SEASONAL HERBAL GUIDE

Align with Nature & Support Your Body Throughout the Year

Herbs and simple self-care practices inspired by Traditional Chinese Medicine (TCM). Each season reflects the rhythm of nature within us — guiding our diet, activity, and emotional balance. By connecting with seasonal herbs and practices, we nurture harmony, resilience, and vitality throughout the year.

Spring – Renewal & Movement (Wood Element)

As nature awakens, Spring calls for movement, cleansing, and renewal. It's the time to support the Liver and Gallbladder, which govern the smooth flow of Qi (energy) and emotions.

Key Herbs

- Dandelion – Gentle liver detox and cleansing
- Nettle – Mineral-rich vitality boost
- Peppermint – Clears stagnation, uplifts the spirit
- Cleavers – Supports lymphatic flow and skin health
- Milk Thistle – Protects and regenerates liver cells
- Chrysanthemum – Cools and soothes the eyes, especially during windy days

Seasonal Tips

- Eat fresh greens, sprouts, and light, cleansing foods.
- Stretch, walk, and move daily to support the Liver's flow.
- Try a morning cup of nettle and dandelion tea to awaken your energy.
- Reflect on new beginnings — let go of what feels stagnant.

Colour Cue: Fresh green, symbolising new growth and vitality.

Summer – Joy & Heart Health (Fire Element)

Summer represents warmth, activity, and connection. It corresponds with the Heart and Small Intestine — organs that govern joy, circulation, and communication.

Key Herbs

- Hawthorn – Strengthens circulation and heart
- Lemon Balm – Calms the spirit, uplifts mood
- Hibiscus – Refreshes and cools the body
- Rose – Opens the heart and soothes emotional heat
- Gotu Kola – Nourishes mental clarity and focus
- Passionflower – Calms restlessness and supports sleep

Seasonal Tips

- Focus on light, fresh meals — fruits, salads, and herbs.
- Spend time outdoors and nurture joyful connections.
- Cool the body with iced herbal infusions of hibiscus or rose.
- Avoid overexertion in the heat — balance activity with rest.

Colour Cue: Vibrant red or warm pink, reflecting joy and vitality.

Late Summer – Nourishment & Stability (Earth Element)

Late Summer is the season of abundance and transition — a time to nourish body and mind. It relates to the Spleen and Stomach, which transform food into energy (Qi).

Key Herbs

- Chamomile – Soothes digestion and relieves tension
- Ginger – Warms and supports the Spleen
- Licorice – Harmonises energy and strengthens Qi
- Turmeric – Aids digestion and reduces inflammation
- Cardamom – Awakens appetite and dispels damp
- Lemon Verbena – Supports digestion and emotional lightness

Seasonal Tips

- Favour warm, cooked, and gently sweet foods like pumpkin, millet, and rice.
- Avoid excess cold or raw foods that burden digestion.
- Eat slowly and with mindfulness to support the Spleen.
- Enjoy a calming cup of chamomile and licorice after meals.

Colour Cue: Golden yellow, symbolising nourishment and stability.

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Autumn – Protection & Letting Go (Metal Element)

Autumn draws our energy inward, supporting the Lungs and Large Intestine — organs linked with immunity, boundaries, and emotional release.

Key Herbs	Seasonal Tips
• Astragalus – Builds immunity and resilience • Thyme – Supports lungs, clears congestion • Sage – Soothes throat and aids digestion • Elderberry – Fortifies the immune system • Marshmallow Root – Moistens lungs and soothes dry tissues • Oregano – Clears lingering pathogens	• Keep your lungs warm and protected from wind and cold. • Begin your day with gentle breathing or meditation routine • Eat pears, root vegetables, and warming soups. • Use thyme and sage in cooking or as a steam inhalation for respiratory support.

Colour Cue: Soft gold or bronze, representing harvest and reflection.

Winter – Rest & Replenishment (Water Element)

Winter is the season of stillness and restoration. It corresponds with the Kidneys and Bladder, the source of our core vitality (Jing). Time to rest deeply and rebuild reserves.

Key Herbs	Seasonal Tips
• Cinnamon – Warms and supports Kidney Yang • Rehmannia – Deeply restorative and nourishing • Ginger – Circulatory and digestive support • Goji Berries – Nourish the Kidneys and Liver • Schisandra – Enhances endurance and balance • Ashwagandha – Strengthens resilience and supports deep rest	• Rest more and conserve your energy... sleep more and rise more slowly. • enjoy slower routines during winter • Enjoy warm, slow-cooked stews and teas. • Protect your lower back and feet from cold. • Reflect inward — meditate, read, and nurture inner stillness.

Colour Cue: Deep blue or indigo, symbolising wisdom and stillness.

Using This Guide

- This guide is a gentle companion through the seasons — an invitation to live in rhythm with nature's cycles. Each season calls for a different focus: renewal in spring, joy in summer, nourishment in late summer, reflection in autumn, and rest in winter.
- Use the herbs as daily allies — sip them as teas, add them to meals, or blend simple infusions that match the energy of the season. Let these moments become small rituals of connection and self-care.
- Move and rest in tune with the shifting balance of yin and yang — expand and express during spring and summer; slow down and replenish in autumn and winter.
- Notice how your body and emotions respond as you align with nature. Keep it simple, consistent, and mindful — the real power lies not in doing more, but in living in harmony with the world around you.