



flavors are also advisable and you can add grapefruit, vinegar and even small doses of coffee, tea or wine to your menu. However, during this period you should avoid cooling foods (cucumber, melon, tomatoes) as well as cold drinks since cooling products interrupt your digestion.

While the food you consume can help prevent cold-related illnesses, the Chinese also believe in a specific herbal supplement called Gaofang. Once a secret formula for the Chinese imperial court, the mixture has become famous for its capabilities to replenish the Qi and the blood within both the Chinese and foreign community. The mixture is individually prepared by a TCM doctor in accordance to each body's constitution and usually consists of 30 to 40 different herbs and minerals. Every December, a big number of Chinese, from young to elderly, visit the doctors and pharmacies to get the syrup that they take twice a day for approximately six weeks.

Let us not forget that our emotional state also impacts our health and wellbeing in winter. Stress, frustration and emotional turmoil or even a lack of



sleep can endanger our immune system. A famous Ancient Chinese proverb states that only the tiger that rests in winter has sufficient power to attack in spring. This can apply to humans as well and by scaling down our activities in wintertime, we can conserve essential physical and emotional energy in order to prepare ourselves for the upcoming springtime. ●

*Doris Rathgeber, General Manager of Body&Soul - Medical Clinics
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RECIPE

In case you still catch a cold, we invite you to try our Ginger and Pear Hot Drink. It relieves coughing and sore throat, moistens the lung and lowers heat in the body.

Ingredients

100 grams pear (without skin)
10 grams honey
15 grams ginger (without skin)
240 ml hot water

Directions

Cut the skinless pear and ginger in small pieces, put them in a blender with a small amount of hot water and mix for three minutes. Add the rest of the hot water, mix with a spoon and add some honey.



TCM in wintertime

By Doris Rathgeber

The winter season has finally arrived in Shanghai and we feel the cold and humidity not only make us shiver but actually penetrate deep into our bones. As such, we often prefer to stay indoors where we can wrap blankets around ourselves and maybe even enjoy the warmth of a fireplace! We tend to be less active during the winter months and Ancient Chinese claim that reduced activity in the winter is better for our health since it helps us live in harmony with the changing seasons.

Nature undergoes the changes of Yin and Yang throughout the year. Yang peaks in the summer and is symbolized by brightness and warmth but Yin peaks

in the winter and is symbolized by coldness, darkness and humidity. While they peak in different seasons, we need both Yin and Yang throughout the year for all aspects of our internal and external lives.

Yin is associated with specific organs and body functions that need extra support during the winter, and certain warming foods are recommended to stay warm, healthy and protected against colds and flu. Many Chinese medicine specialists recommend eating seasonally and some of our favorite winter foods are lamb, beef, root vegetables, and beans in either a soup or stew. You can also add some energizing spices such as garlic, ginger or cinnamon. Last, somewhat bitter

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