



## 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

**Jiaxu Chen, Jane Frances Wilson**



## Summer Heat:

**WHO international standard terminologies on traditional Chinese medicine** world health organization,2022-03-03

**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

**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

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**Kanji Handbook** Vee David,2013-11-05 This massive text is the ultimate authoritative book on learning Japanese Kanji The Kanji Handbook presents an ingenious and tested method to learn the 1 945 kanji characters taught in all Japanese language schools Through the use of KanjiHybrids a concept invented by the author learners of Kanji and taught to link the characters mentally with English words to form one integral and indivisible unit This innovative mnemonic device has been proven to train the learner to retain each kanji in the memory much better than simple repetition of the kanji alone as well as enabling users to differentiate similar looking kanji characters Specific learning strategies also enable users to progress quickly from the beginner to advanced level kanji with stroke orders shown clearly for each kanji character Eight different indexes including the highly useful Flip it Index form the last part of this unique handbook Contains the complete list of all 1 945 kanji characters taught in Japanese schools Presents a new KanjiHybrids system linking kanji characters with English words to aid memorization Innovative learning strategies guide learners at all levels from beginner to advanced

**Handbook of Plant and Crop Stress** Mohammad Pessarakli,2016-04-19 The dynamic and expanding knowledge of environmental stresses and their effects on plants and crops have resulted in the compilation of a large volume of information in the last ten years since the publication of the second edition of the Handbook of Plant and Crop Stress With 90 percent new material and a new organization that reflects this incre *Statements of Fact in Traditional Chinese Medicine* Bob Flaws,1994

**Western Herbs according to Traditional Chinese Medicine** Thomas Avery Garran,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

**Diagnostics in Chinese Medicine** Jiaxu Chen, Jane Frances Wilson, 2011-12-15 Acting as a bridge between the basic theory of Chinese medicine CM and various clinical subjects Diagnostics in Chinese Medicine can be regarded as a core subject in understanding the concept of CM Based on the national textbooks of CM in China Diagnostics in Chinese Medicine is written combined with the National Standard and Quality Course given by Professor Chen Jiaxu at Beijing University of CM According to Professor Chen's long standing high academic profile and clinical practice figures and tables are presented clearly to intensify understanding and comprehension We are sorry that the DVD content are not included

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Chinese Traditional Herbal Medicine Volume 1 Lesley Tierra, Michael Tierra, 1998-06-01 This first volume focuses on the theory principles diagnostic methods and treatment modalities that are an essential part of the practicum of Traditional Chinese Medicine TCM It is intended to not only provide the background and theoretical framework for the reader to understand the viewpoint from which TCM starts in its understanding of human health but also gives the reader systematic insight and practical information to permit meaningful application of these principles      Chinese Herbal Medicine Chongyun Liu, Angela Tseng, Sue Yang, 2004-07-28 A roadmap for easily navigating through the complexities of Chinese herbal medicine Chinese Herbal Medicine Modern Applications of Traditional Formulas presents information about herbal formulas in a practical and easy to access format Bridging the gap between classroom study and the clinical setting the book supplies information on disease sym

**Speaking of Epidemics in Chinese Medicine** Marta Hanson, 2012-03-29 This book is the biography of a Chinese disease Born in antiquity and reaching maturity during the epidemics that swept China during the seventeenth century collapse of the Ming dynasty the ancient notion of wenbing Warm diseases continued to play a role even in the response of Traditional Chinese Medicine to the outbreak of SARS in 2002 3 By following wenbing from its birth to maturity and even life in modern times this book approaches the history of Chinese medicine from a new angle It explores the possibility of replacing older narratives that stress progress and linear development with accounts that pay attention to geographic intellectual and cultural diversity By doing so it integrates the history of Chinese medicine into broader historical

studies in a way that has not so far been attempted and addresses the concerns of a readership much wider than that of Chinese medicine specialists      **The Ultimate Holistic Guide to Curing the Common Cold and Flu** Brian Dempsey, L. Ac.,2020-08-17 The Ultimate Holistic Guide to Curing the Common Cold and Flu A Step by Step Guide to Stimulating Your Immune System to Speed the Healing of Any Cold or Flu provides the most comprehensive researched based information ever written on holistic treatments of colds and flu Written with practical step by step instructions it will help you find effective natural treatments for colds and flus You will find these straight forward measures will speed the course of your cold or flu This guide also provides a special chapter on how to quickly recover from the Coronavirus COVID 19

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