

The Top Four Things To Do For Your Health During Mercury Retrograde

YOUR MERCURY BALANCE PLAN:

When Mercury is retrograde, we all can use a little help with the body systems related to Mercury in our lives – namely our brain, memory, and nervous system can be extra challenged during the Mercury Retrogrades.



What can be done about this? We can take extra good care of our brain and nervous system by taking supplements and foods which help memory, hand-eye coordination, synapse speed and repair and insulation of our nerves all at the same time.

The color connected with Mercury is GREEN, and all green foods are high in nutrients which nourish the nervous system, brain and memory.

One of the first food items I recommend to improve Mercury functions in the brain and body is **GREEN TEA** for health and vitality. [Green tea is a memory enhancer and boosts what is called working memory](#) = the ability to hold things we are consciously processing right now as well as language and how to make sense and use of it.

Additionally, one of green tea's components is **L- THEANINE** which is **really good for memory and calming to the nervous system too. Research has shown that L-theanine helps people achieve meditative states.** [L-theanine significantly increases alpha brain waves, which means it relaxes the mind without inducing drowsiness.](#) (Check with your doctor or medical professional before

adding any new supplement, disclaimer is asking you to do your own due diligence, use common sense and act responsibly with your health.)

Additionally, take whatever supplements you find are **good for your memory and focus** to counteract the tendency to have a tired brain during the Mercury Retrograde. Everyone's physiology is a bit different, so for some, **creating calm** assists focus (like you will see in health tip #3), while others improve with a small amount of caffeine like in tea or the energy that yerba mate can give to help them stay on track.

Work with your own natural body and brain type (some mild ADD/ADHD brain types can focus better with a little tea for instance), and be aware that you **might be more sensitive to caffeine** during the Mercury retrograde time as well.

1. **Reduce your brain age by 10 years.** A second group of foods good for Mercury ruled systems in your body are eating or drinking leafy greens. Did you know that certain leafy greens clear the arteries, can stave off Alzheimer and dementia, can make your brain younger and more alert in old age?



Green Drinks are good for you

The Vitamin K found in leafy greens, cooked greens, brussel sprouts and asparagus keeps mental abilities sharp and can give you a brain which functions as **10 years younger** – if you get at **least one serving** of these vitamin rich **greens every day**.

So, let the Mercury retrograde help you RE-assess your diet and how you are taking care of your brain and nervous system. Use this time to increase ways to get these nutrients daily, not just a few days a week.

2. The third top health habit that improves Mercury functions and memory is **MEDITATION**.

[The Atlantic wrote a significant article on the benefits of meditation and memory.](#)

Meditation has long been known to calm anxiety, improve focus and is fantastic for improving work efficiency and overall health because intuition and decision making is clearer for those who meditate as well.

During **Mercury retrograde** it is important to help calm the nervous system and make sure you are not frazzled by all the double checking of appointments and inevitable changes that occur during this time. It is important to make sure you **make time to meditate** daily during this time.

It only takes a few minutes a day.

Give your nervous system a break.



Conversely, consider doing nothing for 5 minutes at least once a day. Can you go without your phone or stimulation (including listening to music) for 5 minutes? If you cannot, then you might be addicted to electronics, or just need a little help to calm down.

Even 5 minutes of no stimulation, which is no reading, music or phone; just sitting for 5 minutes makes a significant difference in your productivity and ability to focus on that day.

When Mercury functions well in our lives, we can track details and not get fatigued; we **can make connections, discriminate facts and learn easily**.

Meditation is like a mini-nap for your brain. Your brain can

decompress and function more clearly with these little 5 minute breaks.

3. The fourth health habit in the Mercury Balance plan is to connect with nature, high oxygen emitting green plants, spend time in gardens, watching trees sway in the wind or squishing your feet in the green grass.

All of this helps **keep the joy and wonder** of life fresh. The life giving oxygen given off by evergreen trees and plants is heart healthy as we know. The vitality and quality of air given off in plant rich environments is different than the oxygen found in closed door buildings.

Mercury is the planet of **GREEN**, so it is no surprise that during Mercury retrograde it is vital to **eat, drink and breathe more green** in your life.

Individual Vedic Astrology Chart – you can improve Mercury in your life. I also give advice if someone’s Mercury in his/her birth chart needs extra support. I recommend getting more greens, green tea and meditation into their life on a regular basis.

Overall, we all will feel like we have a challenge with the Mercury functions in our body and brain during Mercury retrogrades.

WHEN to add these Mercury balancing habits?

Of course apply these DURING a Mercury Retrograde!

