




# TCM Dietary Power Point 6



# Food Recommendations According to Pattern Differentiation

➤ Power Point 5





# WATER PHASE





# KIDNEY-YANG DEFICIENCY

- Treatment
- Principle of treatment: tonify and warm the Kidneys, strengthen the Fire of the Gate of Vitality.
- Use salty tastes; neutral, warm and hot foods and warming methods of cooking.




# Etiology

- Chronic illness, excessive sexual activity, retention of Dampness (from Spleen deficiency) over a long time, old age.
- 





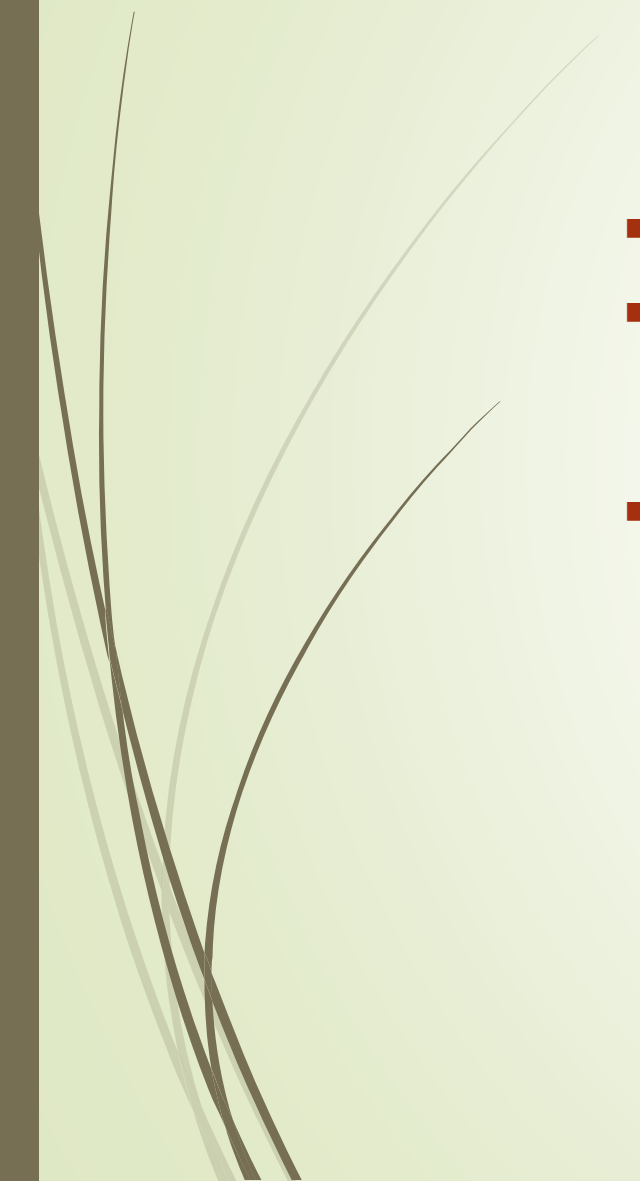
# Recommended foods

- Meat: Especially venison, also lamb, duck, pork
  - Fish: Oysters, Smoked fish (especially salmon), tuna, mussels, shrimp
  - Fruit: Cherries, grapes
  - Vegetables: Fennel, cabbage (with warming spices), leeks, radish, root vegetables, onions
- 



# Recommended foods


- Beverages: Grain coffee, chai, spiced tea
  - Grains: Oats, millet, buckwheat, rice (lightly roasted)
  - Spices: Ginger, black pepper, garlic, cinnamon
  - Nuts/seeds: Chestnut, lotus seeds, roasted black sesame seeds, sunflower seeds, roasted walnuts
- 

- 
- 
- Avoid:
  - Thermally cold or cool foods, frozen foods, raw foods, citrus or tropical fruits, salads, sour milk products, excessive consumption of liquids, cold beverages.
  - Refined sugar and alcoholic beverages are weakening to the kidneys






# Pitchford's recommendations for Kidney Yang deficiency

- Cloves, fenugreek seeds, fennel seeds, anise seeds, black peppercorn, dried ginger, cinnamon bark, walnuts, black beans, onion family, quinoa, chicken, lamb, trout, salmon.
- 

