

Autumn is the best season to improve the bodily constitution



Autumn is the season in which the body that had loosened in the summer tightens.

It is the time of the year in which both the head and body are fulfilled. It is a chance to order the pelvis and change the body's constitution. Further, it is the season to heighten sensitivity and learn the breathing method that unifies mind and body.

It is an important season for men, but especially for women, who in the cold season do much cooking and handwork, it is a very important time. If you order the pelvis, it will relieve symptoms peculiar to women such as menstrual pains, headaches, dizziness, and decline in functioning of the ovaries due to chilling. You will be able to pass the year with health and vigor.

As we enter autumn, we feel the cold as the temperature falls at dawn, and the lips and skin may become dry. In Akagi, this occurs in the beginning of October. I feel like having vegetable soup or rice stew (*zosui*). The body, which easily becomes dry, is moisturized by hot foods that are plentiful in liquids. This can be applied not only in autumn but also in winter.

During this time, if you do not take in enough fluids, the spine becomes parched, the body becomes susceptible to becoming chilled, and the bodily constitution becomes sensitive to the cold. From late autumn through winter, digestive organs are upset and colds and pneumonia are caught from lack of replenishing fluids. For many people, disorders arise because they do not know something this simple.

Excerpts: „Seitai - method for the women's body" – 4 Seasons,, Noa Mutsuko Nomura



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