



It's Summer Heat Season!

Here is some information on how to protect and treat yourself Chinese Medicine style.

Prevention:

When the weather changes, even when it gets hot, you can be susceptible to catching colds. In Chinese Medicine, these happen from exposure to wind as well as heat and damp in the Summer. Prime exposure time can include sitting directly under a fan or AC; swimming and not drying off properly afterwards; or moving from outside to air conditioning without covering up. It is still good to protect the back of your neck from wind maybe with a silk scarf or a t shirt that covers your back.

When you are affected by the heat

Here are some tips to help against the Summer Heat.

Eat: **Watermelon** including the white part up to the rind – very good.
Melons, cucumbers are also cooling

Drink any of these singly or mixed together in a tea:

Mint tea –grows around everywhere, you can also get from the Herb Store (Central/Carlisle) or any teabag mint tea will do.

Chrysanthemum flower (Ju Hua) available from TaLin – ask the staff.

Lotus Leaf (He Ye) from Ta Lin – we have this in the clinic for sale.

Watermelon Rind – *only add to tea if the watermelon is organic.*

If you get a cold.

Ask us about the appropriate Chinese medicine formula. There are a few and we will need to see you to look at your tongue, take your pulses, and ask a few questions to determine the right one.

Note: Chinese herbal medicine can safely be used with most medications.

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