



**HEART CENTRED
SELF CARE FOR
SUMMER**

**ANCIENT WISDOM FOR
MODERN WELLBEING**

TANIA GRASSESCHI





Introduction

Do you struggle with restless sleep on hot nights, feel drained by the summer heat, or find yourself easily overwhelmed? The Fire element which, in Chinese medicine, governs the heart and mind, thrives in balance—but too much or too little fire energy can leave you feeling scattered, anxious, or exhausted.

When the Fire energy is out of harmony, sleep can be restless, emotions can swing wildly, and feelings of joy can give way to anxiety or burnout. If you find yourself overheating—physically or emotionally—you may need to nurture your Fire element, calming the mind, cooling the body, and restoring inner balance.

Imagine feeling energized yet calm, sleeping deeply, and moving through summer with lightness and joy. When the Fire energy is balanced, the heart feels open, emotions flow smoothly, and you can fully embrace the warmth and connection of the season. With the right self-care practices, you can strengthen your heart, nourish your spirit, and cultivate lasting vitality.

In this ebook, you'll explore how to care for yourself through the lens of Chinese medicine. You'll learn how to cool down without creating internal cold, support your heart with the bitter flavor, and embrace summer's energy through self-care, diet, and movement.

Understanding the Five Elements of Chinese medicine will give you a powerful framework for self-care, helping you align with nature's cycles and your body's rhythms.

The Chinese body clock further deepens this understanding, revealing how your organs follow a natural ebb and flow throughout the day. With the diagram of the pathway of the Fire meridians, you can see how energy moves through your body.

The Table of Correspondences provides a simple yet powerful way to understand the Fire element in Chinese medicine. It connects key aspects—such as emotions, flavors, organs, and natural forces—showing how they interact within us and in the world around us. By recognizing these connections, you can align your daily choices with the energy of the season, supporting balance and well-being.



Tania Grasseschi

I'm Tania Grasseschi, a Chinese medicine practitioner with over 20 years of clinical experience. My background in science and problem-solving—honed over 17 years as an electrical engineer in telecommunications —has given me a deep appreciation for the body's energetic systems and the wisdom of Chinese medicine.

My true passion lies in teaching and sharing knowledge. Whether through eBooks, workshops, or one-on-one sessions, my goal is to educate in a way that empowers people to take charge of their own health. Prevention is always easier than cure, and when we understand how to work with the rhythms of our body and the seasons, we can cultivate lasting well-being.

I've have a degree in Health Science, taught Chinese medicine at tertiary level, run seasonal self-care workshops, and guided countless individuals toward better health through acupuncture, herbal medicine, wholefood counseling, and Qigong. I've also founded two award-winning clinics, including Lemon Balm Clinic in Katoomba, where I currently practice. Through my work, I aim to help people reconnect with their bodies, restore balance, and cultivate well-being in a way that feels natural and empowering.

If you're ready to tune into your body, nourish your heart, and move through summer with vitality, let's dive in! And if you'd like to explore these practices in person, join me for one of my Seasonal Self-Care Workshops to experience the wisdom of the Five Elements firsthand.

Scan the QR code to see upcoming events and learn more.

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5 Elements



The Five Elements: A Guide to Living in Harmony

Chinese medicine's Five Elements — **Wood**, **Fire**, **Earth**, Metal, and **Water** — offer a powerful way to understand the rhythms of nature and how they shape our health, emotions, and energy. Originally developed to explain natural phenomena, this system evolved into a sophisticated framework for medicine, philosophy, and daily life.

Each phase is connected to different aspects of our well-being, from the organs and emotions to the seasons and flavours. By understanding these connections, we can support our health, prevent imbalances, and live with greater ease.

- **Wood** fuels growth and new beginnings.
- **Fire** sparks passion, joy, and connection.
- **Earth** provides stability and nourishment.
- Metal sharpens clarity and resilience.
- **Water** teaches rest, adaptability, and wisdom.

