

SUMMER FRUITS

GENERAL GUIDELINES:

It is easier for your body and digestive system to adapt to fresh local fruit in season than to fruit from far away.

Most summer and tropical fruits are cooling and moistening in nature. When eaten in winter (in great quantities), they may cause coldness and weakness (unless eaten by people with excess heat signs). Fall fruits that store, such as apples and dried fruit, are more suited to winter.

When fruits are juiced, their cooling and cleansing properties are concentrated. The juice is the cleansing/eliminating part of fruit; the relatively more building and warming parts are the rinds, skins, peels, pulpy sections, as well as seeds of fruit like papaya, watermelon, and other melons. Eat some of all parts for greater stamina. Heating juices or cooking fruit makes it less cooling. Drinking fruit juices all day long between meals is always, invariably weakening.

APPLE- Cooling thermal nature. Sweet/sour flavor, reduces heat especially summer heat; produces fluids, moistens dryness and cools heat in the lungs.

BANANA- Very cooling thermal nature, sweet flavor, lubricates intestines and lungs, strengthens yin and moistens dryness.

CHERRY- Warming thermal nature, sweet flavor, increases qi energy, tonifies spleen/pancreas. Richly supplied in iron, cherries are often used to improve blood and treat anemia.

FIG- Neutral thermal nature, sweet flavor, influences stomach/spleen/pancreas and moistens lungs and large intestine. Detoxifying action, cleans intestines with soothing laxative action.

GRAPE- Neutral thermal nature, sweet/sour flavor, increases qi energy, builds and purifies blood and improves cleansing function of glands.

GRAPEFRUIT- Cold thermal nature, sweet/sour flavor, treats poor digestion, helps overcome alcohol intoxication.

LEMON & LIME – Cooling thermal nature, very sour/astringent flavor. Antiseptic. Antiseptic, anti-microbial, mucus resolving. Benefits the liver, cleanses blood, promotes blood circulation and weak blood vessels.

ORANGE- Cooling thermal nature, sweet/sour flavor, general tonic for weak digestion and poor appetite. Regenerates body fluids, cools and moistens dry conditions (can cause phlegm).

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PAPAYA- Neutral thermal nature, sweet/bitter flavor, digestive aid. Papaya contains carpaine, a compound providing anti-tumor activity.

PEACH- Cooling thermal nature, sweet/sour flavor, builds body fluids, moistens lungs and intestines. Too many peaches can damage the stomach.

PEAR- Cooling thermal nature, sweet/slightly sour flavor, specifically affects the lungs, eliminates heat and excess mucus in lungs, stops coughing associated with hot lungs, quenches thirst.

PINEAPPLE- Neutral thermal nature, sweet/sour flavor, treats summer heat, increases digestive ability and destroys worms (bromelin).

PLUM (purple)- Slightly cooling, builds body fluids, specific for the liver, treats liver conditions such as cirrhosis or hardened or expanded liver conditions in general, good for liver conditions that express as emotional repression, pain and nervous disorders.

UMEBOSHI SALT PLUMS- very sour and salty, highly alkalizing, treat digestive upset.

RASPBERRY- Neutral thermal nature, sweet/sour flavor, builds blood and cleanses blood of toxins.

STRAWBERRY- Cooling thermal nature, sweet/sour flavor, benefits spleen/pancreas, improves appetite, moistens lungs and body fluids.

WATERMELON- Very cooling (cold) thermal nature, sweet flavor, removes heat including summer heat, influences heart, bladder and stomach, diuretic. Treats thirst, edema, canker sores, depression, and kidney/UTI inflammations.

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