



The NK Wellbeing Zone



March/April 2021

Welcome to the Spring edition of The NK Wellbeing Zone! I hope that you are well and that as this newsletter reaches you, Spring has almost sprung!



A New Season

What first comes to mind when we hear the word 'Spring'? The promising signs of green shoots and the hope of Easter? The delights of birdsong? Lighter evenings? How about 'Spring cleaning'? This is the traditional sweeping and freshening up of our homes, and perhaps signifies closure on the dark, cold days of winter. And it is not just our homes that can benefit from a seasonal cleanse. As I mentioned in the September/October edition, the seasonal changes we observe in our outer world are reflected in our inner, bodily world too. We do not exist separately from the rest of Creation. Have you noticed that your nails are growing faster than they did even one month ago? Just as in the Autumn, when our bodily fluids began to thicken and move more slowly around our body, in Spring, it is the reverse, and our bodily fluids become thinner and start to move around our body more quickly, accompanied by a gradual increase in energy. The UK Spring Equinox 2021 will happen on Saturday 20th March at 9.37am. Although we may not be physically aware of this event, at that precise moment, there will be a shift in bodily energy and our cells may take the opportunity to shed unhelpful toxins during the days and weeks which follow. Taking extra care of our health and wellbeing around this time can help to support and facilitate this natural 'spring cleaning' process. Here are a few things which could help.

- Keep hydrated with 4-6 glasses of water daily, alongside other drinks. Build up to this slowly if you are not a regular water drinker and don't drink more than one pint of water in any hour. Why not invest in a measured water bottle like the ones below? Water consumption in my

household has been transformed since I purchased a couple of Polar Gear Water Tracker bottles, PBA plastic-free, online at £8.99 each. Everyone thinks they ‘drink plenty of water’, until they start to measure it! Highly recommended.



- Whilst our bodies, and particularly our cells, are in ‘Spring cleaning mode’, the cleaner and more natural the foods and drinks we consume, the better. Keeping hydrated and eating plenty of your favourite vegetables and fruits is a great place to start. They contain many of the vital nutrients we need for overall health, including vitamins, minerals and essential fibre for a healthy digestive tract.
- It is amazing how easily processed food can quietly sneak into the kitchen cupboards! Of course, we all like a treat from time to time, whether sweet or savoury. Moderation is the key, and if in doubt, just check the Ingredients and if you are looking at a long list of chemical names, then you can safely take this as a big clue.
- Vitamin D has received a lot of positive publicity in recent months, because of its important role in supporting the Immune System. With longer, sunnier days encouraging us to spend more time outdoors, just 20 minutes of daily sun exposure can provide a welcome boost to Vitamin D levels, whilst taking care not to get sunburn. Dietary sources of Vitamin D include mushrooms, soya milk, oily fish, egg yolks and fortified breakfast cereals.



- Supporting mental as well as physical health could not be a higher priority at the present time. Exercise or movement of some form can help too, as not only does this help the body to remove toxins via the Lymphatic System but also contributes to the ‘feel good factor’ with the release of Endorphins, a natural neurochemical. Equally important is keeping in touch with friends and family, talking concerns through, enjoying hobbies, and making time to relax – all of which can make a significant contribution to overall health and wellbeing.

Thank you for all your kind messages since the first edition of the NK Wellbeing Zone. If you have a question, a positive health-related story, or a recipe to share, then just get in touch.

With every good wish and blessing for Spring and Easter.....

Elizabeth

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