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Sheryl Sanchez, L.Ac.

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Summer Newsletter, 2014

Summer: Season of Excess Fire or Yang

HAPPY (LATE) SUMMER!

Hope this finds you enjoying the last long days of Summer!!

It is now late Summer - and I am late getting out this Summer newsletter!

I hope you find some Heart enjoyment in my words for Summer anyhow...

And enjoy the rest of Summer too,
Sheryl Sanchez, L.Ac.

Summer and Diet

In Chinese Medicine, the season of Summer is associated with Fire in the Five Element model. We have transitioned from Spring, with the trees opening up their leaves and providing us shade for the hot Summer months. Summer is the time to balance the heat with the cool or cold. In terms of diet and nutritional factors, it is often easier to eat healthier in summer, I believe. We crave to balance the heat with lighter fare during the long, hot summer days, such as eating raw fruits and vegetables, which by nature of their energetic properties are cooling. Food in summertime also should not be very hot or spicy, dry or greasy.

The excess heat or Yang of Summer brings out Yang energy in most of us also - possibly more nervous energy to burn off, which results in irritability, impatience and anger, and lack of 'staying cool'. Past the summer solstice and deep into the heat of summer - everything seems fast also - time often seems to be speeding up with even the longer days going by so very quickly.

Current Seminars and News

Article published this spring:
[The Triple A Threat of Gluten Sensitivity: Autoimmune Disease, Arthritis and Alzheimer's Disease](#)

SAVE THE DATE!

Relaxing Retreat into
Ancient Healing Arts
Saturday

October 4, 2014

9 am to 1 pm, or
2 pm to 6 pm
at

8899 Skyway
(Molly Mele's office),
Paradise

[Acupuncture and Yin Yoga](#)

Date and Location to be
announced
(Fall 2014)

Upcoming Local Events

[Johnny Appleseed Days](#)
Sat and Sun

October 5 & 6, 2014
at Terry Ashe Park,

To stay cool, both physically and emotionally, drink lots of fluids such as water with electrolytes ([electrolyte drink recipe](#)) and make herbal-infused iced teas with herbs that are cooling, such as peppermint or lemon balm, or [honeysuckle flowers](#) and chrysanthemums (found in Chinese herb shops) or hibiscus flowers (found in Mexican markets). (Make like a 'sun' tea - put herbs, dried or fresh, in a jar with filtered water, add honey and set out in the sun to 'cook'; add ice later). Lemonade is also a wonderful cooling summer drink, and although lemon is sour and is an astringent, in Chinese Medicine it is said to quench thirst and generate body fluids. One can make many versions of lemonade as well - add any of the herbs above for fun combos (besides mint and lemon balm, I have fresh Holy Basil or Tulsi in my garden now - another wonderful medicinal herb - so I have been using that as well in my lemonade)!

Ideal for cooling energy in summer is to eat more salads, with the various greens and fresh seasonal organic produce from your garden and/or local farmers' market such as tomatoes, cucumbers, celery and summer squashes, and possibly leftovers from Spring such as asparagus, artichokes and asparagus. Salads can be enhanced into a nice summer dinner

by adding such cooling summer options as an avocado stuffed with egg salad, tuna salad or bay shrimp.

Other lovely summer meals can be grilling or barbecuing all the huge summer squashes with onions, mushrooms, and bell peppers. An easy marinade I make often in summer for veggies, often put onto skewers but not necessarily, is balsamic vinegar, extra-virgin olive oil, tamari (gluten-free soy sauce), fresh or dried herbs, such as rosemary, basil, thyme, dill, oregano and garlic (besides being tasty, all of these culinary herbs are especially good for you since they are high in antioxidants). Marinate for a few hours or overnight is best. If desired, add to the grill some animal protein (possibly marinated as well), such as organic chicken, grass-fed beef or shrimp, and you have a easy, wonderful summer meal!¹ Other summer diet ideas are fresh eggs, scrambled with those fresh summer veggies, and fruit smoothies made with fruit and yogurt.

The fresh fruits in summer are very cooling and some are even cold in terms of energetic properties, such as watermelon and other melons. Enjoy the seasonal fresh stone fruits of summer such as apricots in early summer, and peaches and nectarines in late summer. Tropical fruits are more readily available now as well, such as pineapple, mangoes and guava (we are finally seeing organic versions of these fruits in local supermarkets too). By middle to late summer, grapes are in season, along with plums and pears.