The Five Elements describe natural cycles that influence:

- Our constitution – Each of us has a dominant element that shapes our strengths and challenges.
- Our daily well-being – Recognizing imbalances helps us adjust our lifestyle, diet, and mindset.
- Our connection to the seasons – Aligning with seasonal energies allows us to thrive year-round.

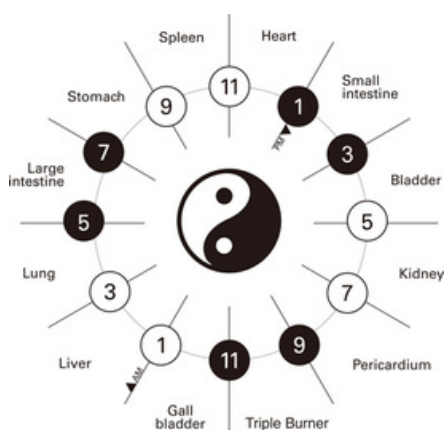
Embracing the Fire Element

This e-book explores how the **Fire Element** influences your life—especially in summer. Fire is unique among the Five Elements as the only one connected to four organ systems: the **Heart**, **Small Intestine**, **Pericardium**, and **San Jiao**. The Heart and Small Intestine govern joy, love, and emotional well-being—when balanced, you feel inspired, connected, and full of life, but when out of balance, anxiety, restlessness, and poor sleep can arise. The Pericardium, often called the "Heart Protector," helps regulate emotional boundaries, while the San Jiao (Triple Burner) supports circulation and fluid balance, ensuring harmony within the body.

Fire thrives when guided by **Wood's vision** and calmed by **Water's stillness**. If you're feeling scattered or burnt out, setting clear intentions and slowing down with meditation or deep breathing can help restore balance.

By working with the wisdom of the Five Elements, you'll gain practical tools to nurture your energy, prevent imbalances, and move through life with greater harmony. Let's dive into the Fire Element and discover how you can optimize your well-being this season.

Chinese Body Clock



The **Chinese Body Clock** is a simple yet powerful way to understand your body's natural rhythms. It follows a 24-hour energy cycle, where each organ has a two-hour window of peak function. This cycle, known as the Meridian Clock, reflects how Qi (energy) flows through the body, supporting everything from digestion and detoxification to mental clarity and rest. Modern science backs this up—circadian rhythms govern key processes like digestion, metabolism, and sleep.

The energy cycle begins with the Lungs (3–5 AM), bringing in fresh oxygen to wake up the body. It then moves through digestion in the morning, activity and circulation during the day, and repair and detoxification at night.

For example, your Stomach works best in the morning, making it the ideal time for a nourishing breakfast, while your Liver detoxifies overnight, which is why good sleep is essential for healing.

By aligning your daily habits with your body's natural clock, you can boost energy, improve digestion, and feel more balanced. Small changes, like eating at the right times, staying hydrated, and winding down before bed, can make a big difference in your health and well-being.

For a deeper understanding of the Chinese body clock, *The Perfect Day Plan* by Jost Sauer is an excellent resource. It's a simple yet inspiring read that offers practical insights into aligning your daily routine with your body's natural rhythms.

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F I R E

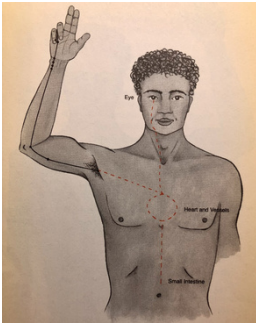
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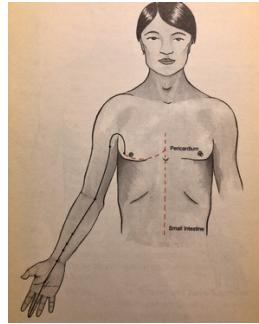
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Fire Meridians

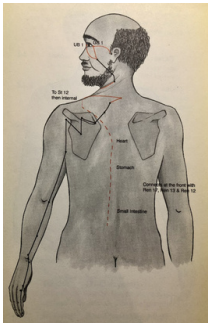
How energy flows through the
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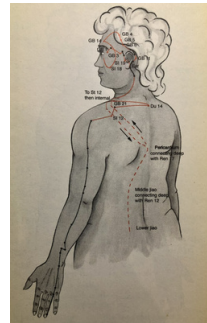
Heart



Pericardium



Small Intestine



San Jiao

The following table of correspondences provides a simple yet powerful way to understand the Five Elements in Chinese medicine, showing how the Fire element connects to different aspects of the body, mind, and environment. By recognizing these patterns, you can align your lifestyle, diet, and emotions with the natural rhythms of the season for greater balance and well-being.

