



# LONGEVITY HEALTH CENTER

## April 2019 Newsletter

From the Longevity Health Center Team

### SPRING FORWARD

The cold, inward-focused winter season shifts rapidly into the windy, boisterous growth spurt of spring. It is the most dramatic seasonal transition we experience. Even before winter is technically over, signs of spring are plentiful. Days are longer, flowers begin blooming and farmers' markets start selling early spring vegetables like asparagus, watercress and artichokes. It's easy to get caught up into the relative warmth and excitement of spring, but keep in mind that this transition time is still unsettled. The weather can be erratic and shift quickly back and forth between the chilly, wet, wintry weather pattern to windy, warmer spring weather. To prevent catching a late season cold, wear layers of clothing to stay warm enough, including a scarf or handkerchief to keep your neck shielded from the wind. During the winter, our bodies have been conserving energy and are not likely as physically active. The spring season is the time of the liver meridian which maintains blood storage and keeps our muscles, tendons and ligaments limber and pliable. To ensure a smooth transition between seasons, as well as a smooth flow of liver meridian Qi (energy), here are some things you can do during the springtime:

**Move & Stretch:** Gentle stretching upon waking and before bed is a good start. Walking 20-30 minutes, especially after a meal is great to get your blood moving and great for digestion. Don't push yourself too intensely right away or you might injure yourself by pulling a muscle or ligament. Movement therapies such as yoga or somatics are additional gentle ways to get the body moving for the season.

**Acupuncture & Massage:** In conjunction with movement and stretching, massage is a useful tool to get the blood and lymph moving and muscles limber. Find a licensed massage therapist that you feel comfortable with—someone who will tune into your body's particular needs. Acupuncture will assist with Qi management, muscle issues, as well as any emotional needs that arise.

**Food:** Contrasting with the slow cooked, heavier foods of winter, spring is dramatically different. While it's tempting to jump right into the bright colored fruit smoothies and raw, leafy green salads, it's not ideal for digestion and nutrient assimilation. Dark, leafy greens are a great spring food, but they should be lightly cooked—think steaming, blanching or a quick sauté. Brothy soups that include pungent herbs such as ginger and garlic, cooked radishes, seaweeds and well soaked grains will strengthen digestion, prevent late season colds and generally keep things running smoothly both physically and emotionally. It's also a good time of year to reset food boundaries after the indulgent winter holidays.

**Emotions:** Just as we take the time and effort to do "spring cleaning" of our homes and physical bodies, it's also a good idea to do the same for our emotional body as well. Moving into the uplifting, creative, growth season of spring is a good time to look inside and investigate any repressed emotional needs, desires or frustrations. Be gentle with yourself as you attend to your needs and ask for help from a trusted friend, therapist or spiritual leader.

Spring is a great time for ambitious new beginnings to set the tone for a fruitful year by creating a solid, balanced foundation. For more information on movement therapy, massage, acupuncture or dietary therapies, please call our office at 808-242-8844.

### LIFESTYLE EDUCATION SEASONAL RECIPES:



### ASPARAGUS LENTIL SALAD

#### Salad:

- 1 lb Asparagus, trimmed
- 3 cups cooked green lentils (1 1/4 cup dried)
- 2 carrots peeled into long strips (or grated)
- 1 1/2 cups baby arugula
- 1/4 cup chopped Italian parsley
- 1/4 cup chopped carrot top greens (optional)
- 1/4 cup chopped green onions

#### Dressing:

- 1/4 cup lemon juice
- 1/4 cup olive oil (or coconut oil or avocado oil)
- 2 Tbsp coarse Dijon mustard
- 2 Tbsp smooth Dijon mustard
- 2 Tbsp apple cider vinegar
- 3/4 tsp kosher salt
- 1/2 tsp black pepper

#### Method:

#### Dressing:

Mix all ingredients in a small jar and shake vigorously to combine.

#### Salad:

Place dried lentils on a baking tray and sort through—look for any misshapen lentils, rocks or dirt. Place into colander and rinse well. Add lentils to pot with 4 cups of salted water. Cook for 18-20 minutes or until tender. Drain off excess water and set aside. Cut asparagus on the bias into 2 inch pieces. Prepare a bowl of ice water. Blanch asparagus in a large pot of boiling, salted water until crisp-tender, approximately 2 minutes. Drain and immediately place into bowl of ice water.

Drain asparagus and add to bowl with cooked lentils, carrots, arugula, parsley, carrot top greens & green onions. Add dressing and mix to combine. Adjust seasonings to taste.

### Schedules

#### HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:  
April 19, 2019 - Good Friday

#### MOVEMENT CLASSES

##### SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.  
Thursday 10:30 a.m. - 11:45 a.m.  
Sliding Scale \$17-\$20

#### COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.  
Tuesday 3:00 p.m. - 6:00 p.m.  
Wednesday 10:00 a.m. - 1:00 p.m.  
Thursday 3:00 p.m. - 6:00 p.m.  
Friday 3:00 p.m. - 6:00 p.m.

*Last appointment is 45 minutes before closing time.  
Drop ins may be accepted, but appointments are encouraged.*