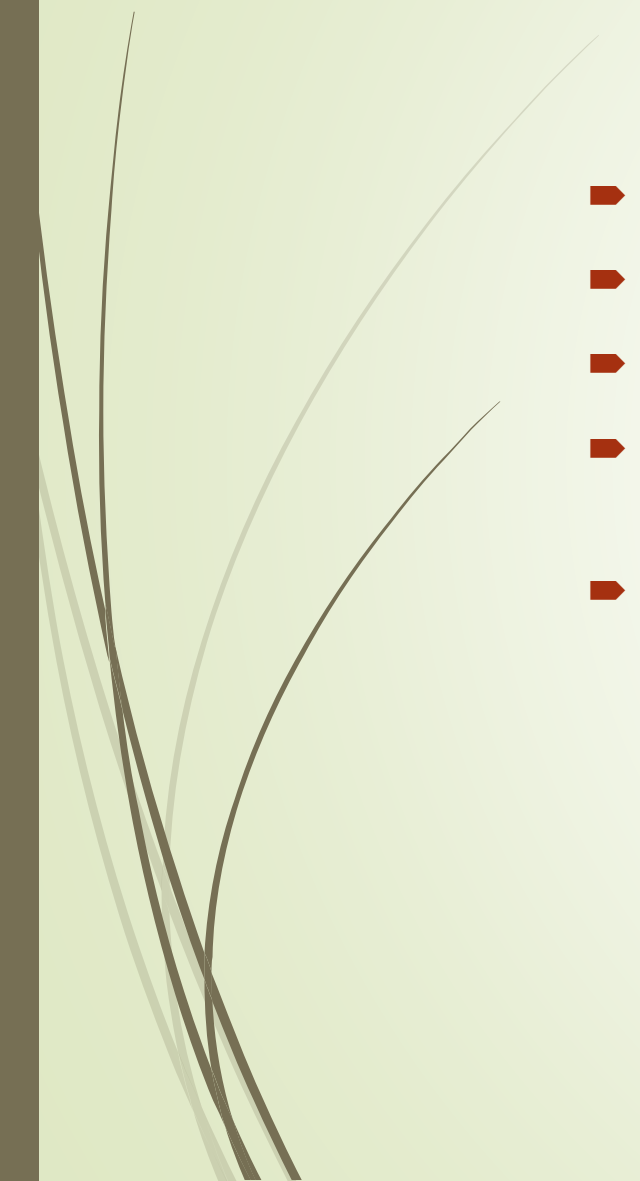


# KIDNEY-YIN DEFICIENCY

- Treatment
  - Principle of treatment: Use cooling foods and cooling cooking methods.
  - Sweet, salty and cool or neutral foods to help generate fluids.
- 

