



Philip Lai Qi Gong Association

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My dear QiGong friends:

Late Summer

Late summer is the transition from the Yang spring and summer to the Yin autumn and winter.

This is a season for unity, harmony, tranquility and finding the middle way between extremes. Late summer creates the Earth element and influences the Spleen, mouth and muscles. It is also associated with the colour yellow, sweet flavour and the emotion of overthinking or pensiveness.

Foods for Late Summer

Eat harmonizing foods, yellow or golden coloured foods, round-shaped foods. Use a minimum of seasoning and mild taste. Try to avoid complicated dishes and complex combinations of foods. Strive for moderation in cooking time, temperature and use of water and cooking oil. Foods such as millet, corn, rice, amaranth, garbanzo beans, soybeans, string beans, peas, chestnuts, filberts, apricots, cantaloupe, carrots, cabbage, squash, potatoes, yams and tofu are best suited for this season.

Dampness in Late Summer

In Five Element theory, dampness is an important condition in late summer. Dampness is a Yin disorder characterized by an overly wet or moist condition in the body. Dampness related disorders have a sluggish, stagnant quality and often take a long time to cure.

Dampness Symptoms

Symptoms of dampness in the spleen and pancreas are slow movement, numbness or pain in limbs, heaviness in the head, lack of appetite, bloated abdomen, thick coating on the tongue and diarrhea.

Symptoms of dampness in the digestive tract, lungs, bladder and sex organs are mucus deposits, edema, cysts, tumours or growths of yeasts, viruses, bacteria or parasites.

Causes of Dampness

Many damp conditions are caused by diets which have an excess of raw, cold, sweet or mucus-forming foods. Dampness can also be caused by external pathogens such as viruses and bacteria. Excess dampness in the environment can worsen internal damp conditions. Lack of exercise, which oxygenates the body, can also lead to damp conditions.

Foods Which Contribute to Dampness

Raw fruits, vegetables, sprouts and juices, food which is below room temperature, mucus-forming foods such as meat, eggs and dairy products, oily foods such as nuts and seeds, foods containing concentrated sweeteners, overly

processed or refined foods and meals with too many ingredients can cause Dampness if consumed in excess.

Foods Which Dry Dampness

The following foods can combat Dampness: rye grain, amaranth, corn, aduki beans, celery, lettuce, pumpkin, alfalfa, turnip, honey, herbs such as chaparral and chamomile and goats milk.

The Spleen in Late Summer

In TCM the Spleen and Pancreas are considered to be one organ and are referred to simply as the Spleen. TCM considers the Spleen to be at the centre of the body and the organ which is most balanced between Yin and Yang.

According to TCM the Spleen governs the will and memory. According to Five Element Theory, the Spleen is the most important organ in Late Summer and requires the most attention in this season.

Signs of Spleen Health

People with a balanced Spleen are hardworking, practical and responsible. They are strong, active and stable, with strong limbs, good appetite and digestion. They are imaginative, creative, orderly and careful.

Signs of Spleen Imbalance

People with a diseased Spleen can show symptoms such as: chronic tiredness, physical and mental stagnation, compulsive behavior, weak digestion, nausea, poor appetite, abdominal bloating, hard lumps in abdomen and loose stools, sloppy appearance, hoarding of possessions and inability to maintain a healthy weight.

Foods Which Improve Spleen Qi

Eat warming or neutral foods which are moderately well-cooked, chew food well and eat small, frequent meals.

Eat pungent vegetables and spices such as:

onion, leek, black pepper, ginger, fennel, cinnamon and garlic. Consume carbohydrate-rich vegetables like:

carrot, winter squash, parsnip, turnip, garbanzo beans, black beans, yam and peas. Use small amounts of animal products in soup such as: tuna, halibut, beef, chicken and lamb. Eat sweet foods such as: rice syrup, barley malt, molasses, cherries and dates.

Overthinking and the Spleen

Overthinking or pensiveness is damaging to the Spleen. Spleen Qi become knotted or stuck when the mind is overly preoccupied with one subject. This causes loss of grounding or attachment to the earth. One cure for the Spleen is to spend time in nature and reconnect with the earth.