reduces stress and creates a stronger connection with your body. Figure out what you enjoy doing, it doesn't matter if it's walking, running, yoga, Pilates, or biking as long as you are out of the chair and moving. Exercise increases endorphins (your happy hormones) which is a perfect natural antidepressant!

What areas of movement do you need to address?

Emotional

How can you increase your aptitude to experience joy and become resilient?

What is holding you back from experiencing joy in your life?

How do you express anger?

What is the expression or suppression of emotions creating in your life and relationships with yourself, work colleagues, family, romantic relationship, and friends?

Physical

Do you make time to exercise regularly?

Do you move enough to improve your body's overall resilience?

What kind of movement brings you joy?

Hydration/Water is Life

Every cell in your body is immersed in water. It makes up around 85 percent of our brain, 80 percent of our blood and approximately 70 percent of lean muscle. Being properly hydrated supports healthy brain function, muscle and joint repair, body detox and cleansing, skin healthy, and much more. Mild dehydration can zap your energy, make you tired and affect mental clarity.

Are you consuming 8 glasses of pure, clean water on a daily basis with the addition of minerals and choosing foods which are hydrating?

Self-Love

How will you nurture yourself today? (examples include a walk in nature, taking a long bath, having a loving conversation with yourself, etc.)

How are you able to show that you love yourself enough to take action that serves your highest good?

What actions will you take to show yourself you love yourself enough to forgive yourself?

In what ways will you nurture yourself adequately so that you are able to forgive others?

Community

What will you take on to either expand on your supportive, loving community or cut out so you can cultivate a more meaningful community? For example, could negative gossip be a problem in your community? "Birds of a feather flock together" look at who you surround yourself with and reflect on what changes you find would contribute to your highest good.

Do your friends **and family** support you being your best self?

Living your passion

Does your career feed your soul?

What inspires you?

What are the top 10 things that bring you joy in your life?

What are the areas of your life that are more challenging?

How can you bring more love into your life especially into the challenging areas?

Living in harmony

Eating with the seasons is an important part of living in harmony with nature. For example, spring and summer are times we feel more active parallel to the sprouting of the seeds and growth that happens in those months. In winter and fall, it's a time to go inward and slow down like animals that hibernate and store up their reserves. Eating local seasonal food is more nutritious as it is not shipped from the other side of the world. It has grown and ripened in the same area where you live in the season that you are experiencing in your own life.

How will you integrate your passion so you experience your life as "on purpose?"

Do you take time to rest when you are tired?

What needs to be cleaned out of your home/office/closet?

What needs to occur differently in your life to bring more harmony?

Could you become nourished by nature today by "Earthing" - take off your shoes and feel the earth, indulge in forest bathing, or simply being in nature?