Fire

Table of correspondences



Meridians / Organs Yin Yang	<p>Heart: houses spirit (shen, consciousness, mind), production and circulation of blood</p> <p>Pericardium: protects the heart, a gateway that helps us open up to love, joy, and meaningful connections while keeping emotional boundaries in place.</p> <p>Small Intestine: separates the pure from the impure, assists with discernment - trust your own judgement</p> <p>San Jiao: The body's three heaters (pelvis, belly, chest), fascia, and a passageway for Qi, heat, and fluids. It interconnects organs, distributes Source Qi, and regulates balance throughout the body.</p>
Season	Summer - the most yang (active, warm) season
Time: Heart Small Intestine Pericardium San Jiao	<p>11 am - 1 pm: Eat lunch like a prince and socialise, allow your heart to connect with others</p> <p>1 pm - 3 pm: A great time for problem solving as the small intestine helps with discerning the beneficial from what is no longer needed</p> <hr/> <p>7 pm - 9 pm: Socialise and enjoy life</p> <p>9 pm - 11 pm: Relax and wind down before bed, without electronic devices</p>
Climate	Heat can show up as fever, inflammation or rashes, and puts strain on the heart as it beats faster and pumps harder
Tissue	Blood Vessels / facial complexion
Colour	Red - foods, healthy complexion or inflammation
Sense Organ	Tongue (speak from the heart, stuttering)
Taste	The bitter flavour (radicchio, endives, rocket, kale, dandelion greens) dries and drains. It clears heat and inflammation.
Emotion	<p>Excessive joy or overexcitement, chasing happiness rather than recognising it in each moment disturbs the spirit and affects our mental health</p> <p>Sound: Heart - He (heerrr), San Jiao - Xi (Sheeee)</p>
Virtue	Love, Acceptance, Connection

Summer Care



Self-Care Tips for Nurturing Your Fire Element

The Fire element, associated with the heart and small intestine, embodies warmth, passion, and transformation. A balanced Fire element supports joy, emotional harmony, and restful sleep. When it's out of balance, you may experience anxiety, insomnia, or physical symptoms like palpitations. Caring for your heart's health involves tending to your Fire element while considering its connections to the **Wood (movement)** and **Earth (diet)** elements.

Cultivate Joy and Connection

- Surround yourself with people who bring you joy and nurture genuine connections.
- Spend time on hobbies or passions that ignite your inner fire.
- Practice gratitude daily to reduce stress. This is a particularly useful exercise before bed if you have trouble sleeping.
- When life feels out of alignment, when you don't love the life you are living, it can create inner conflict that may manifest as **anxiety** or **disturbed sleep**. Anxiety tends to arise from worrying about the future, so bring yourself back to the present moment with techniques like:
 - **Box breathing:** inhale for 4 counts, pause for 2, exhale for 4, pause for 2. Use your breath to anchor you back into the present. This helps regulate your nervous system and calm the mind.
 - **Grounding Exercises:** Use mindfulness techniques such as naming five things you can see, four you can touch/feel, three you can hear, two you can smell, and one you can taste.
 - **Compassionate Self-Inquiry:** Ask yourself, "What does this anxiety want to show me?" or "How can I nurture myself in this moment?" This opens a pathway to understanding and soothing the emotion.
 - **Reducing stimulants:** Limit caffeine, alcohol and sugar, which can exacerbate anxiety.

Enjoy Sunshine and Outdoor Activity

- Sunshine boosts the Fire element by uplifting mood and promoting joy. Engage in outdoor activities that inspire movement and connection. Or just enjoy some peaceful time sitting under a tree.

