

# THE FULL-SPECTRUM SEASONAL PREP: WAYS TO PREPARE FOR THE SHIFT

## HOME

- Ensure sufficient light or darkness in rooms
- Change bedding and air out mattress
- Clean furnace or air conditioner
- Install or change out the air filter
- Air out home by opening windows (possibly get a mold home check)
- Clean and dust rooms
- Declutter and donate unwanted, unused items
- Assess water quality
- Prepare gardens for growth or rest

## FOODS

- Shop for seasonal foods
- Eat foods rich in polyphenols, such as plums, apples, grapes, cherries, nuts
- Cook with polyphenol-rich herbs and spices, such as cloves, star anise, cinnamon, allspice, oregano, rosemary
- Cook foods in the colder months; eat more raw foods in the warmer months
- Stock up with any bulk foods
- Clean out the refrigerator
- Toss expired spices and herbs
- Hydrate based on seasonal needs

## EMOTIONS

- Engage in crafts
- Express feelings
- Get a new journal
- Use an emotion log

## SPIRIT

- Explore mentorship or classes
- Redefine purpose
- Reassess rituals
- Commit to a cause

## BODY

- Schedule any medical check-ups, lab tests or dental exams
- Measure vitamin D to ensure adequacy (usually best to test in spring and in autumn months)
- Take care of liver and gut with fibers/herbs
- Assess skin care routine and modify as needed

## LIFESTYLE

- Assess physical activities for that season and how to schedule for them
- Prepare for holidays and travel
- Adjust sleep time
- Prepare for any upcoming time changes
- Spend time in nature
- Listen to uplifting music
- Clean out closet of clothes and shoes
- Evaluate any clothing needs

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