

白露养生记：在节气中寻找身心的平衡

白露，是秋天的第三个节气。它的到来，意味着炎夏彻底结束，天气由热转凉，露水渐生。古语云：“白露秋分夜，一夜凉一夜。”短短十个字，道尽了节气的变化与自然的节奏。此时的气候，白天仍有阳光温热，夜晚却已带几分寒意，正是养生调理的关键时期。

中医认为，秋属金，主肺。白露时节宜以“养阴润肺”为主，以防秋燥伤身。饮食上应注重清润温和，可多食百合、银耳、芝麻、蜂蜜、秋梨等食物。民间还有“白露吃白梨”的习俗，梨能清热生津，润肺止咳，是秋日天然的药食良方。此外，番薯、山药、莲子粥等也是不错的选择，既能健脾益气，又可养胃安神。

在作息方面，白露之后应顺应“早睡早起，与鸡俱兴”的原则。夜凉易伤阳气，早睡有助于养阴；早起可吸纳清晨的新鲜空气，促进血气流通。运动宜轻柔缓和，散步、太极、八段锦等皆为上选。避免剧烈运动，以免汗出过多、耗伤津液。

白露时节的气候特点，是“燥”与“凉”并存。既要防秋燥，又要防寒气入侵。穿衣应遵循“春捂秋冻”的原则，但“秋冻”并非真冻，而是适度耐寒。尤其老年人、体弱者应注意腰腹保暖，避免感冒。女性可适当饮用红枣桂圆茶，以养血安神、调和气血。

除了身体的调养，心态的平衡同样重要。秋季天高气爽，却也容易让人产生“秋愁”。适当增加户外活动，与朋友交流，保持心情愉悦，是调养“心神”的良方。读书、听音乐、喝茶，都能让心绪平和。正如古人所说：“养生先养心。”

在快节奏的现代生活中，我们更应从节气中寻找平衡。白露提醒我们，自然的变化有其规律，而人亦应随之调节身心。学会顺应四时，懂得取舍与静心，这或许就是白露给予我们的最大启示。

Wellness in White Dew: Finding Balance in the Rhythm of the Seasons

White Dew, the third solar term of autumn, marks the end of summer and the true beginning of cool weather. An old saying goes, 'From White Dew to Autumn Equinox, nights grow cooler each evening.' The season brings crisp air and visible dew — a perfect time for physical and mental adjustment.

According to traditional Chinese medicine, autumn corresponds to the metal element, governing the lungs. During White Dew, the key to wellness is 'nourishing yin and moisturizing the lungs' to prevent dryness. Gentle, moistening foods such as lily bulbs, white fungus, sesame, honey, and autumn pears are recommended. There is even a folk custom of 'eating white pears during White Dew,' as pears clear heat, moisten the lungs, and soothe coughs. Sweet potatoes, yam, and lotus seed porridge are also excellent options for strengthening the spleen and calming the mind.

In daily routine, it is best to 'sleep early and rise early.' The cool nights can

harm yang energy, so going to bed earlier helps conserve it. Gentle morning exercises like walking, tai chi, or Baduanjin can improve circulation and enhance vitality. Avoid intense workouts to prevent excessive sweating and fluid loss.

The climate during White Dew is both dry and cool. Thus, one must guard against both dryness and cold. Dressing should follow the saying 'keep warm in spring, endure a little cold in autumn,' though 'endure' here means moderate adaptation, not real exposure. Elderly and frail individuals should especially protect the waist and abdomen. Women may benefit from red date and longan tea to nourish blood and calm the spirit.

Equally important is emotional health. Autumn's serene beauty can also bring melancholy, often called 'autumn sadness.' Engaging in outdoor activities, socializing, reading, listening to music, or enjoying tea can help maintain balance. As the ancients said, 'To nourish life, one must first nourish the heart.'

In today's fast-paced world, the White Dew season reminds us to realign with nature's rhythm. By embracing seasonal change and listening to our bodies, we rediscover equilibrium. To live well with the seasons — that is the quiet wisdom White Dew continues to offer.