Ideally, you can get **ahead of things and prepare for Mercury Retrograde, next time**. Take extra care to add at least **one of these healthy habits every day two weeks before, during and up to two weeks after the Mercury retrograde**. If you do, you will be saying “What Mercury Retrograde? I feel fantastic, and my nervous system isn’t stressed at all”.

Take charge and make some pre-emptive moves to improve your life during Mercury Retrograde instead of trying to re-gain lost ground after the event things align.

This will have you functioning in your personal **genius zone** all year long.

I have added some science articles to help drive home how beneficial these actions are.

Remember, drink Green Tea, spend extra time outside and in forests or green houses, and calm your nervous system and you will be functioning much better during the Mercury Retrograde.

ENDNOTE:

Just a few articles about the positive effects of Green Tea and leafy greens:

*New Study Shows That Green Tea Boosts Working Memory by David DiSalvo at Forbes.com

<http://www.forbes.com/sites/daviddisalvo/2014/04/14/study-green-tea-boosts-working-memory/#415d5232792b>

*Green tea extract enhances parieto-frontal connectivity during working memory processing

André Schmidt, Felix Hammann, Bettina Wölnerhanssen, Anne Christin Meyer-Gerspach, Jürgen Drewe, Christoph Beglinger, Stefan Borgwardt

<http://link.springer.com/article/10.1007%2Fs00213-014-3526-1>

*Leafy Greens can reverse brain age by 10- 11 years

<http://www.newswise.com/articles/eating-green-leafy-vegetables-keeps-mental-abilities-sharp>

*Huffington Post leafy greens makes your brain younger

http://www.huffingtonpost.com/2015/04/03/diet-and-alzheimers-leafy-greens_n_6987672.html?utm_hp_ref=alzheimers

*Meditation improves memory and attention

<http://www.theatlantic.com/health/archive/2013/05/study-meditation-improves-memory-attention/275564/>

About the Author



Kathleen M. Whalen is a consultant providing solutions for seekers and entrepreneurs alike based in science, sound and ancient wisdom systems deeply rooted in Vedic Astrology and Chinese medicine.

Kathleen's modern approach in **Vedic** sciences and practical advice from being a clinician combined with positive psychology and mindfulness allows her to support your highest good with quick, easy solutions woven into action plans. These same approaches help the highly evolved executive, entrepreneur or spiritual seeker and coach to harness their skills to live and work more resonantly, giving them a more prosperous, purpose filled life.

With an early background in allopathic medicine, immunity & neuroscience lab research and degrees in biochemistry and Chinese medicine (B.S. and M.S.), Kathleen had a thriving acupuncture, herbal and energy medicine practice before integrating Vedic Astrology into her practice. Ask her sometime about all of the many modalities she has used some time (from hot stones, tuning fork, crystal layouts she invented, reiki, qi gong, aromatherapy, flower essences and more energy healing modalities). **Kathleen** uses vibrational methods now to consult and guide in ways never before seen.

Her educational study and background includes:

- **Biochemistry & language minor** (Bard College and **B.A.** from The University of Texas at Austin)
- One year of **medical school** (University of Texas at Houston school of Medicine 1989)

- Research at **M.D. Anderson Hospital** and Cancer institute internships (worked with the first recombinant Tumor Necrosis Factor and published in Blood magazine, age 17)
- Lab assistant at **Baylor College of Medicine** in **neuroscience**
- Internships in Chinese Medicine Hospitals in China 1992 (herbal medicine, Tui Na, acupuncture hundreds of cases) – 2 months in Shanghai and Chengdu (which led to my famed trip to Tibet and Mt. Kailas, mantra fueled magical trip)
- **Acupuncture & Chinese herbal medicine** – a second bachelor's degree and a Master of Science (first graduating class in Chinese Medicine of **Bastyr University 1993**)
- One of only two people to have practiced with Bill Mitchell N.D., one of the co-founders of Bastyr University – practiced in Dr. Mitchell's office beginning 1993
- **Ayurveda study began at Bastyr University** with Vivek Shanbag in 1992 and used ayurvedic herbs in Chinese medicine practice, especially for fertility support. The study continued with Dr. Vasant Lad workshops over the years.
- **Qi gong practitioner for more than 23 years.**
- **Indian Numerology and Sacred painting student in Harish Johari lineage; painting yantra-mantra since 2005.**
- **Vedic Astrology** studies since 2002 with Dennis Flaherty as main tutor, and many other teachers through intensives or workshops (Chakrapani Ullal, Gayatri Devi Vasudev, Robert Svoboda, Dennis Harness, Nalini Kanta Das and more) – various certificates with American College of Vedic Astrology ACVA and CVA.