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# summer

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## energy of the season

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Energy of the Season: In summer, the fire element rules and nature ignites. As we find the growth and activity around us, we should be reminded of our internal fire inspiring us to be more playful, energetic and outgoing. In Chinese medicine, the heart and the small intestine are the organs associated with the summer season.

The fire element represents the connection of the heart, mind and spirit and this is the season of greatest yang. Yang can be described with words like expansion, outward, sun, heat, activity, growth and creativity.

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## organs Heart & Small Intestine

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### 5 elements chart

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**Taste:** Bitter  
**Color:** Red  
**Emotion:** Joy  
**Tissues:** Blood Vessels  
**Sense Organ:** Tongue  
**Environment:** Heat  
**Stage:** Growth  
**Direction:** South  
**Personality:** Loves Attention, Talkative, Sensitive

When our fire element is healthy: Our complexion is clear and our speech patterns are logical. We are friendly, humble, have clarity, and can see through problems to find solutions.

When our fire element is weak: We can become dramatic or have a paranoid disposition.

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## foods

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### Red Foods

Apple, bean (kidney, lentil, red), beef, beetroot, bell pepper (red), cabbage (red), cayenne, cherry, chili, cinnamon, clove, cranberry, date, goji berry, guava, papaya, paprika, persimmon, plum, pomegranate, radish, raspberry, saffron, strawberry, tomato, venison, watermelon.

### Bitter Foods

The bitter flavor is drying, hardening, and down bearing. It down bears and supports the body's digestive and excretion function. It supplements the Yin of the Heart and has a calming effect on the mind. The bitter flavor can also be a Spleen Qi tonic.

Almond, arugula, artichoke, asparagus, bay leaf, basil, bee pollen, beetroot, bell pepper, brazil nut, broccoli, buckwheat, cardamom, cauliflower, chives, cinnamon, coffee, coriander, dandelion, dill, eggplant, lavender, lemon, lettuce, papaya, paprika, parsley, parsnip, pistachio, rosemary, sage, Swiss chard, tea (black, green), thyme, turmeric, walnut, wine (red), zucchini.

### Common Complaints & Imbalances

**Yin Deficiency:** Feeling of heat, red cheeks, insomnia, night sweats, sore throat and dryness (mouth, skin, eyes).

Apple, amaranth, barley, bean (mung), bee pollen, blackberry, borage, chickweed, coconut milk, egg (chicken, duck, pigeon, yolk), ginseng, grape (red), millet, pea, persimmon, poppy seed, pork, quinoa, raspberry, rose, seaweed, sesame seed (black).

**Heart-Mind Imbalance:** Agitation, insomnia, headache, palpitations, poor memory, depression, nervousness, speech problems, weak spirit.

Stay away from meals with many ingredients, with too much spice or that is too rich, refined sugar, alcohol, coffee, eating too late at night, or eating too large of meals, especially in the evening.

Basil, blueberry, celery, chamomile, chia seeds, cucumber, dill, frankincense, ghee, ginkgo, ginseng, grains (whole wheat, brown rice, oats), jasmine, lavender, lemon, lettuce, mulberry, mushrooms, rose, rosemary, sage, sandalwood, St. John's wort, skullcap, tea.

**Excess Heat:** Thirst, feeling of heat, mental restlessness, red face, dry stools, dark urine, yellow coating on tongue.

Aloe, apple, asparagus, banana, blueberry, bok choy, broccoli, cabbage, carrot, celery, chamomile, cranberry, cucumber, dandelion leaf, grapefruit, lavender, lemon, lettuce, lime, mango, melon, mushroom, pear, pineapple, potato, plum, pomegranate, radish, rhubarb, sage, seaweed, spinach, Swiss chard, tea (black or green), thyme, tomato.

## supplements

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**Zypan:** In the season of indulgence, it is important to keep our guts healthy and our digestion flowing smoothly. Zypan supports healthy gastrointestinal pH and provides enzymatic support for protein digestion.

**MinTran:** Supports a healthy emotional balance by benefiting the nervous system, easing stress, and supporting the actions of the neurotransmitters that regulate mood.

**Garlic:** Provides support to the cells, organs, and systems of the body that keep us healthy. Garlic encourages circulation, contributes to healthy liver function, boosts the immune system, promotes healthy lung function, helps to maintain normal levels of cholesterol and triglyceride levels, and provides antioxidants to the body.

## essential oils

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**8 Branches Fire Essential Oil** blend is designed for summer. **Chinese Medicine functions:** Sedates the fire element by clarifying and settling the Heart, clearing heat, and calming the mind. **Indications:** Especially good for racing mind, agitation, impulsiveness, hyperactivity, palpitations, and a red complexion.

**Ylang Ylang:** Cooling and clearing to Heart heat, antidepressant, lowers blood pressure.

**Sweet Orange:** Refreshing and cheerful, moves stagnant Qi, benefits digestion, and reduces self doubt and fears.

**Cedarwood:** Great for the Qi of the Kidneys and Spleen, decongesting, benefits poor concentration, and provides grounding strength.

