



Health Preservation in

Four Seasons in Chinese Medicine

– Prevention of Heat Stroke in Summer

From the Chinese medicine perspective, in hot summer, intense summerheat can damage the *qi* as well as fluids in our body. The humid weather of Hong Kong can easily lead to summerheat-dampness, which affects the functions of our spleen and stomach. As such, prevention of heat stroke is essential in health preservation during summer.



Department of Health



As hot weather makes us sweat heavily in summer, we have to drink plenty of water or cool drinks. For example:



Sour plum beverage

Boil water with appropriate amount of mume and crataegus with sugar added



Three flowers beverage

Boil water with appropriate amount of white chrysanthemum, lonicera and lablab flower



Two-peel beverage

Boil water with appropriate amount of fresh watermelon rind and luffa gourd skin



Chrysanthemum beverage

Add appropriate amount of chrysanthemum to tea



Fresh lotus leaf, fresh bamboo leaf or fresh phragmites root with water to engender fluids and release thirst. In case of heavy sweating, we can also drink lightly-salted tea or water.

When we feel thirsty after heavy sweating, we should drink warm water instead of cool drinks.



The temperature of food we take should be close to our body temperature. Food should neither be too hot nor too cold.

We should drink warm water when we feel thirsty because cool drinks can impair yang *qi* of the spleen and stomach, or create phlegm-dampness.



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Light diet will release summerheat

- Summerheat impair our appetite as it can consume *qi* and body fluids or cause summerheat-dampness encumbering the spleen. Therefore we should eat light, soft and digestible food that can help clearing heat, engendering fluids and increasing the appetite. Fatty, fried or spicy food should be avoided because they may create phlegm-dampness, impair our appetite and damage body fluids.
- Eat more foods that can help promoting the bowel movement urination to expel heat out of the body through excretion.

Vegetables and fruits that can clear heat in summer



