

春木 生发之机

寒冬过，暖春归。冰雪消融，天地俱生；暖风徐徐，绿意盎然；
阳气生发，万物以荣

春

季为四季之首，万物生机勃勃之始，一派欣欣向荣。而养身之道，也应遵循春主生发之规则，向上向外抒发。因此春季养生，应注意“养阳”，使之不断充盈。

在传统中医里，“木”是力量与柔韧的象征。试想一下，小小枝丫努力摆脱地心引力的束缚，破土而出时所蕴含的动人力量。如若遇到岩石或是树根的阻挡，它也能够游刃有余地突破重围，找到另一条迎向阳光的路途。顽强的生长力，不凡的适应性以及面

临困境时的能屈能伸，是“木”与生俱来的特性。

传统中医提到，人体中代表木元素的器官是肝脏和胆囊。经过一个冬季的能量堆积，进入春季，人体肝脏需要一次“减负”过程，排除多余能量和毒素，为春季的新鲜再生做好准备。我们都知道肝脏具有强大的再生能力，然而现代生活质量的提高，春节的暴饮暴食，也带来了营养过剩的问题，各种精制和高脂肪食物，酒精和药物滥用以及其他不良因素，给肝脏造成了过重的代谢负担。

春季是进行人体“大扫除”的理想季节，也是减掉冬天过多脂肪的绝佳时机。更

为重要的是，我们可以在春季里享受到干净新鲜的食物以提高肝脏的全面机能。

中医认为，绿色是肝所代表的色泽。春季多摄入绿色食物，有助于减掉冬季里积下的多余脂肪，因为它们脂肪含量少而营养价值高，对人体健康非常有益。绿色食物富含各种矿物质、酵素、维他命，以及植物营养素。例如，超市里的鱼类通常会用甘蓝做点缀，这种绿叶蔬菜价格便宜但营养价值丰富，是广受欢迎的“明星”食物。一份蒸过的甘蓝包含以下营养成分：100毫克维他命C、8,000国际单位维他命A、150毫克钙、40毫克叶酸，而总热量却不超过60卡路里。很

多研究已表明，食用绿色食物较多的人群患心脏病及癌症的机率较低。

绿色食物大致可分为两类：一类是菜园里常见的颜色较深的食物：如羽衣甘蓝，菠菜。另一类被称作“超级食物”，包括谷物草（可收获谷物）和水藻类食物，如海藻。

根据中医理论，绿叶蔬菜对人体有清热、排毒和安神作用。另外还含有丰富的β-胡萝卜素、维生素C、铁、钙和镁等营养成分。谷物草类绿色食物是酶和氨基酸的来源，有助于提高人体免疫力，修复受损组织。水藻类绿色食物则含丰富的氨基酸、叶绿素及其它植物营养素和伽马亚麻酸，几乎不含脂肪。

绿色食物中的很重要的一种营养成分是叶绿素。有趣的是，叶绿素的分子结构和血红素是一样的。在红细胞中，血红蛋白能和空气中的氧结合，因此红细胞能通过血红蛋白将吸入肺泡中的氧运送给组织。血红蛋白中含有铁元素，叶绿素中则含有镁。这就表明，在植物世界里，植物营养素的作用就像“血液”一样。尽管目前还不知道叶绿素在人体机制中是如何运作的，但可以确定的是，它对我们的健康有益，或许是通过构筑适合我们机体的血液结构模式来发挥作用。在中医里，叶绿素和植物营养素可转化为一种补血剂。叶绿素被用于治愈创伤已有很长历史了，具有杀菌、激活酶素、提高免疫力、预防炎症、除臭、解毒，以及促进肠道菌群健康等作用。

科学研究的触角会不断伸向未知领域，为人类带来更多于健康有益的食物——让我们拥抱春天，享受绿色，多吃蔬菜总是没有错的！

春季养生小贴士

衣着：注意保暖。牢记春季的天气是瞬息万变的。在传统中医里，风是与春季和“木”

