
AUTUMN HEALTH PRESERVATION



Core Principles of Autumn Health Preservation in Traditional Chinese Medicine (TCM)

The key principle of autumn health preservation in TCM is “*nourishing yin and conserving*”. By adapting daily routines, diet, exercise, and emotional well-being to the seasonal changes, one can prevent autumn dryness, resist the coming cold, and maintain both physical and mental health. It is recommended to go to bed early and rise early, in harmony with nature. In terms of diet, foods that nourish yin and moisten dryness — such as pears, honey, and white fungus — are encouraged, while also practicing moderate “autumn cold tolerance.” Emotionally, one should maintain optimism and avoid sadness or melancholy. For exercise, gentle activities such as walking or Tai Chi are suitable, while avoiding excessive sweating that depletes body fluids.

Lifestyle Adjustments

- **Early to bed, early to rise, follow nature:** In autumn, yang qi begins to recede. Sleeping early and rising early helps to collect and conserve vital energy, preventing unnecessary consumption of essence.
- **Moderate “autumn cold tolerance”:** Do not rush to wear heavy clothing. Allowing the body to gradually adapt to cooler weather can strengthen cold resistance. However, proper warmth is important, especially for those with cardiovascular or respiratory conditions.



Dietary Guidance

- **Nourish yin and moisten dryness:** Eat more foods such as pears, honey, lily bulbs, sesame, white fungus, and radish to replenish fluids and moisten the lungs.
- **Limit pungent and spicy foods:** Avoid excessive spicy, irritating, or chilled foods to protect the spleen and stomach and to prevent worsening of dryness.
- **Drink more water:** Increase fluid intake to keep the respiratory tract moist and prevent dryness.

Emotional Well-Being

- **Keep a cheerful mood:** Autumn can easily trigger depression or anxiety. Maintain optimism, avoid prolonged sadness, communicate more with others, and spend time in nature.

Exercise

- **Moderate activities:** Choose gentle and balanced exercises such as walking, Tai Chi, Baduanjin, or swimming.
- **Avoid over-exertion:** Exercise should be light to moderate, with mild sweating and a comfortable feeling. Excessive sweating should be avoided to prevent loss of body fluids.

Herbal Dietary Therapy

- **TCM herbal support:** Depending on body constitution, herbs such as Glehnia root (*Shashen*), Ophiopogon root (*Maidong*), lily bulb (*Baihe*), and goji berries (*Gouqi*) may be used in teas to nourish yin, moisten dryness, and strengthen the lungs. At Klinik we also provide special autumn wellness formulas for daily use, helping prepare the body for winter, please discuss your concerns with one of our practitioners.

Notes of Caution

- “Autumn cold tolerance” should be practiced in moderation. Do not follow it blindly. Individuals with chronic illnesses should pay particular attention to keeping warm.
- Autumn health preservation should be personalized. Adjustments should be made according to one’s constitution and specific symptoms. For herbal therapy, always consult a qualified TCM

