

## The Joyful Cookbook Winter 2017: Eat Well. Eat Whole. (Paperback)



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## THE JOYFUL COOKBOOK WINTER 2017: EAT WELL. EAT WHOLE. (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Winter is ruled by the water element; it is the time to rest, reflect and vision. This season, we find balance when we withdraw and focus energy inward. As we glance out at the world surrounding us, we see examples of this withdrawal everywhere: the skies become darker, trees live without their lushness, green growth comes to a halt and animals slow down or hibernate. Winter is the season of death and rebirth, a necessary aspect of the yearly cycle to create space for new life. Winter is predominantly a cold, wet and damp season. This same process and energy is occurring internally and deep within our system is the need to slow down and take pause, too. The busy schedules we commonly keep towards the end of the year can pull us out of sync with the natural cycle of the Earth and although we have less energy to exert in winter, we can find ourselves moving at a fast pace. This may leave us feeling depleted in the new year, which can artificially create stress that destabilizes our immune system, releases the heat we so greatly need and can cause dis-ease and discomfort throughout the body. The food you put into your body each day is the best medicine to address energy imbalance, stress, physical pain, weight challenges, and even anxiety and depression. This healing goes beyond the medicinal power we find in whole ingredients. Food holds the power to elicit creativity, foster community, encourage flexibility, and even bring out curiosity, courage and adventure. But of course, like all things, there is light AND darkness to a subject as enormous and essential as -food-. Every day a new...



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