紧密相关的自然现象。虽然寒冬已过，但春寒料峭，依然会偶尔给人们带来冬天的感觉。随身携带一条围巾，或是一件夹克、一件毛衣，以备不时之需。

饮食：食用清淡食物，来减掉“冬膘”，可多食用一些烹饪过的绿色蔬菜。另外，因为酸味可刺激肝脏中“气”的产生，可在烹饪时适量添加酸味，如在饮用水中加一两片柠檬，或在沙拉中调配一些醋或是橄榄油，或是用一些腌黄瓜增添三明治的滋味。

运动：中医认为，肝脏控制着肌腱。肝脏在休息期间储存血液，然后在运动时将血液供给肌腱，以维持肌腱的健康与柔韧性。春季可适当做一些大幅度的有氧运动，有助于祛除肝脏中淤积的气。

方向：东方是与“木”相应的方位。春季的风从东方来。东方象征着新的崛起，也恰恰是太阳升起的方向。

情感：春季和“木”常与怒气相伴。春季是一个适合将存积的情绪发泄出来的季节，例如挫败感。正如幼芽在成长期碰到了岩石，并不会尝试穿过石头，而是绕道而行。所以，要想使体内的木元素达至平衡，则要切记精神和身体上的柔韧与灵活性。尝试用积极的方式表达自己，有助于释放一切紧张情绪。

眼部运动：中医脏器对应五官理论中，肝脏作用于眼睛。虽然人体各器都和眼睛有着些许关联，但肝脏问题会直接反映于眼睛。长时间面对电脑后，要让眼睛稍作休息。转移注意力，让眼睛眺望远方。

多食绿色：绿色是春季和木元素的基础，是一种主色，能够减刺补虚。多食鲜嫩的植物、新鲜的绿叶蔬菜、绿色蔬菜幼苗，或是不成熟的谷物草类。这些食物可以改善肝脏的整体机能，也有助于体内“气”的疏通。



Ken Rosen Spa and TCM Specialist

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春三月，此谓发陈，天地俱生，万物以荣，夜卧早起，广步于庭，被发缓形，以使志生，生而勿杀，予而勿夺，赏而勿罚，此春气之应，养生之道也。逆之则伤肝，夏为寒变，奉长者少。——摘自《黄帝内经·素问》之四气调神大论篇第二篇

The three months of spring are the period in which things begin to grow and display. Heaven begins to generate warm energy and Earth begins to develop, so that everything flourishes. It is desirable to sleep at night, get up early in the morning, take a walk in the yard, to loosen up hair and relax the body. The spring possesses the will to grow, and after things have grown, do not destroy them. In spring, one should assist instead of taking it away one should praise instead of punishing. This is the way of nourishing life in response to the spring. To act to the contrary will cause injuries to the liver and one will suffer a cold disease in summer.
– Quoted from: <http://www.acucentre.com.au/Classics/SuWen/SuWenLu/Preface,Intro,1to9.pdf>

Spring, Wood Emerging and Unfolding

Go Springtime! Yang within Yin. Bursting from the cold and darkness. Everything is springing up and spreading out as the sun warms the earth more with each passing day.

By Ken Rosen, M.T.C.M

Wind blows and clears out the old to make way for the fresh. New life. Seeds becoming sprouts. Regeneration.

The winter planning must be put into action.

The wood element in Chinese Medicine is about strength and flexibility. Think about that energy of the tiny sprout forcefully pushing through the soil and moving away from gravity. If the emerging sprout hits a rock or a root on the way up, it has to be flexible enough to find a way around and on up to the warming sun. This is the nature of wood; unrestrained growth, resilience, and flexibility in the face of adversity.

In Traditional Chinese Medicine, wood is represented by the liver and gallbladder organs. So too, our livers need to be cleaned from the weight of winter so we can regenerate ourselves with Spring-time freshness. Of course, the liver is one organ in our body that has an incredible capacity for regeneration. Because modern life leads to excess, our livers are gunked up with the burdens of metabolizing too much refined and fatty food, alcohol, pharmaceuticals, and the rest of the usual suspects of modernity.

Cleansing in the spring is ideal. It's a time to lose the extra weight of winter but probably more importantly give our bodies clean fresh food to improve the liver's overall functions.