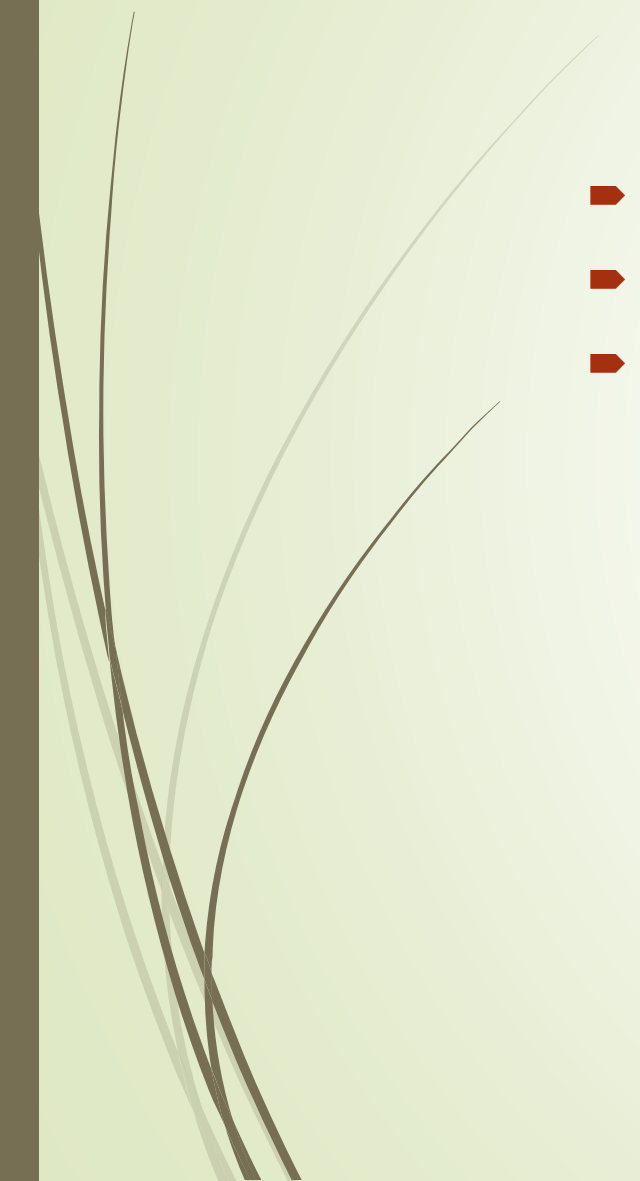




# Recommended foods

- Meat: Pork, duck, dove
  - Fish: Oysters, octopus, perch, carp
  - Fruit: Refreshing fruits, pears, grapes
  - Vegetables: Refreshing vegetables, cabbage, asparagus, carrots
  - Beverages: Goat's milk, sheep's milk
- 



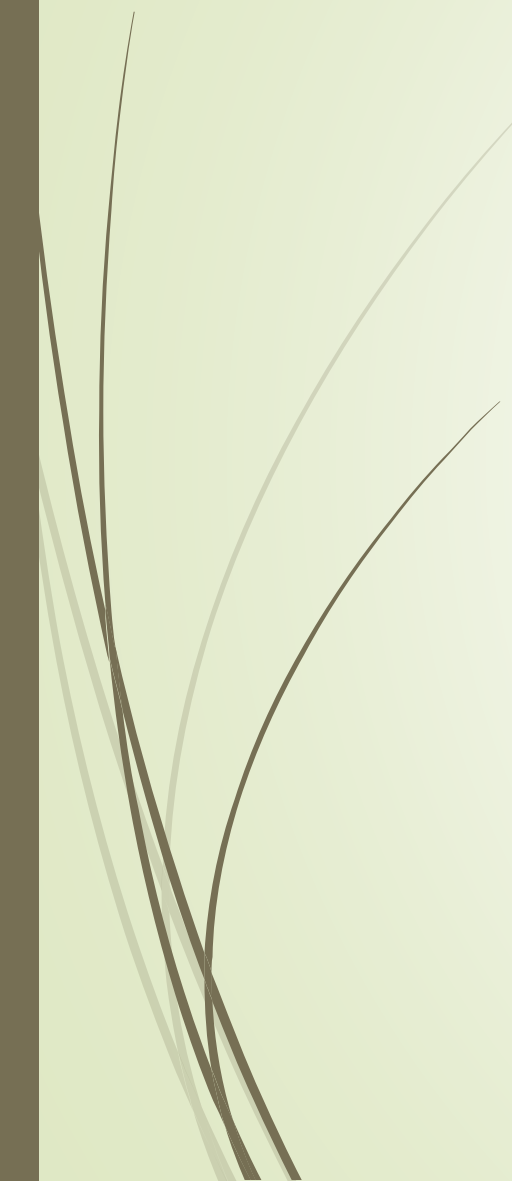
# Recommended foods

- Grains: Barley, rice, wheat
  - Nuts/seeds: Black sesame seeds, walnuts
  - Dairy: Cream, butter
- 

- 
- 
- Avoid: Warming foods and cooking methods, anything which can further dry out the body fluids.
  - Acrid, bitter tastes and warm and hot foods.
  - Coffee, red wine, black tea (in excessive amounts), acrid spices, salt.
  - Avoid strong mental and physical exertion and excessive sexual activity.



