

Traditional Dietary Therapy
Take Home Assignment

Please note – The requirements for the Take Home Assignment will be reviewed during Class 4

Please answer the following questions. Be sure to cite references and footnote your work.

1. As we know Traditional Chinese Medicine bases recommendation on pattern identification with the understanding that each individual is unique. It is for this reason that one dietary model does not work for everyone. That being said, for a fundamentally healthy adult who wants to be mindful of his/her dietary intake, what are 15 general recommendations that you can make to assist this person in creating healthy eating habits and why these recommendations make good sense.
2. A popular “healthy veggie drink” with “no sugar added” contains the following ingredients: 2 ½ apples, 2/3 banana, 2/3 orange, 2 ¾ strawberries, 1/5 coconut, 1/3 celery rib, dulse and spirulina. The nutrition facts on the label indicate that it contains 47g of sugar. Based on TCM dietary therapy, how would you explain to a client why this might not be the best choice, and how this “healthy drink” might impact the system.
3. Traditional Chinese Medicine does not consider a child to be a miniature adult. According to TCM, children’s systems are immature and thus are inherently weak. As a result they are susceptible to diseases, which affect the Lungs, the Spleen and the Liver expressing themselves as chronic colds, diarrhea, and earache. Foods high in sugar, refined foods, and dairy are often triggers for these presentations. How would explain to a parent who these foods can trigger any of these presentations? What dietary suggestions would you recommend that would help strengthen the child’s system?