

The naturopathic advisor



Naturally Good Health has teamed up with experts from the College of Naturopathic Medicine to answer some of your burning health questions. This issue, you asked:

Q Does eating seasonally really make a difference to my health?

In short, yes! Traditional Chinese Medicine (TCM) is an ancient practice, which follows nature's clues as to how we must behave for our bodies to remain balanced and free from illness. Altering our lives to coincide with the seasons, especially with regards to how we eat, plays a key role in our health.

Summer marks the height of the maximum energy, or yang in TCM. This season of abundant energy, long days and sunshine means that the time for expansion, activity and creativity are at their peak.

To remain in harmony with the environment

of summer, ancient Chinese physicians advised:

- Wake up earlier in the morning, go to bed later in the evening, and rest midday.
- Drink plenty of fluids.
- Add pungent flavours to your diet.
- Refrain from anger; keep calm and even-tempered.

Food is medicine and TCM uses food and its healing properties to help our body's transition from season to season. In summer, indigestion can easily occur, so a light, less-greasy diet low in dairy and fried foods is strongly recommended. It is the perfect season to introduce some cool yin foods into your diet (yin is opposite to yang and helps to balance the body from the inside).

Chinese nutrition classifies food according to its energetic qualities of temperature, taste, and ability to moisten and strengthen the body. Food with cool or cold properties can clear heat/inflammation, reduce toxins, and generate body fluids.

In general, cooling foods tend to be green in colour. Few vegetables are warming and so is always a good choice in summer. Fish and seafood are also cooling, while most meat is warming.

Some additional foods to keep your yang in check this summer include watermelon, apricot, strawberries, cantaloupe, lemon, peach, orange, asparagus, sprouts, bamboo, pak choi, broccoli, corn, cucumber, lettuce, Chinese cabbage, tomatoes, mushrooms, mint, dill, coriander, spinach, watercress, mung beans, and various seaweeds.



Your expert

You question has been answered by Acupuncturist and College of Naturopathic Medicine Lecturer, Candice Behan, who specialises in fertility. If you would like to find out how you can train at CNM for an exciting new career in Naturopathic Nutrition, Herbal Medicine or Acupuncture, join the next free open evening. Reserve your free place online at www.naturopathy.ie. College locations; Dublin, Cork and Galway.