Summer Care



Balance Activity (yang) with Rest (yin)

- Regular exercise improves heart health, releases emotional stagnation, and promotes joy and emotional stability. Morning exercise aligns with the natural rise of Yang energy, setting a positive tone for the day and supporting overall balance.
- If exercising in the evening, opt for Qigong or other gentle movements to support balance and relaxation.
- Alternate focused activity with moments of stillness to prevent burnout and maintain equilibrium.
- *“Let tiny drops of stillness fall gently though your day”* - Noel Davis

Prioritize Quality Sleep

The fire element thrives on good sleep. Without sufficient, good quality sleep life will feel harder than it needs to.

- Create a peaceful sleep environment: keep your bedroom tidy, cool, dark, and quiet.
- Avoid eating 2-3 hours before bed as digestion during sleep can disturb your heart's rest.
- Limit stimulating activities: avoid screens, intense conversations, and stop work at least one hour before sleep.
- Limit consuming stimulants in the evenings: like caffeine, alcohol, and spicy foods that may overheat the body and exacerbate restlessness.
- Limit coffee to one cup per day, ideally around morning tea time, to support a calm heart and promote better sleep.
- Establish a calming evening routine: turn off devices, read, meditate, or practice gentle breathing. Practicing mindfulness can help you wind down before bed.
- Drink calming teas: Herbal teas like chamomile, lemon balm or Longan, goji, red date tea can help promote relaxation and restful sleep.
- Go to bed at a regular time, ideally around 10 pm, to align with the body's natural circadian rhythm
- Aim for at least 8 hours of rest, particularly between 11 pm and 3 am, when restorative sleep is most crucial.

By prioritizing sleep, soaking in the sun, connecting with loved ones, and balancing joyful activity with rest, you'll keep your Fire element vibrant, promoting warmth, passion, and overall vitality. Small, consistent steps lead to lasting change.



Fire Time



Midday: Circulation & Activity

Just as summer is the peak of the year's energy, midday is the 'peak' of the day's energy—a time of warmth, activity, and connection.

The Chinese body clock highlights **two key Fire times**: Heart & Small Intestine (11 AM–3 PM) and Pericardium & San Jiao (7–9 PM). While it's not always possible to follow an ideal schedule, these insights offer simple ways to align with your natural rhythm when you can.

Midday is the perfect time for self-love and self-care through nourishing meals, meaningful connections, and mental clarity. According to the Chinese body clock, the **Heart** (11 AM–1 PM) and **Small Intestine** (1–3 PM) are most active during this time, making it ideal for fostering joy, clear thinking, and emotional well-being.

The Heart is associated with love, communication, and emotional well-being, making lunch the perfect opportunity to step away from work, enjoy good company, and do something uplifting.

While breakfast is ideally the most important meal of the day, for those who skip breakfast, lunch becomes the key meal to nourish both body and mind.

To avoid the dreaded mid-afternoon slump:

- **“Lunch like a prince”** and include a balance of protein, healthy fats, and plenty of vegetables, with just a small serve of complex carbohydrates to provide steady energy without causing a crash.
- Take a **short walk** outside after lunch—rather than working through non-stop. Fresh air, sunshine, and movement, all support circulation, mental clarity, and emotional balance.
- Stay **hydrated** throughout the afternoon to help maintain alertness and circulation, preventing fatigue.

The Small Intestine, active from 1–3 PM, plays a vital role in sorting the pure from the impure, not just in digestion but also in decision-making and discernment. This is an excellent time for mental clarity, problem-solving, and refining choices, whether in work, relationships, or personal goals.

To harmonize with this energy, prioritize doing what you love, surrounding yourself with positive influences, making clear decisions, and engaging in uplifting activities, ensuring both mental and physical well-being for the rest of the day.



Fire Time



Evening: Winding Down & Repair

As evening approaches, the Fire energy shifts inward. The **Pericardium** (7–9 PM) is about emotional intimacy and feeling safe to relax, while the **San Jiao** (Triple Heater) supports balance and circulation. This is an ideal time to wind down, connect with loved ones, or practice gentle self-care to prepare for deep, restful sleep.