# Pitchford's recommendations for Kidney Yin Deficiency

- Millet, barley, tofu, string bean, black bean, black soybean, mung bean/sprouts, kidney bean, most other beans, kudzu root, watermelon, other melons, blackberry, mulberry, blueberry, huckleberry, water chestnut, wheat germ, potatoes, seaweeds, spirulina, chlorella, black sesame seed, sardine, crab, clam, eggs, pork, cheese, aloe vera gel, silver colloid.
- 




# KIDNEY AND HEART NOT HARMONIZED


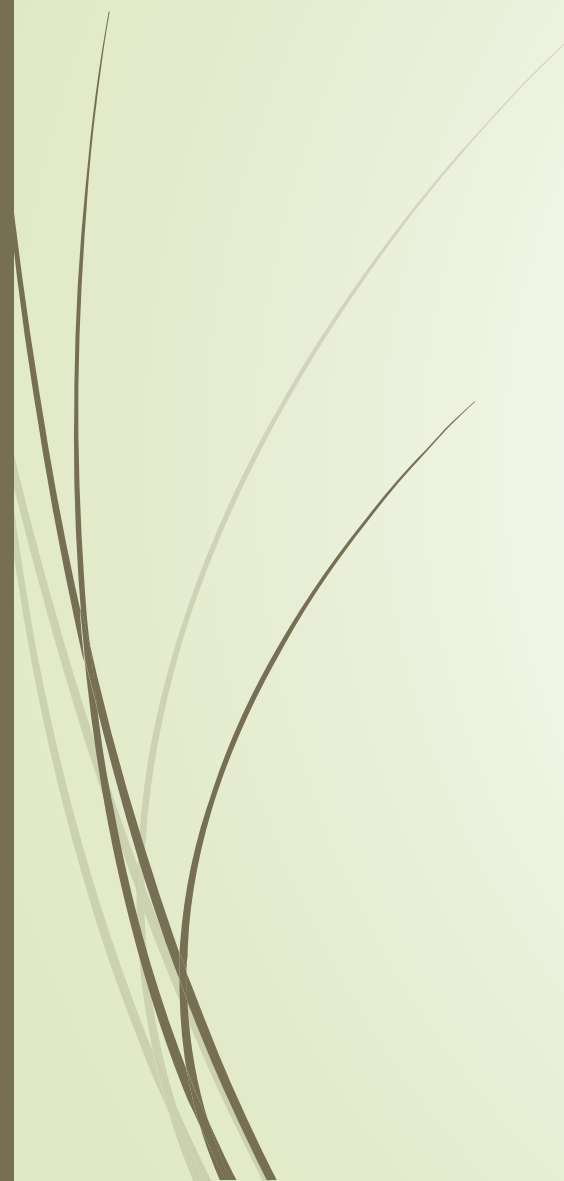
- Treatment
- Principle of treatment: nourish Kidney and Heart Yin, clear Heart Empty-Heat.
- Use cooling foods and cooling cooking methods. Bitter, salty and cool or neutral foods.




# Recommended foods

- Meat: Pork, beef, poultry
  - Fruit: Refreshing fruits, apples, bananas
  - Vegetables: Refreshing vegetables, mushrooms, asparagus, spinach, tomato
  - Beverages: Peppermint tea, lemon balm tea, wheat beer
  - Grains: Barley, rice, wheat, corn
- 




- 
- 
- Avoid:
  - Warming foods and cooking methods, anything which can further dry out the body fluids. High proof alcohol, sweets, extreme lifestyles, mental overexertion, sexual excess, stimulating drugs (speed, ecstasy)

