

It is really cold and chilly in the wind today ! A `bitter, biting cold`.

The seasons are battling to be present; and is actually the correct weather for this period.

But MUCH caution, as this is when it is easy to become unwell from

`pernicious wind attacking the body` (skadlig vind som attackerar kroppen).

Remember the medicine for this ? Fat in the outer layers of the body. Normally, I would cry `English Breakfast plus Black Tea`

But the English breakfast is too heavy ☹️, even if I do not fry the bread and take out the sausages
and we are in a period of cleansing for Spring and training to use Jook as our base food.

Our answer this time is `butter` ... which can now be used medicinally !!

Remembering that it is not to be a daily food, especially in Spring and Autumn.

Those foods used habitually will not allow the body to react to them as medicines !!

However, used sparingly or in a specific season, i.e. winter; *the body will now react to it as if it is winter and give the same physiological reactions as it metabolises it !!*

Daily adaptation !!

What I did this morning was to **add butter onto the Jook**, *melting it into the eating bowl.*

Also, I used a **more rough type of Pu Erh** * and a) *added Himalayan salt, rough in crystals,*
plus b) butter in the cooking.

Simmered boiling for about 20 minutes, salt and butter added in the beginning.

* one bought from the Asian store in Stortorget; rectangular red box, see picture on FBk post

Remember:

- Wind is the carrier of pathogen into the body, so, one needs to make a protective layer of fat.
- This is a very good example of when the weather on a particular day is more extreme and can influence one's health detrimentally.

So, one adapts quickly by changing the ingredients of the Jook and what one drinks !!

Daoist-Hermit 🌀⚡🌀⚡🌀

*`Sitting quietly, doing nothing
Spring comes, the grass grows of itself`*

Chang Xuan Ren 暢玄人

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