

# Keeping Cool

Tips for Beating the Summer Heat

# Dress for Coolness

- Dress in light colors:

Light colored clothing has long been noted to be cooler than dark colored clothing: Light colored clothing absorbs less heat because it reflects most of the visible wave lengths that are responsible for causing heat.

- Wear thin cotton, or other natural fibers, or sweat-wicking materials:

The clothing made out of these materials allows for the sweat to evaporate off of your skin more efficiently; allowing the sweat to cool you without sticking to you. (Avoid thick clothing, or clothing made out of polyester or other fabrics that keep sweat trapped.)

- Choose loose clothing:

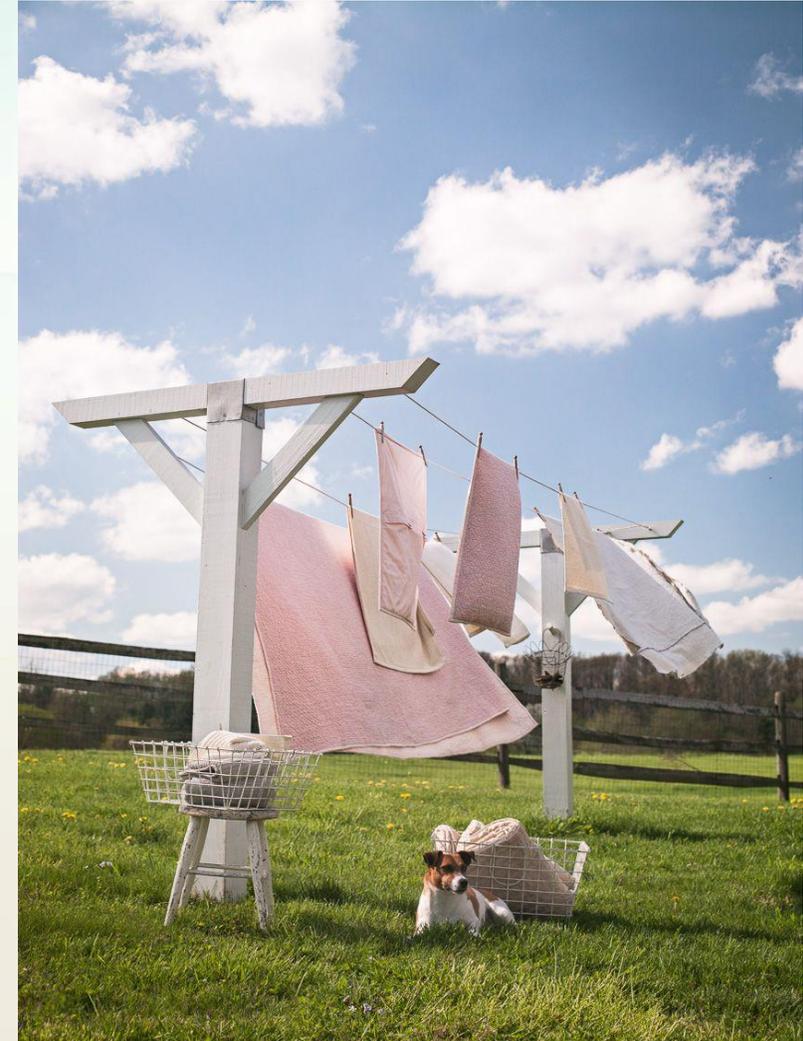
Billowy and loose clothing allows your skin to breathe and cool itself properly. While tight clothing makes us often feel a great deal hotter than we would prefer.



# Give Air Drying a Try

- Hang your freshly washed clothes out on the clothesline to keep your house from becoming heated by the dryer.
- Skip the drying cycle on the dishwasher, and leave it open for the dishes to air dry instead.
- Also, try running the dishwasher in the evening when the day is generally cooler.

By air drying, or running the dishwasher at night, we can cut back on some of the heat in our homes.



# Stay Hydrated

The CDC puts it well, when they encourage us to drink adequate water to keep cool:

“Whenever your body heats up from physical activity or the hot weather outside, your internal air conditioner turns on and you begin to sweat. And remember, now that your air conditioner is using its coolant (your sweat), it is important to refill the tank – by drinking lots of H<sub>2</sub>O.”

In addition to drinking lots of water, it’s also beneficial to eat hydrating foods, like fresh fruits and vegetables. (Watermelon, cucumbers, zucchini and apples - to name a few - are some of those that offer a high water content.)



# Experiment with Cold Cooking

There's no better time to try your hand at making some scrumptious cold dishes than when you're going through a heat wave!

- Test out some cold soup recipes, also known as Gazpacho, which are delicious (most often raw) soups that are served cold.
- Fresh salads are also welcomed when the weather peaks above 80 degrees!
- Icy, fresh fruit and veggie smoothies are also a wonderful way to nourish your body and cool it down.



## Put Up a Sun Block

The sunshine emits a lot of heat. And one way to cut down on that heat is to put a block between the sunshine's rays and the inside of your house:

Pull your curtains together; draw the drapes; shut the blinds (ideally you should have sun-deflecting white on the window side)... After doing so, you'll notice it will get quite a bit cooler inside. In fact, it's been shown that you can reduce the amount of heat let into your house, from the sun, by about 45% simply by blocking its light!



# When the Going Gets Hot, Apply the Cold...

## And Eat the Heat!

- Store a spritz bottle full of water in the fridge, and give yourself a nice squirt whenever the hot weather gets unbearable. The temperature of the water, as well as the water itself will give your body a refreshing, cooling sensation as it evaporates.
- Try taking a lukewarm or cold shower instead of a piping hot one when you're in the dead of Summer.
- Give spicy foods a chance; like the people in blazing hot countries like Mexico and India, who have found that by eating spicy foods (especially hot peppers containing capsaicin), their bodies tend to perspire more readily to cool them down more effectively.



## Create a Coolness - Exuding Sock for When You Hit the Sack!

Falling asleep in the hot weather is often challenging, so we have to get creative with ways to cool down!

Grab a clean cotton sock (preferably a long one), fill it with dry, uncooked rice, and then tie off the top of the sock so that no rice can escape.

Place the prepared sock in the freezer for a few hours (2-3) before bed. Then place the chilled sock in between your sheets when you get into bed.

The starch in the rice will retain the cold for a good long while, and hopefully help you drift off to sleep a lot faster.



We  
sincerely  
hope  
these  
tips help  
you to...

