

一年之 阳 在于夏

根据传统中医的观点，一年之“阳”在于夏，因为夏日是繁盛的最高点，最能代表夏季的词莫过于繁茂和成长

春

天里万物复苏，种子破土而出，展现嫩芽。经过漫漫3个月，还是萌芽期的植物，一旦嗅到了初夏的气味后，便兴高采烈地迅速成长。到了盛夏，树木则舒畅地张开了所有的绿荫，鲜花草木一片全盛气象，万物生机勃勃。“阳”在此时达到了一年之中的极点。

夏季是万物充实自己的季节，意味着自由奔放，应该无忧无虑地畅游于自然的广阔天地。千万不要将自己拘泥于狭小的空间，与他人孤立，这完全不适合夏季的繁茂和无羁。如果使得自己更加孤僻与严谨，就只能默默地等待着秋冬的来临了。

所以让我们趁现在：这个一年最“阳”的季节，来尽情享受生活吧。行动起来，与朋友相约结伴出游逛街，或是在高尔夫球场和泳池尽情挥洒自己的精力与汗水，又或是去聚会结交新朋友畅谈整夜等等。没问题，你的肌体和思想在这个季节是应该做这些事情的，用自由和奔放来放松和解压，并焕发精神。

心和小肠：

在我们身体里最具有这个特色的就属心和内脏了，它们在我们的身体里每日运作，向身体各处输送营养，让身体保持健康。

根据中医的五行，即木火土金水来看，永远是相邻相生，相隔相克。而这相生相克的五行又都有与之一一对应的颜色、动物、器官和内脏，并以其独特的方式影响着人体内“气”的运行。中医里有这样的说法，“肝木、心火、脾土、肺金、肾水。”故心阳有温煦的作用，有“火”阳热的特性，故以心属“火”。另小肠也属于五行中的火。

众所周知，心脏的作用是推动血液流动，向器官、组织提供充足的血流量，以供应氧和各种营养物质，并带走代谢的最终产物，使细胞维持正常的代谢和功能。此外，血液防卫机能的实现，以及体温相对恒定的调节，也都要依赖血液在血管内不断循环流动，而血液的循环是由于心脏“泵”的作用实现的。而我们中医所说的心，更远远不止这些。心是主宰者，控制住全身，使各器官协调运作，也心孕育了思想、创造、心灵和其他一切情感。

小肠位于我们腹中，全长5-6米呈空心

状，如果把它展开的话，能有半个篮球大，它是食物消化吸收的主要场所。小肠的运动形式主要有分节运动、蠕动和移行性复合运动。当食物通过消化道的时候，它可以通过蠕动将食物分离进而帮助消化。而这些被小肠吸收的养分直接进入血液，再通过心脏传递到全身，给予人体充分的能量、强健的肌肉和修复脏器功能。

但如果小肠吸收了过多的营养而超负荷运作的话，它就会慢慢丧失分离食物的功能，使食糜与消化液混合不充分，引起消化不良。你能想象一条水管，被大量的树叶和垃圾阻塞后的状态吧。所以保持小肠在某种程度上畅通无阻很重要，过多的食物容易使小肠混淆什么是需要吸收的、什么是要摒弃的。当毒素和过量的发酵的食物积累在小肠的时候，会产生胀气，腹胀和消化困难。这样容易产生炎症进而引起发热。

所以，在进食的时候，细嚼慢咽很重要，它可以使唾液分泌量增加，唾液里的蛋白质进到胃里以后，可以在胃里反应，生成一种蛋白膜，对胃起到保护作用。所以，吃饭时细细咀嚼的人，一般不易得消化道溃疡病，因为可以让小肠有充分的时间进行分离消化。此外，在夏天，清淡的饮食也有利于帮助消化和减轻心脏的压力。

夏季日常生活的小贴士 总结于传统医书

衣着：夏日炎炎，多穿轻便透气的衣物为宜。尽管春日的和煦还未散去，但夏日的炎热就已逼近了。阳光是一切生命的来源，是缔造健康亮泽肌肤不可或缺的“氧份”，但酷暑当头，在外出游玩或工作时常会被强烈的阳光辐射，还是切记要做好防晒保护。

古代中国并没有空调，可如今空调却是生活的必需品，尤其是在酷夏，人们生活工作根本就离不开空调了。有些人为了贪凉，穿着背心马甲就在空调房里活动，导致很多人因此患上了关节炎风湿病。在空调间里切莫贪凉，一定做好保暖工作尤其是颈部的部位，千万不要让这些娇嫩的关节在夏日“感冒”了。

