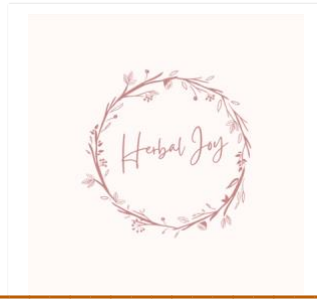


Herbal Joy
Holistic Herbalism Notes



MONTH: FEB 2024

INTENTION:

Listen to my body and be aware of my body's energetics. Focus on an aspect of my health each month that I can support with an herb of the month.

HEALTH ASPECT TO SUPPORT:

Blood Pressure / Cholesterol

HERB OF THE MONTH:

Chamomile

MY BODY'S ENERGETICS TODAY: (HOT/COLD, DRY/DAMP, TENSE/LAX)

Dry, Tense, unsure on Hot / Cold (mostly warm, but slow digestion sometimes)

FUN MOVEMENT:

30 day challenge – Qi Gong exercise – 15 minutes a day

SUPPORT FOR SLEEP:

Rise in time to watch the sunrise every morning.

MINDFULNESS:

30 minutes / day quiet sitting

NOURISHING FOODS:

Back to the basics with broth and soups

NOTES:

I have not thought much about supporting my heart and blood pressure previously. I do not have a history of high blood pressure. When I was younger, and skinnier, I had a tendency to low blood pressure. A few years

ago, I was told that my "bad" cholesterol is on the high side, but as long as I kept my "good" cholesterol high, it was not a concern. I am learning to be more mindful and aware of how my blood pressure feels in my body.

I am looking to support my body in staying balanced in this area.

As usual in winter, my body is Dry. I notice dry skin especially on the elbows. Nails can be brittle. Dry eyes, but not as dry in past years.

My body is tense. I am aware of tension in my leg muscles (probably related to not moving enough), tension in my head (related to computer work or sinuses), and tension in my digestive system (This has probably been there all along. I am just learning how to recognize this. Working with teas that include relaxing herbs has been helpful 😊)

I not sure about hot / cold. I have some red dry skin on my elbows, so that might be a hot spot. I have had sluggish digestion off and on, so that might be a cold spot. I am usually warm at night when others are cold. But sometimes I get chilled and can't get warm. So, I will keep checking in with my body and what might be causing these changes.

I am choosing movement that is fun for my body and that I can do indoors at home this winter. My body loves Qi Gong, but I have not been consistently practicing. I notice immediate improvement in energy and mood when I make the time to practice Qi Gong.

This winter I began a mindfulness practice of silent sitting each day. I like to do this as the sun rises when possible. I also do this practice at night if I have trouble sleeping. I find it helps destress my mind and supports good sleep.

I am adding nourishing bone broth to my diet this winter. I like to add herbal sprinkles that include culinary herbs and seaweed. Drinking broth in the evening is tasty and satisfies my urge for a late snack without filling my stomach too much before bedtime. It's also hydrating so helps alleviate overall dryness.

(More notes to be added at end of the month on how I worked with chamomile and how my body responded)