



Winter Medicinals

CHECKLIST



Food & Snack

- Beans (black, kidney) _____
- Jujube Dates _____
- Root Vegetables _____
- Seaweed _____
- Walnuts _____



Herbs for Tea

- Astragalus _____
- Cinammon _____
- Ginger _____
- Marshmallow Root _____
- Rose Hips _____



Helpful Tips

- Move 30 Day Yoga Journey _____
- Diffuse Clove Essential Oil _____
- Warm Herbal Foot Soaks _____
- Qi Gong Breath Work (15 min) _____



Lifestyle Tips

- Prioritize rest and sleep _____
- Avoid excess salt _____
- Keep your neck & low back warm _____
- Moxibustion _____