The **Pericardium** time (7–9 PM) is associated with heart protection, emotional connection, and intimacy—a time to engage in nourishing social interactions, affection, and relaxation. Whether it's spending quality time with loved ones, enjoying a creative hobby, or simply unwinding with a book, this period is best used for **emotional nourishment** rather than mental or physical exertion. This is a perfect time to write in your **gratitude journal** - at least 3 things you are grateful for each day. Overstimulation—such as intense work, heavy exercise, or stressful conversations—can interfere with winding down and preparing the body for restful sleep.

San Jiao time (9–11 PM) is crucial for transitioning into deep rest. The San Jiao, or "Triple Burner," governs the body's fluid metabolism and regulates the balance between the body's different systems, making this a key time to slow down, dim the lights, and disengage from screens or stimulating activities. Blue light exposure after sunset suppresses melatonin and delays sleep.

Ideally, this is when you should be **preparing for sleep**, ensuring you're in bed by 10:30 PM at the latest to align with the body's natural rhythms. **A warm herbal tea, gentle stretching, or breathwork** can help signal to the body that it's time to rest. Missing this window or staying engaged in stimulating activities can lead to difficulty falling asleep or restless sleep later in the night, as the body moves into the Liver and Gallbladder phase of detoxification.

Fire Balance



Cool Down Without Creating Internal Cold

It's important to balance cooling the body without damaging the digestive fire.

1. Adjust Your Diet:

- Eat Cooling Foods such as cucumber, watermelon, mint, mung beans, celery etc.
- Include Bitter Flavors: bitter greens like radicchio, rocket, or endives clear heat.
- Cooked, Not Raw: While raw foods are cooling, too much can harm digestion. Lightly steam or stir-fry cooling vegetables for balance.
- Avoid Heat-Producing Foods: fried, or greasy foods; alcohol and coffee; garlic, ginger, cinnamon, chai, chili, and curry; highly processed, inflammatory foods, sugar

2. Stay Hydrated:

- Sip on room-temperature or slightly cool water with a slice of lemon or cucumber or fresh mint leaves for gentle cooling.
- Cooling herbal teas: mint, chrysanthemum, chamomile, lemon balm, dandelion, green tea or hibiscus.
- Eat foods with a high water content or moisture such as porridge, soup, casseroles, stews, congee, broths, steamed vegetables, fresh or stewed fruits.

3. Manage Stress:

- Emotions like anger or frustration can generate heat. Practice mindfulness, meditation, or gentle exercise like Qigong / Tai chi to release emotional tension.
- Relax and cool your body with a soothing foot soak in tepid water, Epsom salts, and refreshing peppermint essential oil.

4. Protect Yourself from External Heat:

- Avoid prolonged exposure to direct sunlight or overly hot environments.
- Wear light, breathable clothing in natural fabrics like cotton or linen.

5. Regulate Activity Levels:

- Avoid overexertion, especially during the hottest parts of the day. Exercise in the early morning when it's cooler.

These steps can help you cool down while maintaining balance and protecting your digestion, ensuring that you stay healthy and grounded even during hot conditions.

Summer Foods



As summer brings warmth and abundance, it's the perfect time to embrace lighter cooking styles like steaming and quick stir-fries. Take advantage of the vibrant variety of seasonal fruits and vegetables available in your region—there's a list later in the book to guide you. While raw foods like salads and frozen smoothies can be tempting in the heat, it's best to follow the 80:20 rule: keep 80% of your meals cooked and 20% raw to protect your digestive fire. On the next page, I'll show you how to stay cool without creating internal cold.

The **bitter flavour** is cooling and draining, helping to clear heat from the Heart and prevent restlessness, anxiety, and insomnia. In the diet, **bitter greens** like rocket, radicchio, and endives help regulate Heart Fire and support circulation.

