

# 白露节气的养生秘诀：早晚添衣与饮食调理

白露节气是二十四节气中的第十五个节气，通常出现在每年的9月7日或8日。此时气温逐渐下降，早晚温差加大，空气开始干燥，夜晚常出现露水，因此得名“白露”。在这一节气，人体容易出现感冒、口干、咽喉不适等症状，因此养生非常重要。

首先，白露时节应注意衣物的增减。早晚温差大，早晨和夜晚容易感到寒意，应适当增添衣物，尤其是颈部和腰腹部要保暖，避免受凉引发呼吸道疾病。同时，室内可适当增加湿度，保持空气湿润，以防皮肤干燥。

饮食方面应以滋阴润燥为主，多吃梨、百合、银耳、蜂蜜等有润肺、滋阴作用的食物。同时，适量摄入温补类食物，如牛肉、鸡肉、红枣等，可以增强体质。应避免辛辣、油腻及生冷食物，以免刺激消化系统或加重上火症状。

锻炼也是白露节气养生的重要环节。早晨可选择慢跑、太极或晨练，促进血液循环，提高免疫力。午后或傍晚可以进行轻柔的伸展运动或散步，保持体力和精神状态。需要注意的是，不宜进行过于激烈的运动，以免伤及身体。

此外，白露期间还应养成良好的生活习惯，如保证充足睡眠，避免熬夜，减少精神压力。同时注意口腔和皮肤的保湿护理，勤洗手，预防秋季流感。饮水要规律，多饮温水，帮助体内排毒和润燥。

总之，白露节气的养生关键在于顺应气候变化，早晚添衣、饮食调理、适度锻炼以及生活习惯的调整。只要注意这些方面，就能在秋季初期保持身体健康，顺利过渡到凉爽的季节。

## Health Tips for White Dew: Dressing in Layers and Dietary Adjustments

The White Dew is the fifteenth solar term in the traditional Chinese calendar, usually occurring on September 7th or 8th. During this period, temperatures gradually drop, the difference between morning and evening becomes larger, the air starts to dry, and dew often appears at night, hence the name 'White Dew'. At this time, people are prone to colds, dry throat, and other discomforts, so health maintenance is very important.

First, pay attention to dressing in layers. Due to the large temperature difference, mornings and evenings can feel cold, so it's advisable to add clothing, especially protecting the neck and waist areas to prevent catching a cold and respiratory diseases. Indoors, maintaining some humidity can help prevent dry skin.

In terms of diet, focus on nourishing Yin and moisturizing dryness. Eat foods such as pears, lily bulbs, white fungus, and honey, which help moisten the lungs and nourish the body. Moderate consumption of warming foods like beef, chicken, and red

dates can enhance physical strength. Avoid spicy, greasy, or raw and cold foods to prevent digestive issues or excessive internal heat.

Exercise is also an important part of White Dew health care. In the morning, you can choose jogging, Tai Chi, or light morning exercises to promote blood circulation and improve immunity. In the afternoon or evening, gentle stretching or walking is suitable to maintain energy and mental state. Avoid overly intense exercises to prevent physical strain.

Additionally, cultivate good habits during White Dew, such as getting enough sleep, avoiding staying up late, and reducing stress. Pay attention to oral and skin moisture, wash hands frequently, and prevent autumn flu. Drink water regularly, preferably warm water, to help detoxify and moisten the body.

In summary, the key to health during the White Dew period is to adapt to climate changes: dress appropriately in layers, adjust your diet, exercise moderately, and maintain healthy daily habits. Following these practices will help you stay healthy and smoothly transition into the cooler season.