[Fresh Summer Produce](#)

6626 Skyway, Paradise
[Feather River Hospital's Strides for Diabetes Run/Walk/Prevention Fair](#)
 Sunday
September 21, 2014
 8:00 am to 11:30 am
 at Paradise Community Park

Esoteric Facts about Chinese Medicine or You Don't Know what Modern Research will Show!
[Turmeric, Curcumin and Chinese Herbology](#)

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 - Rainbow Light

Please understand that tropical fruits have more sugar than the others, so keep those at a minimum in your diet. (Everyone loves bananas, all year-round, but they are full of sugar and are very Damp, which causes mucus and Phlegm conditions in the body. As one of my teachers emphasized - 'look at a smashed up banana and what do you see? Phlegm!'). In terms of low-sugar content, berries are the best - such as blueberries, raspberries, blackberries and strawberries - though all are actually in season in early summer. These fruits have always been considered Blood Tonics in Chinese Medicine, which means they strengthen or support the Blood. It is now known that all of these are high in ORAC value, which is a measurement of their antioxidant levels.

However, keep in mind to try not to overeat raw, cooling food in the summer, since one can easily put out their 'digestive fire' in summer by overdoing it - in some people one sure sign of this will be loose stool or diarrhea, or in others, it may just be a desire for warmer, cooked food. Try to balance the energetic property of the cooler food by drinking room temperature water with it vs. iced drinks, or even having a warm herbal tea instead, or eat the cooling, raw food with some cooked food to balance the energetics of a meal.

Hot, spicy herbs can be used in small amounts in summer also, especially if you don't tend to be hot or overheated normally. They are excellent for diaphoresis or cooling the body by promoting perspiration (why often used to help a fever, for example). Some of the hot and aromatic herbs are also good for warding off the little critters that may annoy us during summer, insects such as flies and mosquitoes. The easiest way to use them may be to purchase them as essential oils, since in this form they are highly aromatic. Combine a few oils and mix a few drops into water and put into a spray bottle (can also be used on your pets to ward off ticks and fleas). Fresh herb concoctions can work too, but best to dry and infuse like you would drinking an herbal tea since the hot water will extract out the desired aromatic properties of the herbs better this way.

Summer and the Heart

In Chinese Medicine, Summer is affiliated with the Heart energy. This refers to both the physical Heart and the emotional Heart. There is 'internal heat' that can affect the Heart especially during this time - which corresponds to the physiological view of inflammation. Acute inflammation is red and warm or fiery, whereas chronic inflammation results in a weakness or 'empty-heat' in Chinese medicine. The excess heat of Summer can especially affect the Heart, resulting possibly in palpitations, thirst, mouth and tongue ulcers, or insomnia.

One classic example of internal inflammation affecting the Heart

- Thorne

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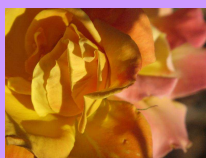


**More
Curcumin Information**
(also see link above)

***Also
see the 'Ridge Preferred
Professionals' advertising***

is heart and cardiovascular disease, which has only recently been established by science, following the Chinese Medicine view of internal heat. There is also now research that shows that "psychosocial factors" have a "significant impact on the risk of heart disease". This follows Chinese Medicine theory as well, showing the health of the heart is connected to the health of our emotional lives!²

Enjoy your summer by staying cool and staying calm, and don't forget to brighten your heart and home with the fresh flowers of summer too!



References

¹ Many may have by now heard that research shows that grilling or barbecuing tends to create carcinogenic compounds in meat (but not vegetables). "Marinating meat in marinades that contain antioxidants - such as red wine, wine vinegar, garlic, olive oil, citrus juice and zest, and culinary herbs, especially parsley, cilantro, and rosemary - has been shown to negate or greatly reduce the production of these harmful compounds.", from *Real Food*, by Nishanga Bliss, p. 66.

²*Real Food*, by Nishanga Bliss, pp. 78-79.

Product Announcements

I have carried **Metagenics** nutraceutical products for over 10 years now since they have high-quality products - for example, I carry several of their fish oil and Vitamin D3 products at discounted prices. **Metagenics** was founded by Dr. Jeffrey Bland, who was also a co-founder of Bastyr University, the top Naturopathic college in the US today. He is also known as the 'godfather of Functional Medicine', as said succinctly by Dr. Mehmet Oz. Metagenics and Bland have been on the forefront of research-based, nutritional products and the respected field of science now known as Nutrigenomics.

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Spring Recap

- [Tibetan Monks in Paradise, March 2014](#)
- [Highlights of Institute for Functional Medicine Nutrition Conference in San Francisco, May 2014](#)

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HINT: Although online ordering can be more convenient and time-saving, I cannot offer discounted prices in this way, so I highly recommend you purchase **Metagenics** products in my office instead.

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