饮食：总的来说，夏日的饮食应以清淡为主，注意及时补水。夏季气温高湿度大，往往使人精神萎靡、倦怠乏力、胸闷、头昏、食欲不振、身体消瘦，适当的吃点苦味蔬菜和各种各样的时蔬，可以消暑、退热、

除烦、提神和健胃。少食多餐能更好地补充夏天所需的能量。

运动：夏日运动有助于血液循环，因此夏天更容易发汗。通过运动，可以在体内形成一个良好的循环，这不仅是血液的，甚至是精神思维的。健身也有助于睡眠，这样你的头脑才会更清楚，抵抗力也更好，就不容易得病。在夏天，我们只需要通过最原始的方式，出一身汗，就可以达到维护健康的目的。

方位：夏季，大多数朝南的地方相比于朝北的可以照到更多的阳光和热量。夏季多为南风。虽然是一年之阳，但当踏入这一年中最热的一天，我们也慢慢向一年之阴——秋天和冬天靠近了。就像那句名言所说的，“冬天来了，春天还会远吗？”

情感：火元素与心灵，以及与稳定性、控制性相契合。正如前面提到的，心是孕育思想的，所以人们可以通过心中的爱意来表达出自己的思想。然而当中医书提倡你在夏季尽情挥洒自己精力的时候，你也千万别过度了。在这个充满着能量、火光十色的季节里，要把持住你自己和控制住思想，莫要过度沉溺。配合周围的光与热，夏天对于学习如何宁心、安神和冥想来说实在是太好的一个时机了，即使是你身处于喧闹的街头和拥挤的地铁上。

颜色：红色是最能表达夏日的烈日和酷暑的颜色，所以你可以选择食用红色的食物，列如：西红柿，西瓜，红椒和草莓，这些食物中的很多有利于消暑利尿。

味道：在这个炎热的夏天，我们应该多尝尝苦味的东西。中医认为苦味有利于补气固肾、健脾燥湿。因为夏天的空气中含有大量的热量和湿气，所以多吃苦味食物有利于我们平衡机体功能。作为一个让大家又爱又恨的味道——苦味能保持我们的好胃口，让我们在炎热的夏天仍旧能多吃来保持体力。

声音：最能代表火元素和夏日的是什么？是笑！1995年印度医生Kataria设想出了笑疗法和笑瑜伽，他的课堂一直充满着欢笑声，就像一杯混合着笑声的鸡尾酒。Kataria告诉你，学会运用横膈膜来笑是很有必要的。如果碰到交通堵塞或是遇到一些讨厌的人的话，在内心绽放你的笑容吧。笑一笑，你会发现并没有你想象的那么严重，也会感受到这个世界其实是很美好的。

THE YEAR'S YANG in the Space of Summer

Summertime in Traditional Chinese Medicine represents a period of fulfillment and growth. The sprout of spring culminates into the maturity of a summer flower. It is the period of fire, embodied by the heart and small intestine organs. Yang is within Yang. By Ken Rosen M.T.C.M

Summer is about enjoyment, light-heartedness, and being social. It is not a time for being strict, isolated, or overly serious. You can wait for fall or winter for that. Summertime is all about living life to the fullest.

Whether you are out on the town shopping, on a golf course, splashing around swimming, or at a party with friends, the important thing is to enjoy yourself.

Heart and Small Intestine: Within the system of the five elements (water, wood, fire, earth, and metal) of TCM, each element has an associated pair of organs. During the season of summer, the heart and the small intestine are the organs of focus.

The heart in Traditional Chinese Medicine is much more than a pump that moves blood around the body. The heart is referred to as the King or emperor, the conductor of the body's orchestra. It is the seat of the mind, creativity, spirit, and all emotions.

The small intestine is a 5- or 6-meter-long hollow organ that separates the pure from the impure as food is passed along the digestive tract. What the small intestine accepts gets absorbed directly into the blood and then passed on to the heart to move around the body for energy, to build muscle, or to help other organs function properly.

If the small intestine gets overloaded with too much food or overly processed food, then it loses its ability to separate the pure from the impure. The image of a stream clogged with leaves or garbage is useful. There is just too much input for the small intestine to discern what to take in and what to pass on. Toxins or just excess fermenting food builds up in the system, causing gas, bloating and digestive difficulty. This adds inflammation and heat to the

entire body and is easily passed on to the heart.

Be sure to chew your food well, so the small intestine has an easier time separating the pure from the impure. Eat lightly during summer to help unburden your digestive tract and lighten your heart.

Daily life TCM tips for summer – Advice integrated from classical books of Traditional Chinese Medicine for today's world.

Clothing: Wear light and porous clothing to keep cool. Heat is the force of nature most associated with summer. Whereas the warmth of spring comes from below, the crushing heat of summer comes from above. Enjoy the warmth of some healthy sun time, but also protect yourself.