In Chinese Medicine, green is associated with the liver. Concentrating on eating more green food in the spring helps lose the extra weight of winter because green foods are generally low in calories but highly nutritious. Green foods are good for us because they are loaded with clean fuel our bodies run best on: Minerals, Enzymes, Vitamins, and Phytonutrients. For instance, kale, a leafy green vegetable that is used to decorate fish at the supermarket, is a nutritional superstar, and it's cheap. A cup of steamed kale is packed with nourishment: 100 mg of Vitamin C, 8,000 IU of Vitamin A, 150 mg of calcium and 40 mg of folic acid – all for a little more than 50 calories.

From a historical perspective, green foods have been the centerpiece of many traditional diets at almost every meal. Studies have suggested a strong link between populations with diets that are rich in green vegetables and low incidence of heart disease and cancer.

Green foods can be broadly categorized into two groups. There are common garden foods with deep, dark color such as kale, collards, and spinach. Then, there are the “superfoods”, which can be further categorized as cereal grasses (those that bear grains) and water greens such as algae.

According to Chinese Medicine, green foods in the form of leafy green vegetables are cooling, cleansing, and calming to the body.

They're also rich sources of beta-carotene, Vitamin C, iron, calcium, and magnesium. Cereal grasses are high in enzymes and amino acids that can help boost immune response and repair tissue. Water greens are high in amino acids, low in fat, and contain a substantial amount of chlorophyll, other phytonutrients and gamma linolenic acid.

An important nutritional component of green foods is chlorophyll; the green pigment. Interestingly, chlorophyll has the same molecular structure as hemoglobin, the oxygen carrying component in red blood cells, which suggests that this phytonutrient functions essentially as the blood of plants. While hemoglobin has iron at its center, chlorophyll has magnesium. And although we don't know exactly how chlorophyll works in the human body, we know that it enhances health, possibly by building our own blood chemistry. In Chinese Medicine chlorophyll and phytonutrients could be translated as a blood tonic. Chlorophyll has a long history of healing wounds topically, killing fungi and bacteria, activating enzymes, boosting immunity, preventing inflammation, deodorizing and detoxifying the body, and promoting healthy intestinal flora.

Go springtime. Go green. Science is going to keep doing the studies and naming the names, but remember, your Mom was right when she told you to eat your vegetables.



Wellness Advice for Daily Life in Spring

Clothing – Be sure to keep warm. Remember Spring is all about changing weather. Wind is the force of nature that is associated with Spring and wood in TCM. Spring winds can whip up quickly and remind us of winter. Take a scarf or an extra jacket or sweater with you for protection.

Food and Beverages – Eat a lighter diet to lose winter's weight. Be sure to eat more steamed green vegetables. Include more sour taste in your diet. Foods and drinks with sour tastes are thought to stimulate the liver's Qi. Put lemon slices in your drinking water, use vinegar and olive oil for your salad dressing. Garnish your sandwich with a slice of dill pickle.

Activity – The liver controls the tendons. According to Chinese medicine, the liver stores blood during periods of rest and then releases it to the tendons in times of activity, maintaining tendon health and flexibility. Also include some more vigorous movement to help break up stagnant liver Qi.

Direction – East is the direction of wood. This direction represents new growth as echoed by the rising of the sun in the east.

Emotion – Anger is the emotion associated with wood and spring. Spring is a good period to let go of stagnant emotions like frustration. Just as the sprout may hit a rock as it grows; it will not try and grow through the rock. So, flexibility in mind and body are essential for a balanced wood element. Express yourself through positive means to help let go of any tension.

Eye Exercises – In Chinese Medicine, liver opens into the eyes. Although all the organs have some connection to the health of the eyes, the liver is connected to proper eye function. Remember to take breaks when looking at a computer for extended periods of time. Make some time to let go of all the muscles around your eyes. Soften your glare, relax, and look at infinity.

Eat Green – Green is the color of the wood and of springtime. Green is a master color; able to reduce excess or tonify deficiency. Eating young plants – fresh, leafy greens, sprouts, and immature cereal grasses can improve the liver's overall functions and aid in the movement of Qi.