**Sandalwood:** Cooling Qi tonic, dispels depression, fear, stress, and is great for combating a hectic life.

**Rose:** Clears heat and inflammation, regulates menses, and reduces anxiety, irritability, and depression.

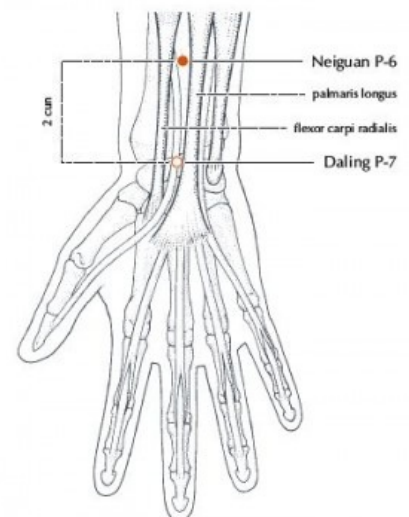
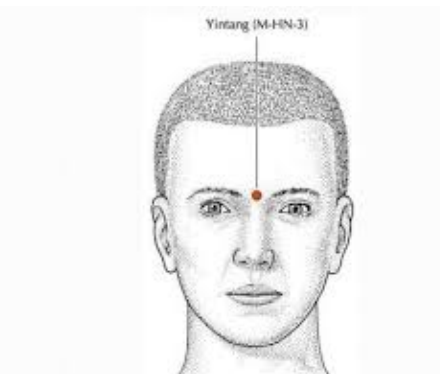
## acupressure

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**Yintang:** “Permission point” used on animals to elicit consent through relaxation response. Calm the spirit, benefit the mind, local point for congestion or headache

**Heart 7:** Calm the mind and regulate and tonify the Heart.

**Pericardium 6:** Regulates the Heart and calm the mind, clear heat, treat emotional disorders, and relieve palpitations.



## self care

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**Rise early and take advantage of the daylight.** Summer is the time for activity as the Yang energy is at its peak. Allow that to be your motivation to go, go, go! But, as with any time of year, take time to find peace and be sure to quiet your mind well enough before bed. Night time is the Yin time and if you find yourself too restless, warm or sweating, it may be a sign of imbalance or depletion. Remember to take time to take care.

**Take a hot shower or drink warming teas.** Really? Yes! It seems counter-intuitive as we search for things to cool us down, but these are great ways to promote sweat. Sweat is the body's natural cooling mechanism. Add a bit of fresh ginger, black pepper or cinnamon to warm things up gently.

**Stay active!** There are so many ways to get out and have fun as a family during the summer. Spend a day at the beach or park, enjoy yoga, bike rides, one of the many 5K charity runs, or hike on one of Milwaukee's great trails.

**Eat cooling foods** and be sure to steer clear of too many iced foods/drinks (like iced water and ice cream). Instead, try watermelon, mint, cucumber and lemon/lime- you can add any of these to your water. It's no coincidence that these foods are in season. Enjoy and be sure to stay hydrated.

**Peppermint.** Did you know one drop of peppermint essential oil equals 28 cups of peppermint tea? Therapeutic grade essential oils are strong and can be a convenient way to promote wellness at home. We carry doTerra and our own 8 Branches brand of oil blends. Learn the basics for essential oil use to keep your medicine cabinet full of natural solutions. Peppermint aids digestion, calms headaches and cools down sore muscles. We reserve use to topical application, diluted in a carrier oil.

**Keep skin glowing with coconut oil.** A light, neutral, moisturizing oil with so many uses. Use it in your skillet, in your smoothies and even as a light sunscreen. Coconut oil is SPF8, which is nice for every day running around. If you plan to be out longer, be sure to use more protection. If you suffer a little burn, a bit of coconut oil or vinegar soothes the skin. Add lavender or tea tree to your coconut oil to help with redness, itching, or inflammation.

**Find peace of mind.** Take a break to relax and calm your mind. Acupuncture can be helpful to ease anxiety and settle the spirit, but acupressure can be just as useful. Points like yintang and PC6 are especially calming. Psi (sigh) bands can be worn to apply even pressure to PC6 (inner wrist) - a very clever way to apply hands-free acupressure. Products like psi bands and seabands are typically worn to help those with motion/morning/sea sickness, but you don't have to be nauseous to use them. Wearing acubands or ear seeds to calm the mind and reduce anxiety can be a useful self-care practice. Ask us to demonstrate next time you're in the office.

## recipe

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**Yummy! Watermelon Salad.** Watermelon, lime, and mint are cooling, refreshing and together a satisfying summer salad. Watermelon helps clear damp-heat and can encourage the elimination of fluids (diuretic). Combine these simple ingredients in the quantities you like and enjoy!

**Honeydew Melon and Mint Gazpacho.** Cooling and energizing.

1 small red onion, finely chopped

3 tablespoons sherry vinegar

1 honeydew melon, peeled, seeded, roughly chopped, could also use cantaloupe

2 cucumbers, peeled, seeded, roughly chopped

6 fresh mint leaves

1/4 teaspoon salt

black pepper to taste

optional ingredients: green chili, garlic, lime, basil, ginger, green onions, watermelon, cilantro



Place onion and vinegar in a small bowl. Let soak for 15 minutes. Place melon, cucumber, salt, mint, and onion mixture in blender. Blend until smooth. Refrigerate until chilled...enjoy!