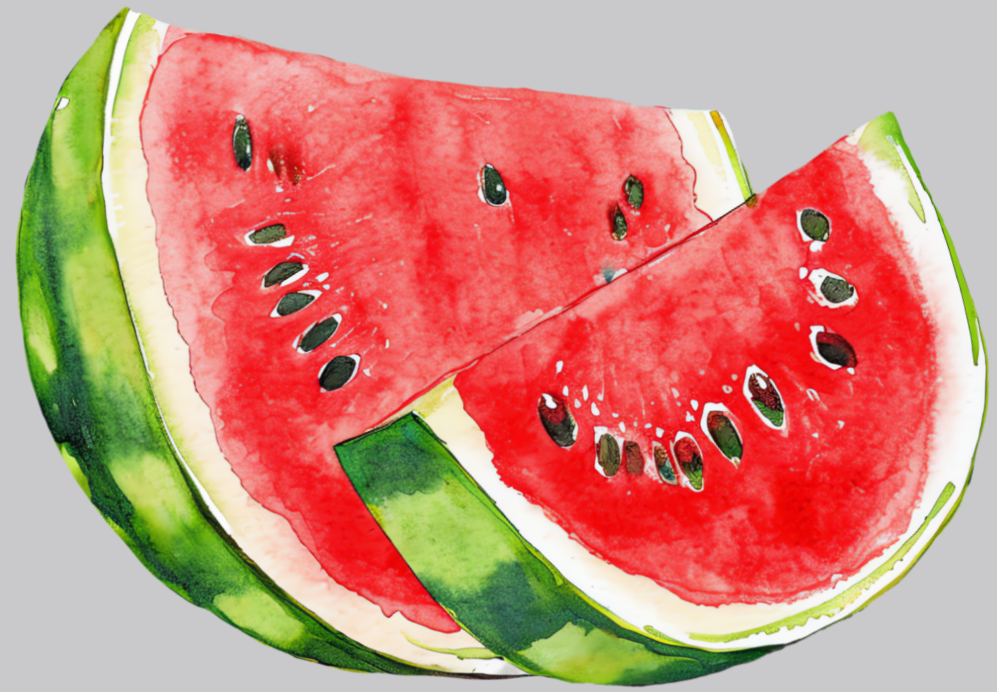


In **Traditional Chinese Medicine (TCM)**, **yang energy** is associated with the **heat, fire, daylight, the sun** and the **summer**. Since June ushers in summer with the longest days and peak of yang energy, it is important to consider that disproportionate amounts of yang such as heat and or increased activity risks yin imbalance. While yang energy is great for movement, too much of it can lead to symptoms such as **overexertion or burnout, insomnia, and irritability**, etc. The goal this month is to stay active while being mindful to keep the internal engine cool.

TCM Tips to regulate, hydrate & establish equilibrium...

Nourish yin with high yield fruits and vegetables for hydration



watermelon



cucumber

Research shows that watermelons therapeutic potential result from both bioactive and phytochemical compounds such as lycopene as well as an assortment of micro and macronutrients leading to an array of properties ranging from anticancer, hepatoprotection, antimicrobial, analgesic, cardioprotectant, antidiabetic, and more (Meghwar et al. 2024).

Cucumbers are an incredibly nutrient dense, vitamin & mineral rich functional food that is both a soluble carbohydrate and a refreshing source of hydration due to its high water content along essential electrolytes like potassium and magnesium (Jarvis et al. 2024). Not only do cucumbers help to restore nutritional and fluid balance but phytoconstituents within have vast health benefits from cardioprotectant functions, to supporting bowel function and wound healing, cucumbers are researched to be antioxidant, anti-fungal, anti-ulcer, cytotoxic, anti-diabetic, free radical scavengers, to name a few (Jarvis et al. 2024).

✓ Add foods like **watermelon** and **cucumber** as regular dietary staples to harness the healthy benefits, enjoy the refreshing qualities on a hot day with the bonus of replenishing fluid loss from sweating.

**Note: only in moderation, results may vary, side effects can occur at high volumes, possible contraindications, consult physician before making any dietary changes.*

Support optimized energy expenditures with mindful habits



The essential function of maintaining core body temperature is a delicate balance between internal and external environments. In times of high heat, humidity and or increased metabolic activity, thermoregulatory processes such as sweating occur to reduce internal temperatures, however physiologic demands like these can risk dehydration from increased fluid loss (Chou et al., 2022).

Research shows that brief 10-20 mins mid afternoon power naps may have positive influence on both mental and physical health; improving alertness, and enhancing overall function in the presence of sufficient nocturnal sleep (George et al., 2024). **Note: results vary, napping may be contraindicated.*

avoid high intensity activities and prioritize rest periods during states of peak yang energy

(i.e., in hot environments, during peak solar energy, when overworked/overheated)



✓ Establish mindfulness practices around energy expenditures; if high intensity activities are unavoidable in peak sun hours or greater yang energy (i.e., heart meridian time 11 am - 1 pm), be prepared with electrolyte replacement beverages, and take rest whenever possible. Or make a habit of taking time to lie each day.

Acupressure to clear heat, support flow & reduce nausea



**Heart 8
Shaofu
“Lesser Palace”**

Research shows that acupressure is a safe and simple technique with the ability to improve cardiovascular function, and reduce symptoms associated with insomnia, nausea and vomiting through calming sympathetic system responses and regulating physiological disruptions (Yang et al., 2016 & Liu et al., 2022).

**Paracardium 6
Neiguan
“Inner Pass”**



✓ Making a first, **locate point**, in depression where the tip of the pinky finger rests between the 4th & 5th finger. **Press firmly** with your thumb and **gently massage** for **1-2 mins**.

✓ **Locate point**, on forearm, 3-finger-widths from the wrist, between the two tendons. **Press firmly** with your thumb for 1-2 mins.

Feeling symptoms of burnout or overwork? Feeling fatigued or difficulty sleeping?

Acupuncture is clinically proven to support nervous system modulation and enhance function to provide symptom relief, Contact your local Acupuncturist or TCMP to experience benefits such as improved sleep or increased energy levels.

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