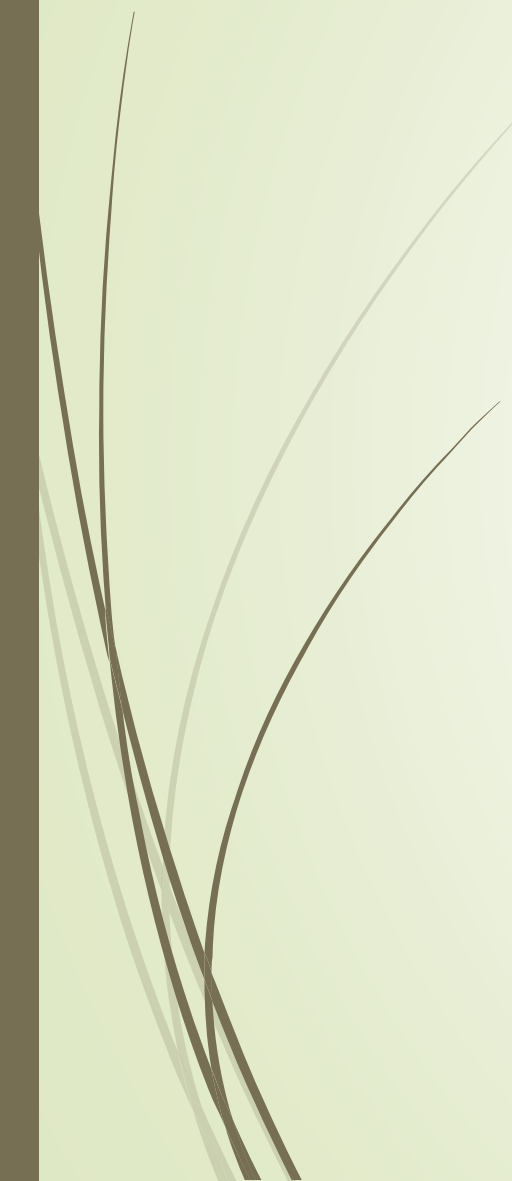


# Pitchford's recommendations for Damp Heat in the Bladder

- ▶ Light, bitter, cooling, alkalinizing foods. Avoid overeating.
- ▶ Aduki beans, lima beans, celery, carrots, winter squash, potatoes with skins, asparagus, mushrooms, other cooling vegetables, lemon, cranberry, huckleberry



# Pitchford's recommendations for Jing Deficiency

- Micro-algae (e.g.: chlorella, spirulina, blue-green), cereal grass (e.g.: wheat grass), fish, liver, kidney, brain, chicken, mussel; vitamin A, Omega 3, almonds, milk, ghee, royal jelly, bee pollen, along with Yin and Yang tonic foods (see above).
- 

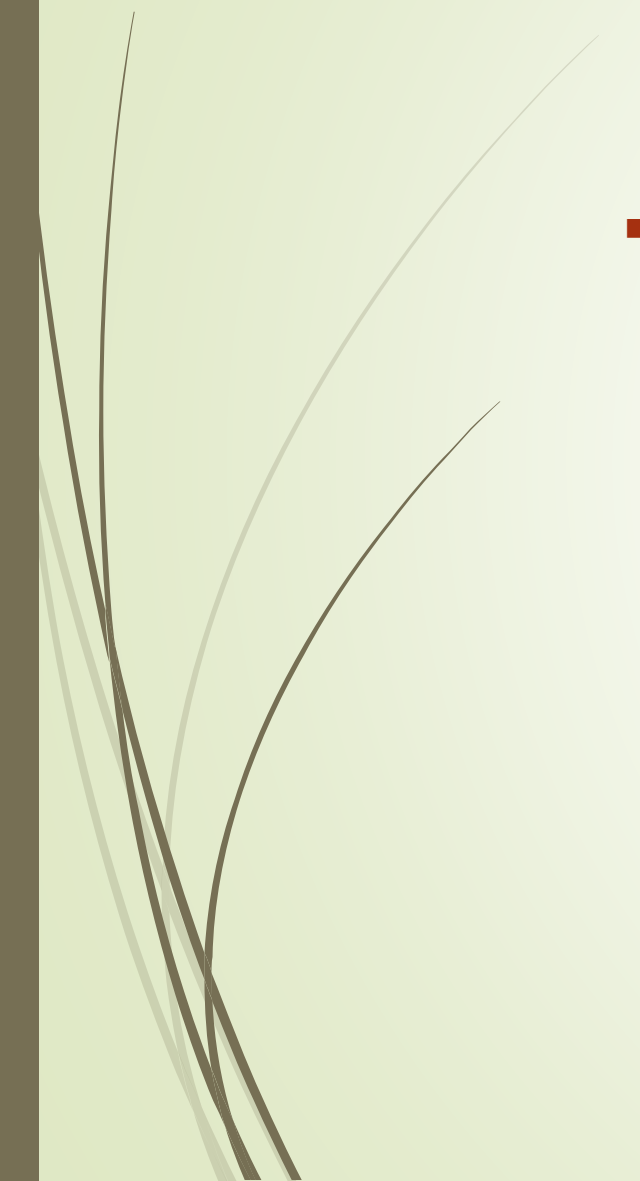


# METAL PHASE





# LUNG PATTERNS

- All the Deficiency patterns of the Lung involve Deficiency of Qi and most of the Excess patterns involve invasion of the Lungs by exterior pathogenic factors.
- 




# Dietary Etiology



- Diet has an important influence on the Lung function. Excessive consumption of cold and raw foods can generate internal Dampness which affects the Spleen and is often "stored" in the Lungs.
- Apart from cold and raw foods, an excessive consumption of milk, cheese and butter (but particularly milk) have the same effect on the Lungs, giving rise to Phlegm.




