

Hot Weather Survival Guide

“The Jade Fluid Practice”

Practice the “Jade Fluid Practice” - to help replenish fluids without the shock of cold water.

This is a classical Yang Sheng practice that is especially relevant during the summer months when heavy sweating rapidly depletes your body's vital fluids.

1. Sit quietly for a few minutes.
2. Begin to slowly and gently click teeth together 36 times.
3. Let the saliva accumulate in the mouth.
4. Swirl the collected saliva three times around the mouth.
5. Swallow it in three intentional portions.
6. Follow the movement of each swallow down into the stomach.
7. Rest in the calm space for a few minutes before resuming your day.

This nourishes your natural yin and provides hydration at your bodies natural temperature.

Why does this work?

- Clicking the teeth stimulates the salivary glands and is believed in TCM to activate Kidney Qi — as the teeth are governed by the TCM Kidneys.
- Saliva is considered a precious fluid in classical TCM — called 金津玉液 (Jīn Jīn Yù Yè — Golden Fluid, Jade Liquid). Swallowing it intentionally nourishes internal Yin from within
- When summer heat is stealing your fluids through sweat, this practice helps replenish them quietly and efficiently, at body temperature, without shocking the Spleen the way cold drinks do.

Best time: Anytime of the day but especially Morning after waking, or in the evening before sleep.

By gently changing habits you can move smoothly and comfortable through even the stickiest days of the year.

“Cooling Breath”

1. Sit quietly for a few minutes.
2. Keep your head, neck, and spine in a straight line.
3. Breathing slowly and relaxed, through the nose.
4. With your lips form the shape as if you are going whistle.
5. And now gently breathing through your mouth directing the thin stream of breath onto your tongue
6. You will feel the cool air hitting your tongue and the back of your throat.
7. Close your mouth, and and swallow feeling the cool sensation descending into the core.
8. Exhale slowly and completely through your nose.
9. Repeat: Continue this cycle for 3 to 5 minutes, allowing your breath to return to normal afterward.

Alternative breathing method:

1. You can practice this by lightly pressing your upper and lower teeth together and part your lips to expose the teeth to the air.
2. Inhale slowly through the gaps in your teeth, focusing on the hissing sound.
3. Close your mouth, and and swallow feeling the cool sensation descending into the core.
4. Then exhale slowly through your nose.

“Two Hands Upholding the Heavens”

By stretching the torso upward and opening the chest and abdomen, this movement gently opens the body's internal water pathways — allowing stagnant Damp-Heat to drain downward and giving the TCM Spleen room to breathe.

