

Banish Cold Balance Vata

Ayurvedic & Chinese Medicine Solutions to Bring Balance After Cold Exposure

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Balancing Vata: Warming and Moistening

Drink: Drink warm fluids until the weather warms up and/or until you feel warm again.

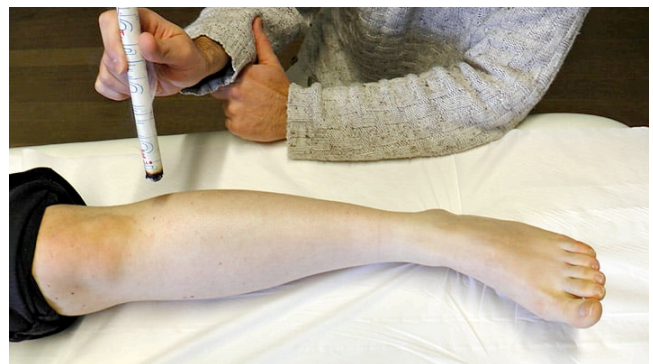
Drink: Ginger Cinnamon “tea” with Honey is a great combination for deeply warming the body. Use dry powdered or cut/sifted herb from your grocery store. Honey is warming according to Ayurveda.

Eat: Focus on warm, moist foods and simple recipes. Soups and stews that incorporate the flavors of **Sour**, **Salty**, and **Pungent** will be warming and healing. For example, a miso-based soup with ginger would be great! Lamb meat is considered warming in both Chinese Medicine and Ayurveda. Warm oatmeal with cinnamon, ginger, and honey would also be great. **Avoid excess chile pepper, as it is drying and cooling.*

Abhyanga/Self Oil Massage with an herbalized Vata Balancing Oil or plain sesame oil (available from Banyan Botanicals). Apply the oil to the body and then take a warm bath or shower and continue to massage the oil into the skin. See this handout for details:

https://cdn.banyanbotanicals.com/info/uploads/Elements_of_Ayurveda_Self-Massage_Guide.pdf

Get simple, warming, rhythmic movement but stay warm while you do it especially if you’re going outside. Do not get sweaty and then get chilled! Keep your neck covered! A



Vata balancing yoga routine would also be great -there are many on YouTube
https://www.youtube.com/results?search_query=vata+balancing+yoga

Banish Cold from the Channels

Moxa Sticks for Deep Warming: Get this important warming therapy from your Chinese Medicine practitioner and/or watch this or other YouTube videos for instructions on how to SAFELY do moxa on yourself at home. Please ***do not touch the stick to your skin and do not burn yourself!*** You can use the moxa stick over any area that feels very cold. Stomach 36 is a great point, and the sole of the foot at acupuncture point KD1 is also a spot that can help warm up the entire body.

<https://www.youtube.com/watch?v=9VFoRDxcA4Y>

You can buy Hua Tuo brand moxa sticks here: <https://www.solsticemed.com/Pure-Moxa-Rolls-For-Mild-Moxibustion-Joss-Sticks-p/ht2.htm>

I hope I've given you a couple easy ways to start to you warm yourself up and thaw yourself out after this intense encounter with Cold many of us have had. I want to stress that it is really important to address deep Cold in our bodies, as Chinese Medicine theory explains that Cold can become lodged in the body, especially the joints, and cause a range of issues, especially pain. If you feel extremely cold, these home remedies don't help move the dial, and/or you start having



flare ups of chronic issues or start having new issues arise, I strongly recommend that you consult with a Chinese Medicine practitioner who can help you get that Cold moving out of your body!