

**Life Begins With a Breath®**  
**The Chinese Medicine Guide to Health**  
Courtesy of the Goodman Wellness Center

### **Hot! Hot! Hot!**

Summer is in full swing and it has been as hot as it gets. Unless you're in Antarctica or the opposite side of the equator you've got your air conditioner on full tilt. Of course, like all seasons, summer will pass and the heat with it, so for now keep things fun and simple. We all need a month or two without any heavy thoughts.

### **Recipes to keep you cool**

#### **Fresh Peach Punch**

1 sliced Peach  
½ cup apples juice  
2 Tbsp nonfat dry milk

Blend and serve chilled

#### **Pina Colada Light**

1 Tbsp coconut milk  
2 Tbsp pineapple juice  
6 oz club soda

Mix; serve over ice

#### **Honeydew and Blueberry Freeze**

1 cup honeydew melon chunks  
2 tsp fresh mint leaves + additional for garnish  
16 oz fat-free plain Greek-style yogurt  
3 Tbsp. sugar  
1 cup blueberries

Place melon, mint, 1 cup of the yogurt and 1 Tbsp sugar into blender and puree until smooth. Transfer to a plastic container. Repeat with blueberries, remaining 1 cup yogurt, and 2 Tbsp sugar. Freeze both purees for 2 hours, stirring every 30 minutes. Remove from freezer a few minutes before serving. Spoon mounds of each into 4 glass dessert cups and garnish with mint leaves. (If purees are too firm to serve, place in microwave for 10 seconds.)

### **Chinese Medicine and Cooling Down**

Chinese Medicine has long understood the effects of hot weather on the body. From just being thirsty to passing out from heat stroke, practitioners over the years have put together acupuncture and herbal protocols to combat the heat. Here are some basic tips to overcome the heat:

- Watermelon: Yes, watermelon is excellent at nourishing the fluids of the body
- Cantaloupe
- Mint tea: It is very cooling in nature
- Mung Beans: What's a mung bean? I knew that was your next question. Mung beans are excellent at nourishing Yin (the cool aspect of your body Yang being the warm aspect). You can buy them at the Asian market in your area
- Chrysanthemum Tea: Helps to detoxify the liver and clear out heat (relieving irritability and red eyes)
- Exercise early in the morning when it is cool. If you prefer to exercise at night, a mild pace walk will be sufficient. If your exercise is too aggressive at night you may have trouble sleeping
- Naps: Oh yes, if we could all return to kindergarten again. Of course, just for nap time. Naps are a great way to fight off the afternoon sluggishness brought on by the heat of summer and improve the immune system. (Mom was right again)
- Acupuncture: It helps the body acclimate between seasons and can help to relieve the summertime blues: dizziness, fatigue, irritability, frustration, thirst, excessive sweating and depression

Try out some of the tips and hopefully they help you cope with another hot summer.

## Sunburn Remedies

It is that time of year we spend more hours outside so even with the best protection you'll probably experience a sunburn this summer. Here are a few home remedies to help you through your misery:

- Aloe Vera
- Cornstarch: Mix with water to make a paste and apply to the sunburn. It takes the pain away.
- Lettuce leaves: Boil, strain and let the liquid cool several hours in the refrigerator. Apply gently to the sunburn.
- Vinegar: Either spray on the skin or soak towels in vinegar. It is very cooling and pretty cheap too.
- Sugarless tea: Spread over the burn it helps to reduce the pain
- Tea bags: Used tea bags placed over the eyes help to take the heat out of the area

Good luck. If you have any family remedies call me at 949-460-9378. I will put them in the next newsletter regarding sunburns.

## The Air Conditioner

We all use them. We all love them. The air conditioner is one of those inventions that has had a great impact on society. Let's face it, towns like Phoenix, Arizona or Las Vegas, Nevada would still be dust bowls without the glorious air conditioner. We can all celebrate the air conditioner for bringing a nice cool room to sleep, work, watch TV and eat in. However, as with anything there is a flip side to the air conditioner. There is the normal bacteria and fungal growth and the dirty filters. Plus there is the constant going from hot to cold throughout the day that causes confusion in the body. A healthy body makes the adjustments quickly without trouble, while a stressed out body may not and that's when various symptoms such as a stiff neck, frequent colds and allergy symptoms may kick in. Take a minute and reflect how you are feeling and your strength before continued use of the air conditioner.

**If you have any questions regarding anything discussed in the newsletter give Steven M. Goodman L.Ac. at 949-460-9378.**