

Greenetea Healing Summer Newsletter

NEW LOCATION!

As of June first I will have relocated to Sunnyside Village, right beside the Caprice Theatre on the corner of King George Highway and 24th Ave.

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The Three Months of Summer

The beginning of summer is June 21, the summer solstice, when we have the longest period of daylight in the year. The sun is considered *yang*, as it gives energy, causes action and outward movement, and creates the hot and dry climate. Summer is nature's season of growth and maturation, with flowers and fruits all around us. We are also maturing and growing, and this is the high point of exercise, sports, water recreation, hikes in nature, as well as brightness and creativity.

The Chinese classics give us the appropriate way to behave with the seasons so you are not in conflict with nature. It suggests "the three months of summer as a time of luxuriance and beauty. As yang qi grows and gradually supersedes yin qi, and everything begins to bear fruit or go to seed, one should go to sleep late and rise early, and expose oneself to the sun as necessary so as to keep a cheerful frame of mind and feel full of vigour, as well as to discharge yang qi." According to Traditional Chinese Medicine (TCM), the world is a harmonious and holistic entity where all living beings are viewed in relation to the surrounding environment. Since ancient times, the Chinese have tried to explain different complicated phenomena by creating yin, yang, or the five element/phase theories. Man is part of the holistic entity, and takes his cue from nature. He is influenced directly and indirectly by changes in weather and needs to make corresponding physiological and pathological responses. For example, a change of season causes the rate, rhythm, volume, and tension of the pulse to

vary. The pulse tends to be taut in spring, full in summer, floating in autumn, and sunken in winter. TCM physicians will take this into account when distinguishing the abnormal pulse from the normal. The occurrence, development, and change in the pattern of many diseases are seasonal.

Summer time corresponds to the energy of the heart and small intestine meridian, the fire element. In Chinese medicine, the heart is also connected to the mind or the "shen." A strong, healthy heart will also have a mind that is peaceful and happy.

To stay in tune with nature for the summer we choose foods that nurture our heart and mind.

Recommended Foods for Summer

- Increase foods with *yin* qualities (wet, cooling.) Fruits have the most yin, followed by vegetables.

- Reduce *yang* foods, which are the more concentrated, heating ones such as proteins (meat and fish, nuts, seeds, beans,) fats (dairy products, eggs), and complex carbohydrates (whole grains.)

- Eat lots of fresh fruits and juices, multicoloured salads and vegetables, some seeds, nuts and grains, and fewer dairy products and meat.