

Ancient healing system aids overall lifestyle plan

As we begin to leave a long, cold and snowy East Coast winter, we look forward to the



Dr. Kelli Harrington

fresh arrival of spring - Yahoo! Many images come to mind when we think of this wonderful season of rebirth - flowers, warm breezes, spring clothes and getting outdoors

for bike rides, picnics and walks. The days become longer and naturally our bodies, minds and spirits become rejuvenated and lifted as we shake off the lingering frost. What a beautiful time of year!

With these wonderful anticipatory thoughts it is also an opportunity to reconnect with our bodies and take an inventory of habits we may have developed during those cold dark days of winter. "Did I overeat during and after the holidays? Did I keep up with my fitness routine the way I had hoped? Am I feeling sluggish as a result of longer days inside and less attention to what my body needed in order to maintain optimum health?"

HOLISTIC FITNESS

If these or similar questions are the ones you are asking of yourself as we move into those warmer months, give yourself a round of applause! It is the first step toward renewing your relationship with your body and getting back on track toward holistic health.

Many of us want to get fit for the summer months and as a result, begin to examine our diets first. Making a commitment toward healthy eating is a great way to jumpstart a healthy regimen and "renovate" your body from the inside out. Where do you start? What would be a healthy nutritional path?

Balance is the key in any lifestyle plan. I call it a lifestyle plan because it is not just about the food that we consume, but also about the amount of sleep we get, the stress that exists in our lives and the fitness selections we make just to name a few. We all have different bodies and lives that should be honored and respected through

the choices we make in order to maintain proper stasis. With these ideas in mind, I look to the ancient system of Ayurveda for guidance.

Translated as "the science of life," Ayurveda is a 5,000-year-old healing system originating from India that focuses on establishing and maintaining balance of the life energies within us, rather than individual symptoms. It recognizes the unique constitutional differences of each individual and therefore recommends different lifestyle, fitness and nutritional regimens for different types of people. It is not just about food, but how our nutritional choices can and should work with the rest of our life.

Ayurveda takes into consideration individual genetic constitution types, how to listen to your body and its responses to stress, various foods, weather, internal and external conditions that may cause system imbalance. It also takes note of how to change or modify your diet and lifestyle in order to adjust to

your own changing physical and emotional needs. It is comprehensive and informative and does not work according to a "one size fits all" structure.

There is plenty of research and study on Ayurveda and I encourage you to seek it out. This ancient healing system is an excellent way to cleanse your body of winter stagnation and revitalize your whole being for the months and years ahead. When we understand more about our whole selves in a comprehensive way, we can then move away from "dieting" and embrace our nutritional choices as a part of our everyday life. Holistic in orientation and lifestyle specific, Ayurveda will give you a different understanding of what it means to live a full and healthy life. Namaste!

Dr. Kelli Harrington is the Zen Proprietor of KAMP KELLI (www.kampkelli.com), a Holistic Fitness Company for Women, and Partner and Yogini of Zen Spot Hot Yoga (www.zensporthv.com), both located in Millbrook. Please write her at kelli@kampkelli.com or info@zensporthv.com.