



Summer may be winding down, but the weather is still heating up! Get outside and continue to enjoy the hot temperatures before autumn hits. Here are a few summer ideas to enjoy the rest of this season:

Enjoy Direct Sun

It is great to get a few minutes of direct sunshine, but please, be mindful of protecting your skin. Wear long sleeves and 100% cotton clothes, so sweat is absorbed and your skin stays fresh. Also, wear a hat to prevent sunburn, wrinkles and dark spots.

Keep Active

Enjoy outdoor activities and sports, but avoid peak heat time from 12:00 p.m. - 2:00 p.m. Ensure you, your children and the elderly are well hydrated with water and eat plenty of fresh fruits and vegetables.

Stay Cool

Watermelon and melon are great fruits to keep you cool. We use them in Chinese medicine to prevent summer heat, so plan ahead and include them on your shopping list so you can enjoy them during the summer time.

Eat Fresh

Remember that the best way to keep your body in harmony with the environment is to go with the weather and eat what is appropriate for the season. On a hot day, eat what you would eat by the beach in

a tropical environment: pineapple, mangoes, jicama and cucumber. Avoid hot, spicy and heavy meals.

Stay Healthy

Avoid abrupt changes in temperature. If you are hot and sweaty, do not drink ice water as it may cause stomach discomfort and may cause what we call in Chinese medicine “damp heat” with nausea and diarrhea. If you are hot and sweaty and are exposed to cold air or water, you can get a cold or “wind cold” with body pain, chills and fever.

Some ideas for freshly made drinks:

Light smoothie

You can make a light smoothie by blending fresh fruit (e.g. melon, pineapple, papaya, and watermelon), water and some ice. It will be sweet because of the fruit so no need to add sugar.

Fresh lemonade

Use freshly squeezed lime or lemon juice, sweeten with a tad of honey or agave syrup for sweetness and shake with water and ice.



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Disclaimer: This article contains general information about health topics but does not constitute medical advice. If you have any questions related with your condition you should contact your doctor or healthcare provider. If you think you may be suffering form any medical condition, you should seek immediate medical attention.