Ancient China did not have air conditioning. If you find yourself in an air conditioned environment for long periods of time, be sure that you are warm and protect your neck area from cold air.

Food and Beverages: Overall, your diet in the summer should be light, with lots of thirst-quenching beverages. Summer is also a time to focus your diet on bitter salad greens and a variety of vegetables. Smaller, more frequent meals are in tune with summer's energy.

Activity: Summer should be loaded with good activity to move blood through your heart and body. Sweat is the fluid associated with the heart and therefore, summer. By working your heart, you create better circulation throughout your body and also your mind. This provides for deeper sleep, clear thoughts, less inflammation, and compassion. Get out there and work up a sweat. Get in touch with this primal steaming process. Then, cool off in some water.

Direction: South is the direction of summer as more of the earth is exposed to more light

and heat for greater amounts of time. Southern winds also prevail during summer, pumping winds up from the center of the earth.

This is the most "yang" time of the year. Of course, right as we hit the most yang time of the year is when we start the slow slide back into the "yin" of fall and later winter.

Emotion: The fire element is associated with the mind and its stability. The heart is the seat of the mind and therefore, its highest expression is love. While the ancient books of Chinese Medicine encourage you to enjoy yourself at this time of the year, they also warn about over-excitement. Be sure to be able to anchor yourself and still your mind during this period of intense yang energy. With all the activity, light, and heat around, summer is the perfect time to learn how to sit still, get cool, and meditate. Even, if it is in your car, on the bus, or in the subway.

Color: With all the sun and heat of summer, red makes an obvious choice for an associated color. Enjoy all the red foods of summer such as tomatoes, watermelon, bell peppers, and strawberries.

Taste: The taste of the fire season is bitter. The bitter taste in TCM is said to help drain heat and dry dampness in the body. With both great heat and the great humidity in the air during summer, it makes good sense to add more of the bitter flavor into your diet to balance your inner and outer worlds. As the least tasty and popular of all the flavors, it is nice to be reminded that the bitter taste helps promote good digestion.

Sound: Laughter is the sound associated with the fire element and summer in Traditional Chinese Medicine. Laughter therapy or laughing Yoga was conceived by Doctor Kataria of India in 1995. He likes to develop

classes from a “ho ho ho” to a “ha ha ha”, thereby making a well-mixed “laughter cocktail.” Using the diaphragm to get a good laugh going is essential. If traffic gets you frustrated or someone says something to you that is upsetting, laugh. Smile inside. See how quickly your mood lightens.

“心是生命的中心，它统领着全身。它是一个神圣的容器，是片净土，广泛接纳来自上天传达的精神。它包含并控制的天与地的互换，使得人类可以继续生存下去。人类的心很大，广阔的就像天一样，如果不试着去填充它，他将慢慢变空。”

本神——《黄帝内经·灵枢》第八篇

“The heart is a vital center. It occupies the place of ruler. It is a sacred vessel, holy land of each being; it welcomes the spirits sent from Heaven. It contains and controls the Heaven/Earth exchange that makes us human and keeps us alive. By nature man’s heart is vast and free like heaven; always tempted to fill itself, it must seek to become empty.”

From Rooted in Spirit:
The Heart of Chinese Medicine
by Father Claude Larre and
Elisabeth Rochat de la Valle p.xii.



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上古有真人者，提挈天地，把握阴阳，呼吸精气，独立守神，肌肉若一，故能寿蔽天地，无有终时，此其道生。

——《黄帝内经素问》第一、二章

“Since man is produced by the universe, it is the relationship with the universe which is taught. Everyone depends on the qi (breaths) of Heaven for their life and animation; and on the qi (food) of earth for their sustenance, constitution, and maintenance of their bodily form.”

From The Way of Heaven:
Neijing Suwen Chapters 1 & 2 translated
by Father Claude Larre. P. 19. Monkey Press

夏三月，此谓蕃秀，天地气交，万物华实，夜卧早起，无厌于日，使志无怒，使华英成秀，使气得泄，若所爱在外。

——《黄帝内经素问》第一、二章

“The 3 months of summer are called prospering and developing the flower. The qi of Heaven and Earth intertwine, The 10,000 beings flower and bring forth fruit. At night one goes to bed, at dawn one gets up. One does not let oneself be overcome by the sun, exerting the will but without violence, assisting the brilliance of beauty and strength which thus fulfill their promise. One must assist the flow of qi which likes to go the exterior.”

From The Way of Heaven:
Neijing suwen Chapters 1 & 2 translated
by Father Claude Larre. P. 110. Monkey Press.