

Recommended Foods for Summer (Continued)

- Fresh fruits and juices such as apples, watermelon, bananas, strawberries, pears, peaches, plums, and citrus fruits such as lemons and limes.

- Fresh vegetables such as cabbage, carrots, celery, avocado, seaweed, spinach, cucumber, tomatoes, summer squash, broccoli, corn, Chinese yam, and pumpkin.

- Sprouts, especially mung, soy, and alfalfa. Beans, such as mung beans.

Aim for a rainbow of colours on your plate and an abundant variety of foods. Cook lightly and regularly. Add a little spicy, pungent, or even fiery flavour such as red and green hot peppers, cayenne red pepper, fresh ginger, horseradish, black pepper, peppermint, and coriander. These yang foods initially feel warm but ultimately they bring the body heat out to the surface to be released. Steam or simmer foods as quickly as possible, with very little salt. Drink hot liquids and take warm showers to induce sudden sweating and to cool the body. Drink flower and leaf teas including chrysanthemum, mint, and chamomile. Avoid iced teas and ice cream as they cause the stomach to contract, thereby interfering with digestion. On hotter days, avoid heavy foods such as meats, eggs, and too many nuts, seeds, and grains, as these cause sluggishness.

Your Summer Herbal Medicinal Kit Should Include:

Chamomile: Calming, use for diaper rash, insect bites, eczema.

Fennel: Hang fennel on Midsummer's Night to repel evil spirits. The rest of the year, carry fennel when you speak truthfully and others will trust your words. Fennel water mixed with sodium bicarbonate and syrup, these waters constitute the domestic 'Gripe Water,' used to correct the flatulence of infants.

Lavender: Lavender is laid on the fires of the Summer Solstice and is soothing to the spirit. Good for stress and depression, as reflected in the skin. These flowers pressed into essential oil form can relieve stress and depression, headaches, burns, and skin problems. It has a very balancing effect on the body, emotions, mind, and spirit.

Rose: The mother of all flowers, the rose has amazing powers of love, trust, and self-acceptance. Roses represent faith, hope, and love, and has the qualities to restore the very centre of one's being. A gentle tonic of the heart, rose oils' psychological properties lie mainly in its effect on the mind, the centre of our emotional being. Rose oil calms and supports the heart and helps to nourish the soul! Long associated with the eternity of true love, at Midsummer this flower also blesses the Sacred Union.

Tea Tree: This germicide and antibacterial oil is great for cleaning infected wounds or as a gargle for a sore throat -- use a 10% solution but use pure 100% tea tree oil. This essential oil is a disinfectant and good in healing all skin conditions including acne, athlete's foot, nail fungus, herpes outbreaks, insect bites, warts, cuts and scrapes, scabies, and vaginitis.

Facial Rejuvenation

Restore that youthful glow in your face and slow down the aging process with facial rejuvenation. A series of treatments can produce long-lasting effects benefitting not only your face but your overall health. Ask for more information.

Acupuncture for Weight Loss?

I recently attended a course in Los Angeles where the focus was acupuncture and weight loss. If you would like to further discuss and learn more about this technique don't hesitate to call. Learn the natural and safe way to lose weight for optimal health.

Questions? Love to hear from you:
greenetea.healing@gmail.com

Yours in health,
Lisa Greene, R. Ac
Greenetea Traditional Chinese Medical Clinic

Information sources: Healing With Whole Foods - Paul Pitchford.