



East Village
ACUPUNCTURE

& MASSAGE

Heat in the body – Holistic Remedies

Heat according to Traditional Chinese Medicine is a general condition of hyperactivity that arises because of a fundamental Yin-Yang imbalance, which in Western terms would be an imbalance of homeostasis.

Foods to Incorporate:

apples, asparagus, bananas, barley, cabbage, eggplant, celery, cucumber, egg white, yogurt, elderflower, grapefruit, lemon, lettuce, mint, miller, olives, pear, peppermint, tofu, tomatoes, watermelon, and wheat

*in moderation

Foods to Avoid:

mango, peach, raspberry, onions, leeks, chive, mustard greens, walnuts, pistachio, pine nuts, butter, chicken, lamb, mussels, venison, prawns, black pepper, coffee, cinnamon, clove, cumin, fennel, garlic, ginger, nutmeg, vinegar, wine

Lifestyle recommendations:

- Stay hydrated
- Get plenty of rest, include naps if necessary
- Schedule 3 or 5 minute blocks in your day to practice deep breathing exercises (see video on our YouTube channel for examples of these exercises)
- Avoid intensive exercise and hot yoga. Try to break a sweat in a cooler environment.

Acu Points

Directions:

- 2 minute massage or pressure on each point, 3x per day