Keeping the Heart cool is especially important in summer, as excess heat can lead to irritability, insomnia, and agitation. Eating more **cooling foods**, such as cucumber, watermelon, and **mint**, can help without chilling the digestive fire, which is essential for strong digestion and energy. Since excessive heat can deplete Heart Yin, **moistening foods** like pears, and silken tofu help maintain balance, especially in warm weather.

Too much bitter can be drying, so it's best balanced with sweet (to nourish Blood and Yin) like longan and red dates. Longan and red date tea (*4 of each in 2 cups of water*) is a classic remedy for calming the Shen (spirit), improving sleep, and nourishing Heart Blood, which helps with anxiety, palpitations, and dream-disturbed sleep. However, longan is quite warming, so if the weather is warm or you experience night sweats, you can either reduce the longan and increase the red dates or add cooling herbs like lily bulb or goji berries to balance the warmth.

To further nourish the Heart and Fire energy, include naturally **red foods**, such as beets, strawberries, pomegranates and red beans, as they correspond to the Heart in Chinese medicine. Whole grains like **millet** provide steady energy and support Heart function, while **herbal teas with rose** gently move Heart Qi and Blood to ease emotional tension.

Summer Recipes



Mung Bean & Coconut Milk Dessert

According to Chinese medicine, mung beans are sweet and cold, enter the Heart and Stomach, and they clear heat, relieve toxicity, dispel summer heat, relieve thirst and restlessness/irritability.

Serves Six

INGREDIENTS:

- 1 cup dried mung beans (soaked overnight)
- 6 cups cold water
- ¼ cup tapioca pearls, if desired
- 1 teaspoon vanilla extract
- ¼ cup coconut sugar (to taste)
- 1 (400g) can unsweetened coconut milk



DIRECTIONS:

- Rinse the mung beans well in cold water then soak overnight
- Drain and place the beans and water in a large saucepan.
- Bring to a boil, then reduce to a simmer until beans are tender, about 30 minutes.
- Skim foam and discard. Tip: if pot tends to boil over, either lower heat or set a pair of chopsticks across the top of the pot.
- Add tapioca pearls and cook until clear, stirring regularly for approximately 15 minutes.
- Turn off heat and stir in coconut milk, vanilla and gradually add sugar to taste.
- Let cool and enjoy

Summer Recipes



Hawthorn Berry and Rose Bud Tea

Hawthorn tea has been used for centuries as a heart tonic in Europe.

In China, hawthorn berries are used for indigestion, and can help reduce cholesterol & blood pressure. Rose bud tea improves circulation.

Ingredients for 2 cups of tea

- 5 grams of hawthorn berries slices
- 10 rose buds (6-7 grams)
- 400 ml of boiling water



Directions

- Add the dried hawthorn berry slices and the dried rose buds into the teapot.
- Fill the teapot with boiling water.
- Let the ingredients steep for 10 minutes.
- Strain & enjoy.

Red Date, Longan, Goji Tea

These deeply nourishing fruits, when combined, produces a formula that promotes healthy blood circulation and restorative sleep.

Ingredients

2-4 Red dates (depending on size): sweet, warm, nourishes blood and energy.

2 Longan: sweet, warm, calms the spirit.

1tsp Goji berries: sweet, nourishes yin (fluids)

Add a couple of slices of ginger in winter.

Directions

Place all ingredients into a cup or tea pot.

Add boiling water and steep for 5-10 min.

Drink the tea and eat the berries.



Oriental Wisdom Blog: Healing Power of Food

Summer Foods



December	January	February
<ul style="list-style-type: none"> • Asparagus • Beans: Green • Beans: Flat • Beans: Butter • Capsicum • Celery • Cucumbers • Eggplant • Lettuce • Mushrooms • Onions • Peas • Radish • Spinach • Sweetcorn • Tomatoes • Watercress • Zucchini 	<ul style="list-style-type: none"> • Asparagus • Beans: Green • Beans: Flat • Beans: Butter • Capsicums • Celery • Cucumbers • Eggplant • Lettuce • Mushrooms • Onions • Okra • Peas • Potatoes • Radish • Spinach • Sweetcorn • Tomatoes • Zucchini 	<ul style="list-style-type: none"> • Beans: Butter • Beans: Flat • Beans: Green • Beans: Snake • Capsicum • Celery • Chillies • Chokos • Cucumbers • Eggplant • Lettuce • Mushrooms • Onions • Okra • Peas: Sugar snap • Radish • Spinach • Squash • Sweetcorn • Tomatoes • Zucchini



