

Summer 2013

Warm weather and long days promote energy and activity. Read on for some tips on eating foods that balance the summer heat, some common health myths and do-it-yourself ideas.

EAT TO BEAT THE HEAT ☀️ ☀️ ☀️ ☀️

In the *Spring 2013* edition of the [Seasonal Health Tips](#) section one of our acupuncturists explained there are certain foods recommended in Traditional Chinese Medicine for the different seasons. Summer is the season filled with abundant energy, long days and sunshine. This is the most “yang” time of year, or a time when the body undergoes vigorous metabolic (body energy) processes.

In summer, indigestion can easily occur, so a light and

less-greasy diet is strongly recommended. It is the perfect season to introduce some cool, yin foods into your diet.

In general, cooling foods tend towards the green end of the spectrum; lettuce, cucumbers, and watercress are some of the coolest. Fish and seafood are also cooling, while most meats are warming.

Our acupuncturist’s recommendations for the summer months include the following.

Watermelon clears summer heat patterns and generates fluid – it’s a natural diuretic. –*Geina Horton*



Cucumbers are nourishing and cooling for yin relieving thirst and helping treat dehydration. –*Nancy Nguyen*

Mung bean soup helps cool body temperature and helps with dehydration. Key is to soak the beans covered overnight until they open. [Recipe here.](#) –*Daisy Dong*

Mint because of its cooling properties, especially in these hot summer months, can help with headache and irritability. –*Nancy Nguyen*

SUMMER RECIPE

Looking for a light and refreshing side dish or snack? Try this quinoa fruit salad with honey lime dressing.

Ingredients:

1 cup quinoa
2 cups water
Pinch of salt

For the Honey Lime Dressing:

Juice of 1 large lime
3 tablespoons honey
2 tablespoons chopped mint

For the fruit:

1 1/2 cups blueberries
1 1/2 cups sliced strawberries
1 1/2 cups chopped mango
Extra chopped mint, optional

QUINOA FRUIT SALAD

(serves 6)



Directions:

1. Rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and boil over medium heat for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Cool quinoa to room temperature.

2. Honey Lime Dressing: Whisk the lime juice, honey, and mint together until combined.

3. Combine quinoa, blueberries, strawberries, and mango. Pour honey lime dressing over the fruit salad and mix until well combined. Garnish with additional mint, if desired.

COMMON HEALTH MYTHS

Our nutritionist, Lacey Patton, lists some of the most common health myths she hears people talk about.

Negative-calorie foods

Throughout the day, about 5 to 10 percent of your total energy expenditure goes to digest and store the nutrients in the food you eat. Foods that contain few calories, such as celery and other nonstarchy vegetables, provide a small number of calories but still require energy to digest. That means it is theoretically possible to have a negative-calorie food, but there are no reputable scientific studies to prove that certain foods have this effect. [Source](#)

Sweating helps detoxify your body

Sweating isn't a sign that your body is detoxing; it's just a sign that you're regulating your body temperature. The body generally does a fine job of detoxifying itself through the liver and kidneys. [Source](#)

Vegetables are healthier raw than cooked

Raw food fanatics constantly claim vegetables lose critical nutrients when you cook them. The truth is that while cooking veggies can potentially destroy their vitamin C, it can have the opposite effect on many vitamins. For example, cooking tomatoes boosts their amount of lycopene — an antioxidant that strict raw foodists are low on, according to a 2008 study. According to [Scientific American](#), cooked carrots, spinach, mushrooms, asparagus, cabbage, peppers and other vegetables also contain more antioxidants — like carotenoids and ferulic acid — than their raw equivalents. Comparing the healthfulness of raw and cooked food is complicated, and there are still many mysteries surrounding how the different molecules in plants interact with the human body. The bottom line is to eat your veggies and fruits no matter how they're prepared. [Source](#)

The best way to get Vitamin D is from sun exposure

Now that low levels of vitamin D have been linked to everything from high blood pressure to cancer, many people are hearing that being in the sun without sunscreen is the best way to get your levels up. According to a 2004 [study](#), correctly applied sunscreen reduces our ability to absorb vitamin D by more than 90 percent. What's more is that according to a 2007 [study](#), some people do not make enough vitamin D from the sun, among them, those who live at higher latitudes, people who have a darker skin tone, who are overweight, who are older, and who cover up when they are in the sun. Thus, eating foods high in vitamin D or taking supplements (1,000 IU of vitamin D) are more effective ways to make sure you're getting enough. Fatty fish, such as salmon, tuna, and mackerel, are among the best naturally occurring sources of vitamin D, and other foods, such as milk, breakfast cereals and orange juice, are fortified with the nutrient. [Source](#)

“There are parts of a ship which taken by themselves would sink. The engine would sink. The propeller would sink. But when the parts of a ship are built together, they float. So with the events of life. Some have been tragic. Some have been happy. But when they are built together, they form a craft that floats and is going someplace.”



EASY DIY TIPS

Add fruit to ice cubes.



Use a cupcake liner as a drip catcher.

Enjoy watermelon on popsicle sticks.

