

## HEAT STROKE

1. Vegetable broths - sip throughout the day, as this replenishes the cells and takes a load off the digestive system.
2. Raw Mango Juice - yes, high in sugar but a known support for heat stroke. Dice mangos and boil down in water with turmeric powder (anti-inflammatory) and a pinch of salt.
3. Coconut water - high in electrolytes.
4. Buttermilk - although not conducive to all bodies, it is considered to be excellent for recuperating from heat stroke.
5. Onions - more of a preventative but also good for recuperation. To prevent heat stroke, apply the juice of onion and apply behind your ears. Roast an onion on the stove top until caramelized and add a drizzle of maple syrup along with cumin seeds. Eat prior to exposure and after for recuperation. Do NOT use this if your bowels tend to become gaseous with onions or if you struggle with IBS, IBD, Crohn's, colitis, etc.
6. Plums - another excellent remedy for heat excess. Soak some plums in cold water and mash them in the soaked water. The mixture should be drained and the water must be consumed.
7. Coriander juice or coriander in any form - Also, chutney prepared from coriander and mint leaves is very effective in keeping the body cool. Juice of basil leaves acts as a natural sunscreen and guards the skin against excessive heat.
8. Drink Tulsi tea.
9. TCM practitioner / Acupuncturist - skilled at dissipating heat in the body. This is of particular significance with the kidney discomfort and it will accelerate recuperation.

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