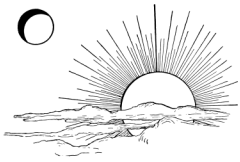


SUMMER

Chinese Medicine Food Therapy



About

In Chinese Medicine, seasonal changes are opportunities to improve our health. Summer corresponds to the Fire element and the Heart and Small Intestine meridian system. Summer is the most Yang season- it's bright, expansive, and energetic! The key to thriving during summer is a diet that is light, cooling, nutrient-dense, brightly colored, and hydrating. Reducing dampness and supporting the Spleen qi will keep us balanced and healthy!

Tips

- Opt for lighter meals
- Use lots of brightly colored summer fruit veggies
- Add bitter/mildly sour flavors
- Limit iced food/drinks. Try a warm breakfast bowl or adding ginger to a smoothie to keep the digestive fire strong.
- Add cooling, red colored foods like watermelon- our favorite!
- Include dampness-reducing, cooling and yellow-toned foods like squash
- Rise with the sun, be active, and take a nap to re-charge :)

Foods

- Cooling summer foods to use: cucumbers, bitter melon, mung bean, watermelon, sea vegetables, mint, celery, lettuce, zucchini, lettuce, citrus, corn, tomatoes, and water chestnuts.
- Balance your cooling foods with warmer foods that also support the Spleen: Shan Yao (Chinese yam), ginger, millet, red rice, peanuts, adzuki beans, barley, lotus root, mushrooms, asparagus, bok choy, and perilla leaves.
- Include mildly warming food: cherries, lychees, longans, coconut milk, apricot
- Reduce salty, fatty, meaty foods
- Stay hydrated. Start your morning with a glass of water (room temp or warm).
- Try coconut water on hot days or adding a pinch of sea salt or trace mineral drops to your glass of water. Watermelon juice also cools the body and cleanses the system.
- Herbal teas: mint, hibiscus, rosehip, lemon balm, nettles, chrysanthemum