

夏季養生

夏天氣候炎熱，平時體質虛弱的人很容易會因勞倦過度而耗傷津氣，導致抵抗能力下降，暑熱病邪乘虛而入，輕則令人昏昏欲睡、口乾、胃口不佳；重則使人出現發燒、身重、心煩氣燥等症狀。尤其夏天潮熱多濕，梅雨的濕氣若與暑日之熱邪結合而入人體，就會形成暑濕、暑熱之症，所以夏季食物應以清淡消暑為主，除了今天介紹的消暑湯水外，平常也要多吃蔬菜水果、多喝水，並要少食辛辣肥膩的食物。

夏季養生小貼士：

一、避暑清心

避暑對策：居室要陰涼通風；中午要及時遮陽；多採用人工降溫措施。除了避暑，還要清心，所以大家要在夏天時常保持清靜愉快的心境，切忌發怒，使人體氣機通暢，順應自然。

二、清熱祛濕

炎暑和濕氣最容易損傷心、脾二臟，易生中暑、疰夏等病症，應在夏天補充足夠水分，故此宜選擇清涼解熱、化濕祛暑的飲品，如綠豆湯、酸梅湯、鮮藿香或佩蘭泡茶等，還可多吃西瓜、冬瓜、黃瓜和苦瓜等。

三、調養脾胃

無論在任何一个季節都要重視脾的保養。如何調養脾胃？下面有幾個方面值得留意：飲食有節，按時定量，不暴飲暴食，不忍饑挨餓；調適寒溫，夏季夜晚不能貪涼，不要睡在露天，入睡後不要扇風，要準備好毛巾被、毯子蓋好腹部，防止著涼。

以上資料由靈實中大中醫教研中心郭志華中醫師提供



Health Preservation in Summer

In exceedingly hot summer, people weak in physical conditions are normally prone to the deterioration of "Jin Qi" due to over-exhaustion, resulting in the fall of resistance against disease. The devils of the summer heat will take advantage of this to attack people, leading them to easily fall asleep, feel dry in the mouth, have poor appetites for the slightest; causing them to have fever, carry heavier weights, feel agitated and moody, etc. for the most severe. In particular, in hot summer with great moisture, the humidity of the rain combines with the evils and hotness of summer, thus attacking the human body. This will eventually lead to diseases related to summer moist or summer heat. Therefore, the best summer dishes should be something light and cool. Besides the cooling soup introduced today, we should eat more fruits and vegetables, as well as drink more water instead of having spicy and oily food.

Tips on Health Preservation in Summer:

1. Escaping from summer heat and keeping a clear mind

Strategies of escaping from summer heat: Living rooms should be cool and ventilated; in the afternoon, it should be duly shaded; artificial cooling measures should be widely used. Apart from escaping from summer heat, we need to keep a clear mind. So we always need to keep calm and stay happy in summer. Don't get angry and let your human body relax. Let nature take its course.

2. Clearing hotness and removing wetness

Heat in summer and intense moisture can easily deteriorate the functionality of the heart and the spleen, giving rise to heat stroke, summer fever, etc. So it is advised to drink adequate water in summer. Drinks with cooling and heat-and-moisture-removing effect, including green bean soup, sour plum soup, fresh rugosa, perrin tea, etc, are strongly recommended. Foods like watermelon, winter melon, yellow melon, bitter melon, etc. are also highly advisable.

3. Upkeep of Spleen and Stomach

The upkeep of the spleen should always be stressed in every season. How can we nurse our spleen and stomach? The following is a list of ways to note: keep a good control of dining, take in regularly and in a designated amount, avoid over-eating, over-drinking, and over-hunger; adjust the room temperature, avoid staying in a too cool environment, sleeping outdoors, and in front of a fan, sleep with the towel to cover the belly well, and avoid from getting cold.

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