

中醫四時養生



春日養生，重在養肝

春季多雨濕重，易困脾胃。脾胃為後天之本，需先健脾祛濕，方能有效轉化食物營養。

綠色入肝，疏氣排毒

多吃菠菜、綠葉蔬菜等綠色食物，有助於肝臟排毒，促進肝氣循環，緩解疲勞。

少酸多甘，調和肝脾

飲食上遵循「少酸多甘」原則，以甘味食物（如南瓜、山藥）滋養脾胃，從而輔助肝臟機能平衡。



夏日養生，重在養心

暑熱濕盛，易引發濕疹、腸胃不適及心煩氣躁。此時需注重祛濕消暑，更要靜心安神，以防心火過旺。

紅色入心，益氣安神

多吃番茄、紅棗等紅色食物，從中醫看可養心補血，從營養學角度看則富含茄紅素，有助保護心血管。

苦味降火，清解暑濕

適量食用苦瓜等苦味食物，其寒涼特性有助於清熱降火，是夏季去暑濕的理想選擇。

中醫四時養生



秋日養生，重在潤肺

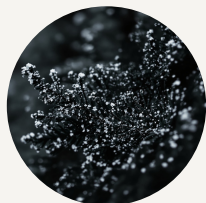
入秋後天氣乾燥，易引發「秋燥」，出現皮膚乾癢、口鼻乾燥及呼吸道過敏。此時養生首重補肺潤燥。

白色入肺，滋陰潤燥

多吃白木耳、百合、梨子等白色食物，有助於益氣行氣，滋陰潤肺，守護呼吸系統。

多水少辣，平順肺氣

日常應多補充水分，同時避免過多辛辣食物，以免加重乾燥，有助於平順肺氣。



冬日養生，重在養腎

冬季萬物閉藏，人體也需順應天時，潛藏陽氣、養精蓄銳，並以禦寒保暖為首要任務。腎為先天之本，補養腎氣有助氣血充盈，維持活力。

黑色入腎，滋補元氣

多食黑芝麻、黑豆、黑木耳等黑色食物，有助於滋補腎氣，強化骨骼與身體機能。

保暖為先，蓄養精氣

冬季養生首重保暖，避免陽氣耗散，並應注重休息，為來年春天積蓄能量。

唯有讀懂臟腑信號，才能適時調整 回復平衡



高精度壓力傳感器、氣泵+氣囊式壓力測量系統

內置中醫脈診，
臟腑辨證系統

同步測量血壓、
血氧、心率、睡眠監測

配備服藥提示以及
「子午流注」中醫時
辰養生功能

中西技術結合，手指檢測，結果清晰可見。
方便之餘，更能精準掌握個人體質變化。

即刻擁有 PPG 智能把脈手錶

Circle of Life | 平衡之境

 circleoflife.hk  852-93841919

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門

Traditional Chinese Medicine Seasonal Regimen



Spring Wellness: Nourishing the Liver

Spring, often damp and rainy, can weaken the spleen and stomach. As the spleen and stomach are the foundation of postnatal health, it's essential to strengthen the spleen and dispel dampness to efficiently transform nutrients from food.

Green Nourishes the Liver: Ease Qi and Detoxify

Increase intake of green foods like spinach and leafy greens to support liver detoxification, promote liver Qi circulation, and alleviate fatigue.

Less Sour, More Sweet: Harmonize the Liver and Spleen

Follow the dietary principle of “reduce sour, increase sweet.” Sweet-natured foods such as pumpkin and Chinese yam help nourish the spleen and stomach, thereby supporting balanced liver function.



Summer Wellness: Nourishing the Heart

The intense summer heat and humidity can easily trigger eczema, digestive discomfort, and irritability. During this season, it is essential to dispel dampness and relieve summer heat, while also calming the mind to prevent excessive heart fire.

Red Nourishes the Heart: Boost Qi and Soothe the Spirit

Consume more red foods like tomatoes and red dates. From a TCM perspective, these nourish the heart and blood. From a nutritional standpoint, they are rich in lycopene, which supports cardiovascular health.

Bitter Clears Heat, Resolves Summer Dampness

Incorporate moderate amounts of bitter foods such as bitter melon. Their cooling properties help clear heat and reduce fire, making them an ideal choice for combating summer heat and dampness.

Traditional Chinese Medicine Seasonal Regimen



Autumn Wellness: Nourishing the Lungs

As autumn arrives, the dry weather can easily trigger "autumn dryness," leading to itchy skin, dry mouth and nose, and respiratory allergies. At this time, health preservation should focus on moisturizing the lungs and combating dryness.

White Nourishes the Lungs: Hydrate and Soothe

Consume more white foods such as snow fungus, lily bulbs, and pears. These help boost qi, promote moisture, nourish the lungs, and protect the respiratory system.

More Hydration, Less Spice: Balance Lung Qi

Increase daily water intake while avoiding excessive spicy foods to prevent worsening dryness and maintain smooth lung function.



Winter Wellness: Nourishing the Kidneys

In winter, all things in nature turn inward—a time of conservation and storage. Similarly, the human body should follow this natural rhythm by preserving yang energy, building essential vitality, and prioritizing protection against the cold. The kidneys, considered the foundation of innate constitution, play a central role. Strengthening kidney qi helps replenish blood and energy, supporting overall vitality.

Black Nourishes the Kidneys: Replenish Vital Energy

Incorporate black foods such as black sesame, black beans, and black fungus into your diet. These ingredients aid in tonifying kidney qi, strengthening bones, and enhancing physical function.

Warmth First, Conserve Essence

Staying warm is essential in winter to prevent the loss of yang qi. Adequate rest is equally important—allowing the body to store energy and prepare for the coming spring.



Understand Your Body's Signals

RESTORE YOUR BALANCE



Integrating Eastern and Western technologies, finger detection provides clear, visible results.
Beyond convenience, it enables precise tracking of individual constitutional changes.

GET YOUR PPG SMART PULSE WATCH TODAY!

Circle of Life | The Equilibrium Experience

 circleoflife.hk  852-93841919

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門