

# Nourishing Earth Element



Five Element Yoga®

## Self-Care

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'Late Summer' is the fifth season of the year according to Traditional Chinese Medicine (TCM). This 'harvest season' from late August until the end of September is a time that reflects the Earth's role in providing nourishment and support, as it is a time of gathering and storing energy. Stomach and Spleen-Pancreas are the main organs and Meridian energy-channels activated at this time, aiding in digesting and absorbing nutrients to build and store your energy.

### Tips for Late Summer & Earth Element Season

- 1. Food:** Eat warm, well-cooked foods that are easy to digest, such as soups, stews, and grains. Incorporating yellow and orange foods, like squash, carrots, and sweet potatoes, are especially beneficial at this time. Try to cook your meals, that is, not buying prepared foods.
- 2. Eating:** Eat slowly, chewing well with mindful awareness and appreciation of the Earth that has shared with you so abundantly. Chewing well aids Stomach and Spleen-Pancreas in digesting and absorbing nutrients to give you vibrant health and energy in return.
- 3. Sweets:** Moderate your intake of sweet foods. While the Earth Element is associated with the sweet flavor, it's important to avoid excess sugar, which can create dampness and weaken the Spleen.
- 4. Routines:** Eat meals at regular times each day to establish a routine. Consistent meal times help regulate digestion and keep the Earth Element in balance. This includes awakening and going to sleep at the same time each day, as well as engaging in your practices at regular times.
- 5. Grounding Practices:** Incorporate daily practices that are calming and grounding like yoga, yoga nidra, self-massage, breathwork and walking outdoors. Calming the mind and reducing overthinking are important since worry and mind-spin can imbalance the Earth Element including digestion.
- 6. Cultivate Balance:** Create a balanced lifestyle with time for work, rest, and play. The Earth Element thrives on harmony and routine, so it's essential to avoid overextending yourself. Engage in activities that reduce stress and worry, to calm your mind and support emotional balance.