



STAY HYDRATED

Drink plenty of fluids, especially iced water, even if you don't feel thirsty



LEARN

Educate yourself on heat-related illnesses to learn how to recognise and prevent them and know when to seek help



CLOTHING

Wear light, loose-fitted clothing

BEAT THE HEAT

LISTEN TO YOUR BODY

Pay attention to how you feel. If you start to feel sick or very hot, stop what you're doing and go somewhere cool.

KEEP COOL

Stay in airconditioned rooms, consider the use of portable fans and cooling vests



TIME ACTIVITIES

Try to schedule outdoor activities during cooler parts of the day and take breaks in the shade to cool down



Summer Heat

Nigel Ching



Summer Heat:

Essentials of Chinese Materia Medica and Medical Formulas Shengyan Xi, Yuewen Gong, 2017-05-01 *Essentials of Chinese Materia Medica and Medical Formulas* New Century Traditional Chinese Medicine presents specific knowledge about the source medicinal nature action and application of more than 800 commonly used Chinese materia medica as well as the efficacy and application of more than 740 kinds of commonly used Chinese medical formulas. Notably all of the content is presented in table form making the information easier to access understand and apply. Each primary herbal medicine is introduced with color pictures and each primary formula is presented with efficacy analysis pictures. The book provides readers with essential information on Chinese materia medica and formulas and how to use them accurately including the most common Chinese materia medica used in clinics and in commonly used clinical formulas. This is an essential reference for traditional medical professionals and those interested in traditional Chinese medicine including advanced undergraduate and postgraduate students. Includes over 800 Chinese materia medica and 740 medical formulas with their essential information. Combines 514 color pictures of medicine material crude slices and 255 formulary efficacy analysis pictures. Organized with concise forms facilitating understanding and memorization. *WHO international standard terminologies on traditional Chinese medicine* world health organization, 2022-03-03

The Art and Practice of Diagnosis in Chinese Medicine Nigel Ching, 2017-05-18 This textbook is a complete diagnostic manual for students of Chinese medicine. It covers how to collect and collate the relevant information needed to make a diagnosis and clearly describes the various diagnostic models in Chinese medicine.

USA travel guide 2025-2026 Jaxon Marais, 2025-07-07 Are you dreaming of exploring all 50 U S states but feel overwhelmed by where to begin what to see and how to make every moment unforgettable? You're not alone. Millions of travelers are asking: What are the absolute must-see places in each state? How do I plan an epic American road trip without missing the hidden gems? Where can I find a trusted all-in-one travel guide packed with inspiring ideas? *USA Travel Guide 2026* by Jaxon Marais is the ultimate answer to your travel dreams and the only guide you'll ever need to explore America like never before. Whether you're planning a solo journey, a romantic getaway, a family vacation, or the great American road trip of a lifetime, this all-inclusive guide delivers 5,000 handpicked travel ideas covering all 50 states from iconic landmarks to secret local treasures. This isn't just a travel guide; it's your gateway to extraordinary American adventures. Discover the top-rated attractions, scenic drives, outdoor wonders, historical landmarks, food destinations, hidden gems, and unforgettable experiences in every corner of the country. From the sun-drenched beaches of Florida to the majestic peaks of the Rockies, from vibrant cities like New York and Los Angeles to charming small towns you never knew existed, this book gives you the ultimate blueprint for travel excellence. Why This Book Is Different and Why You Need It: Expertly curated. Save hours of research with professionally selected destinations that are worth your time. Inspires action. Whether you're planning now or just dreaming, this guide motivates you to go. Highly visual, easy to use. Structured state-by-state for quick

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 ve always wanted Grab your copy of USA Travel Guide 2026 today and start uncovering the magic wonder and heart of
 America one unforgettable state at a time Adventure is calling Are you ready to answer Translator Jaxon Marais PUBLISHER
 TEKTIME **Western Herbs according to Traditional Chinese Medicine** Thomas Avery Garrahan, 2008-01-22 The first
 book to exclusively use Chinese medical theories and terminology to guide practitioners of Chinese medicine in the use of
 Western herbs Written entirely according to the theory diagnosis and treatment paradigm of traditional Chinese medicine
 TCM Explains how to combine and modify the standard TCM formulas to non Chinese herbs suitable for Western
 practitioners Includes 58 monographs of common Western healing herbs detailing how each plant is used clinically The ever
 growing number of Chinese medicine practitioners in the West has brought about an amalgamation of many styles of Chinese
 medicine and various other forms of medicine from around the world This book addresses the increasing demand for
 knowledge of how to integrate plants from outside the standard Chinese materia medica into the fold of Chinese medical
 practices in the West It is the first in depth guide to using Western herbs exclusively according to the theories diagnoses and
 treatments of traditional Chinese medicine that harmonizes the unique terminology and theories of TCM with other botanical
 medicines The book contains 58 monographs illustrated with full color photographs of herbs commonly used by Western
 herbalists Each herb is grouped by the basic categorization for medicinals in Chinese medicine such as Herbs that Resolve
 the Exterior and Herbs that Regulate Blood The monographs detail the energetics function and indication channels entered
 dosage and preparation and contraindications of each plant The author also explains how to use the herbs to modify standard
 formulas used in everyday Chinese herbal medicine based on his own clinical experience An appendix of Western Analogs for
 Chinese Herbs further highlights 40 Chinese medicinals that have related species growing in the West **The American**
Journal of the Medical Sciences ,1912 *Further Limnological Observations on the Finger Lakes of New York* Edward
 Asahel Birge, 1921 *Bulletin of the United States Bureau of Fisheries* ,1922 **Bulletin of the United States Bureau of**
Fisheries United States. Bureau of Fisheries, 1922 Bulletin of the Bureau of Fisheries ,1922

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