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Acupuncture and Oriental Medicine



Oriental Medicine Options News

Healing • Prevention • Radiant Health

Are you Hot and Muggy in a Florida July?

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IT'S SUMMER in Florida and we are hot, hot, hot. Oriental Medicine has lots of methods for cooling off, one of the easiest is to watch what you eat. Hope this brief article helps keep you cooler and happier during these hot summer days.

Feel free to call or e-mail me any time you have questions or comments, there is an e-mail link above or phone numbers at the bottom of the page.

I'm Here to Help!
Ellen

Foods and Drinks for Cooling Down

What you eat can make a difference. We have known for centuries that foods can have energetic properties. There's the phrase "cool as a cucumber" or "peppery hot". The Chinese have taken this concept and developed a system of Food Therapy. You can heat up or cool down depending on what you eat and how it is prepared.

- 1. Eat more raw foods during the summer months.** Generally raw foods are cooler than cooked and if you think about the foods that are most popular in the summer you will find they are often energetically cooling.
- 2. Eat more blue, green or purple foods,** they are "cooler" than red, orange and yellow. One of the most energetically warm fruits is pineapple. One of the hottest foods is red hot chili peppers.
- 3. Choose cooler natured beans and grains.** Amaranth, barley, millet, and wheat are more cooling than rice and oats. Great northern, navy, kidney, lima, and mung beans are good bean choices. (Remember to soak legumes for at least 12 hours prior to cooking, discard the soak water and replace with fresh prior to cooking. Add kombu seaweed to the cook pot to help cut down on the gas production!) In addition seaweeds are cooling foods.
- 4. Steaming and quick frying** are the best summer cooking methods. They retain a lot of the foods moisture content and put a lot less heat in the food than baking, deep frying and stewing.
- 5. Choose less starchy vegetables** including lettuce, celery, radish, cucumber, summer squash, broccoli, tomatoes, and most leafy vegetables. Most fruits are cooling as well.

6. Avoid food and drink which heats you up. Wine and alcohol drinks are very warming, they can stimulate hot flashes and night sweats. Reserve them in moderation for winter months. Beer is a little cooler but too many can leave you warm later. Teas and coffee can stimulate sweating and you can feel warmer temporarily but energetically they don't put as much heat in your system as the wine and alcohol. Warmer vegetables are cabbage, kale, mustard greens, onions, garlic, winter squash, parsnip, leek, chive, scallion, cherries, pineapples and dates.

Mood Disorder

I sought Oriental Medicine mainly as an alternative to western medicine as it relates to stress management and manic depressive mood disorder. I was also seeking general balance and peace. Ellen listened to me and I felt I was able to give input into my own treatment rather than drugged, ignored and condescended to for the very condition for which I was seeking treatment.



The treatments were extremely helpful in that they were relaxing and stabilizing as well as re-instilling in me a sense of confidence that my condition can be treated and my life improve. The acupuncture treatments and herbs have calmed me mentally and physically. Ellen has helped me develop a healthier diet, mindset and disposition.

It is true that life is a process and improvement can require sustained attention and practice that combined with the treatments I received have had a wonderful cumulative effect on my life.

Jon R., Sarasota, FL

Affordable Acupuncture

Remember for those of you affected by the economic downturn I offer Affordable Acupuncture hours on Monday and Wednesday evenings from 4pm-6pm, Call 941-727-1500 for more information.

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