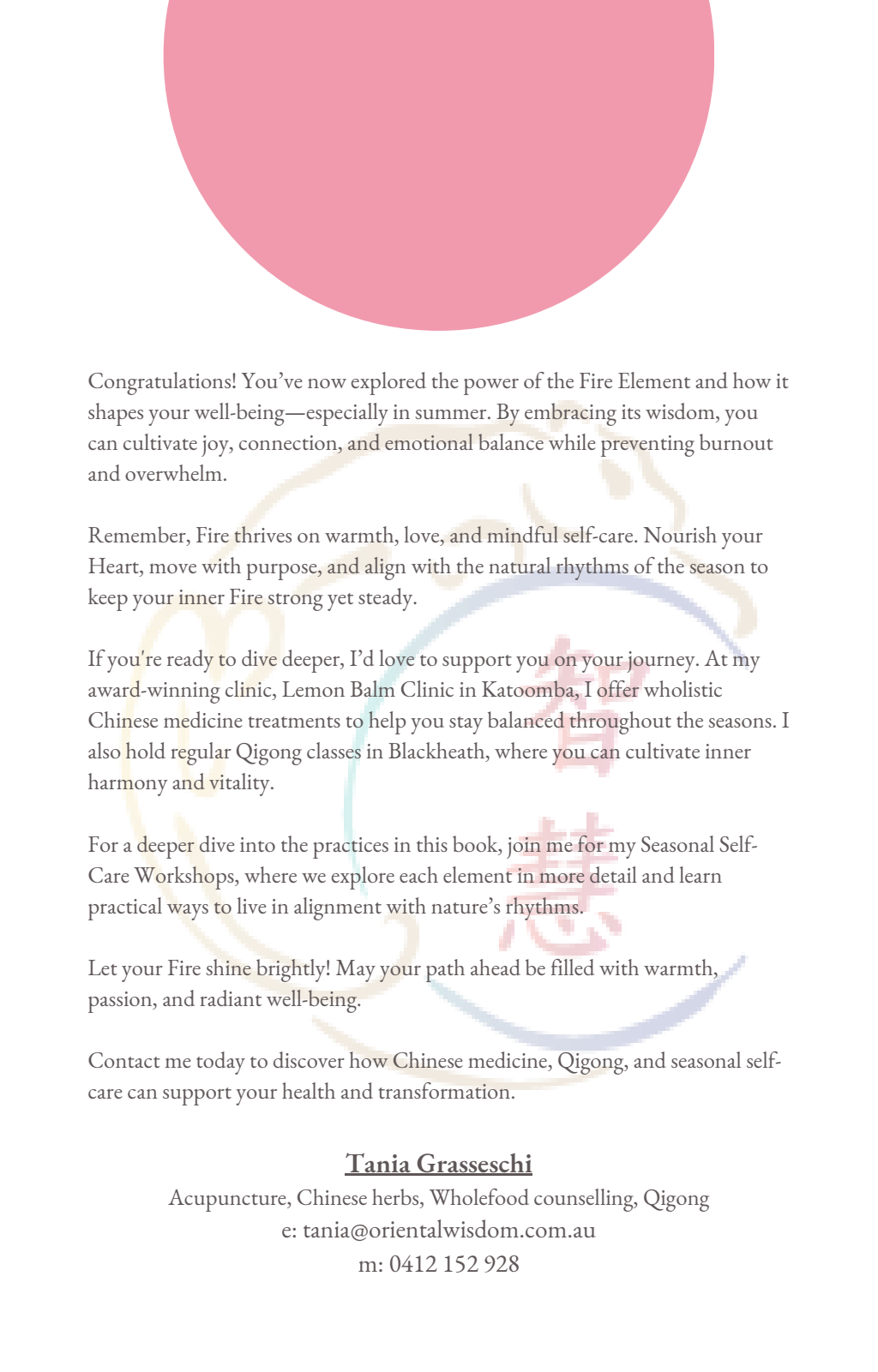
Summer Foods



December	January	February
<ul style="list-style-type: none"> • Apricots • Banana • Blackberries • Blueberries • Raspberries • Red & White Currants • Strawberries • Cherries • Grapes • Lychees • Mangoes • Melons • Nectarines • Oranges: Valencia • Papaya • Passionfruit • Papaw • Peaches • Pineapple 	<ul style="list-style-type: none"> • Apricots • Avocados • Bananas • Blackberries • Blueberries • Raspberries • Strawberries • Cherries • Grapes • Limes • Lychees • Mangoes • Melons • Nectarines • Oranges: Valencia • Passionfruit • Peaches • Pears: Williams • Pineapple • Plums • Rambutans 	<ul style="list-style-type: none"> • Avocados • Blueberries • Raspberries • Strawberries • Figs • Grapes • Limes • Lychees • Mangoes • Mangosteens • Melons • Nectarines • Oranges: Valencia • Passionfruit • Peaches • Pears: Williams • Pineapples • Plums • Prickly Pears • Rambutans

Resources

- Food for the Seasons by Prof Lun Wong & Kath Knapsey
- Welcoming Food, Book 1 - Energetics of Food and Healing: Diet as Medicine for Home Cooks and Other Healers by Andrew Sterman
- Welcoming Food, Book 2 - Recipes and Kitchen Practice: Diet as Medicine for Home Cooks and Other Healers by Andrew Sterman
- Tao Te Ching by Lao Tsu
- Change your Thoughts, Change your Life - living the wisdom of the Tao by Dr Wayne W. Dyer
- Heart Advice from an Acupuncturist - Becoming Healthy, Staying Healthy by Ann Cecil-Stearman
- Live Well Live Long - Teachings from the Nourishment of Life Tradition by Peter Deadman
- Perfect Day Plan by Jost Sauer
- Between Heaven and Earth - A guide to Chinese Medicine by Harriet Beinfield & Efrem Korngold
- Body Wisdom - Chinese and Natural medicine for self-healing by Jennifer Harper
- Rhythms of Change - reclaiming your health using ancient wisdom and your own common sense by Mary Saunders
