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Chiropractic Newsletter | Well-Being

Spring Renewal

Seasonal attunement is a simple but profoundly effective way to connect with and deeply nourish our own vitality. With modern conveniences, such as bright lighting any time of day and our favorite foods imported from anywhere during any time of year, we have inadvertently sacrificed living in alignment with the rhythms of nature. The result is disconnection from the earth, our food, our body's own natural cycles, and the present moment. The vital force working through all of nature goes through a seasonal cycle, which closely mirrors the inner cycles of human life. One of the most accessible ways to reconnect with our own spark of life and well-being is to create a sense of mindfulness and reverence for where we are in the seasonal cycle. Young children, if left to their own instincts, are naturally immersed in the elements of each season. Maybe you have fond memories of splashing in the puddles after a spring storm, or leaping into a freshly raked pile of autumn leaves. We can learn a lot through the eyes of children.

The spring equinox, which is the solar new year, occurs every year in late March (usually between the 19th and 21st), inviting us into a new beginning. In this first phase of the seasonal cycle, spring is the time of year with the essence of sunrise. This is the time when the bears are waking up, plants are sending their green shoots up and out of the ground, the birds are busy, and people are getting outside more. Even in such disconnected times, we can sense the change. Many cities host spring cleaning days, we open our windows to circulate the fresh new air, and we generally begin to have more energy to get outside or begin taking actions toward our goals. While morning sun rays are beneficial and energizing any time of year, there is something extra potent about taking in the first sunrise of spring, which enlivens the vital spark within us, carrying us through the year. March 20 is the date to welcome the first spring sunrise in 2025. If you are a gardener, no doubt this will be a period of immense activity for you. **Whether we decide to plant a garden or not, spring is a time of renewal and planting the proverbial seeds we wish to grow in our lives through taking action after dreaming about the year ahead in the slowness of winter.**

This fresh, new energy is even reflected in the types of plants that grow around us in spring. Some of the earliest growing wild herbs include dandelion, violet, and chickweed—all common backyard plants that support cleansing out the stagnation of winter through the kidneys, liver, and lymph. **If you are fortunate enough to have these plants growing outside your door, try inviting them into your life by adding them to a fresh salad or a simple pesto.** They can also be dried to make tea. One of the simplest ways to attune to any season is to make an effort to eat something wild every day, even if it's just one nibble. In doing so, we naturally begin to notice the subtleties of the season and become more connected to the land we live on through this ongoing and intentional interaction. Wild plants can nourish us in ways that domesticated plants grown out of season, under artificial lights, or in greenhouses cannot. Wild plants grow completely in tune with nature's rhythms, under the rays of the sun, moon, and stars. This gives them an edge when it comes to their energetic quality, and they are abundant in many landscapes, whether rural or urban. Just be sure to properly identify and use safe and sustainable harvesting practices.

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While this can be a busy season, don't forget to stop and smell the roses! Spring is a time to engage the senses, making this season a wonderful time to pack a picnic and enjoy birdsong, gentle breezes, fresh flowers, ripe strawberries, and vibrant colors. There is also no better season to indulge in a backyard hammock, which is a favorite napping place for many children. An annual trip to a cherry orchard or strawberry farm is a simple family tradition that will also fill your canning jars or add to your freezer while support - ing the local community. Many people set their goals for the new year back in January. Spring is a beneficial time to review those goals and make any adjustments needed to keep ourselves aligned with what we are growing in the garden of our lives. It can be easy to get carried away with the hustle and bustle of spring and the demands of modern life, but grounding ourselves in the essence of the season can be as simple as observing what is happening in the natural world around us and finding ways to participate in it. When we attune ourselves to the seasonal rhythm, even in small ways, we begin to notice the flow of life working with us, which has subtle and profound effects on our overall sense of well-being.

Eating in Season

- Leafy greens
- Radishes
- Asparagus
- Cherries
- Peas
- Morel mushrooms
- Carrots
- Strawberries
- Onions
- Beets

10 Things to Do in Spring with Children

- Plant a garden
- Go on a nature hike
- Make a cherry pie
- Blow bubbles
- Shop a farmers market
- Make flower crowns
- Splash in puddles
- Go strawberry picking
- Have a picnic
- Build a birdhouse

Dandelion Honey Butter

1/4 cup salted butter, softened

2-3 tablespoons raw local honey

1/4 cup fresh dandelion petals, separated from flower head

1. Whip softened butter and honey together using an electric mixer or whisk
2. Stir in dandelion petals
3. Store in refrigerator, use within 30 days

Serving suggestions: Spread on sourdough toast, stir into oatmeal or yogurt, add to smoothies

By Erin Blank

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