

REASONS FOR THE SEASONS

By Rebecca Tkach, HHP, CST, LMT

Many of us are fortunate to be able to purchase a wide variety of foods year round. No matter the season we have a wide variety of fruits, vegetables, grains, and meats at the local stores. In many ways this is very fortunate. When we take advantage of this abundance we have very little risk of suffering nutritional deficiencies.

There is a reason for the seasons. Let us look first at what grows in different seasons. Spring gives us the first fruits which are berries, plums, peaches, apricots, strawberries and nectarines which are my favorites. Summer is when the melons ripen. Everything else that has been growing since spring like the grains and potatoes are harvested in the fall to be stored for winter. The livestock is also prepared in the fall for the lean months of winter.

If we were consuming the foods as they ripened we would be living in harmony with the seasons. The springtime fruits clean our colon. This can be a very powerful cleansing. Next to ripen would be the melons that clean our kidneys. You don't want to clean the kidney until you have cleansed the colon. That prepares our bodies for the fall and winter, when we eat grains and meats that help our bodies to keep warm. Unfortunately the meats and grains also congest our systems.

So make sure and eat the spring fruits to your hearts content and then make a meal out of melons. Try to eat light. Summer heat usually encourages us to eat light. You will give yourself and you family a natural colon cleans and kidney cleans. Commercial products can cost quite a bit and are not nearly as pleasant.

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