- Wood become Water - Chinese medicine in everyday life by Gail Reichstein
- The Language of Emotions: What Your Feelings Are Trying to Tell You by Karla McLaren
- The Universe Always Has a Plan: The 10 Golden Rules of Letting Go by Matt Kahn
- Heart Math Institute <https://www.heartmath.org/>
- The Pig of Happiness by Giles Andreae



Congratulations! You've now explored the power of the Fire Element and how it shapes your well-being—especially in summer. By embracing its wisdom, you can cultivate joy, connection, and emotional balance while preventing burnout and overwhelm.

Remember, Fire thrives on warmth, love, and mindful self-care. Nourish your Heart, move with purpose, and align with the natural rhythms of the season to keep your inner Fire strong yet steady.

If you're ready to dive deeper, I'd love to support you on your journey. At my award-winning clinic, Lemon Balm Clinic in Katoomba, I offer wholistic Chinese medicine treatments to help you stay balanced throughout the seasons. I also hold regular Qigong classes in Blackheath, where you can cultivate inner harmony and vitality.

For a deeper dive into the practices in this book, join me for my Seasonal Self-Care Workshops, where we explore each element in more detail and learn practical ways to live in alignment with nature's rhythms.

Let your Fire shine brightly! May your path ahead be filled with warmth, passion, and radiant well-being.

Contact me today to discover how Chinese medicine, Qigong, and seasonal self-care can support your health and transformation.

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Online Wellness Workshops

I have 4 great online webinars that you can watch in your own time where you will learn the secrets to gaining more energy, detoxing safely, losing weight easily and understanding how your thoughts affect your body.

Blog articles

Learn more about the healing power of food and other great topics