

Eating in Season

Eating in Season is one of the best things we can do to bring harmony back into the body. When we eat in season, we are following the body's natural rhythms. Our digestive juices and body hormones also work best when we eat *summer foods in summer*, and *winter foods in winter* (the exception are low glycemic berries, like raspberries or blackberries which you can have ½ to 1 cup a day in winter).

When we eat tropical fruits in winter, our body's digestive enzymes get caught off guard. In winter, they have shifted so as to be able to digest warm winter squashes and root vegetables. Asking your tummy to digest sweet fruits only upsets our body's natural gut flora in our intestines, the very critters that keep our immune systems strong.

If you follow Chinese Medicine, you may already know that there are 4 body types – hot-dry, hot-moist, cold-dry, cold-moist. When you get to



know your constitution, you are better able to understand the simple relationship between a body's seasonal fluctuations and the food it most needs to support good health.

For example, a cold, moist constitution is someone who is always cold, often has mucus in the throat or nose, yeast infections, and achy muscles in winter. For this person, eating yogurt or fruits/fruit juices in winter makes them colder and further weakens their constitution. And for them, a raw diet is definitely out! If this cold-moist constitution is you (it is for many women) eat more root vegetables, and stay away from fruity fruits in winter.

If in doubt about what you should be eating, go to your local farmer's markets and see what they are selling. Pretty soon you'll learn about what a winter food and what a summer food looks like. And of course, some foods (like onions and garlic) are healthy year-round.

Eating close to the earth is not only about eating fresh. It's about *eating with the seasons*. Honour your body's natural circadian rhythms, and eat how nature intended – in harmony!

For an excellent book on the subject, pick up ***Healing with Whole Foods***, by Paul Pitchford.