# LUNG-QI DEFICIENCY

- Treatment
  - Principle of treatment: tonify Lung Qi, warm Yang.
  - Tonify qi of middle jiao; add Lung tonifying foods. Sweet and acrid tastes, warm and hot foods and warming cooking methods.
- 




# Etiology

- Hereditary weakness, prolonged stooping for long hours, a result of an exterior attack of Wind-Cold or Wind-Heat which is not treated properly, aggravated when antibiotics are taken for a cold or a flu with the result of "locking" the Cold in the chest and interfering with the Lung dispersing and descending functions.
  - Too much cold food can also weaken Lung qi.
- 







# Recommended foods

- Meat: Duck, quail
  - Fish: Carp, tuna
  - Fruit: Peaches, grapes
  - Vegetables: Cauliflower, kohlrabi, carrots, olives, onions, mushrooms
  - Beverages: Ginger tea
- 

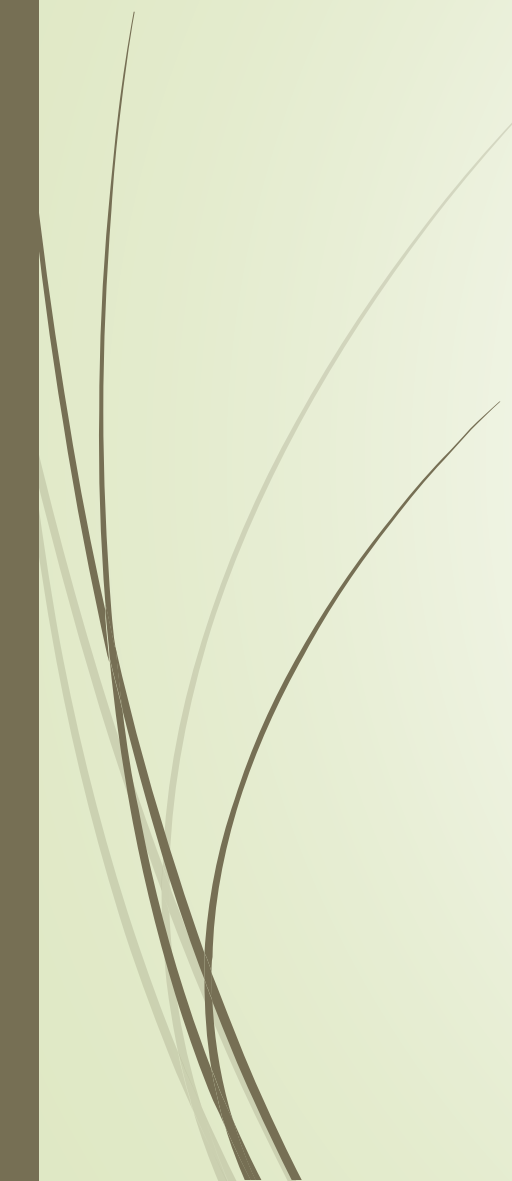


# Recommended foods

- Grains: Oats, millet, barley malt, rice (lightly roasted)
  - Spices: Ginger, garlic, thyme
  - Nuts/seeds: Peanut
  - Other: High proof alcohol (small amounts)
- 




# Pitchford's recommendations for Lung Qi Deficiency

- Rice, sweet rice, oats, carrot, mustard green, sweet potato, yam, potato, fresh ginger, garlic, molasses, rice syrup, barley malt, herring.
  - Use primarily cooked food, avoid cooling and/or mucus-producing foods (citrus, salt, dairy, spinach, chard, seaweeds, micro-algae except chlorella)
- 





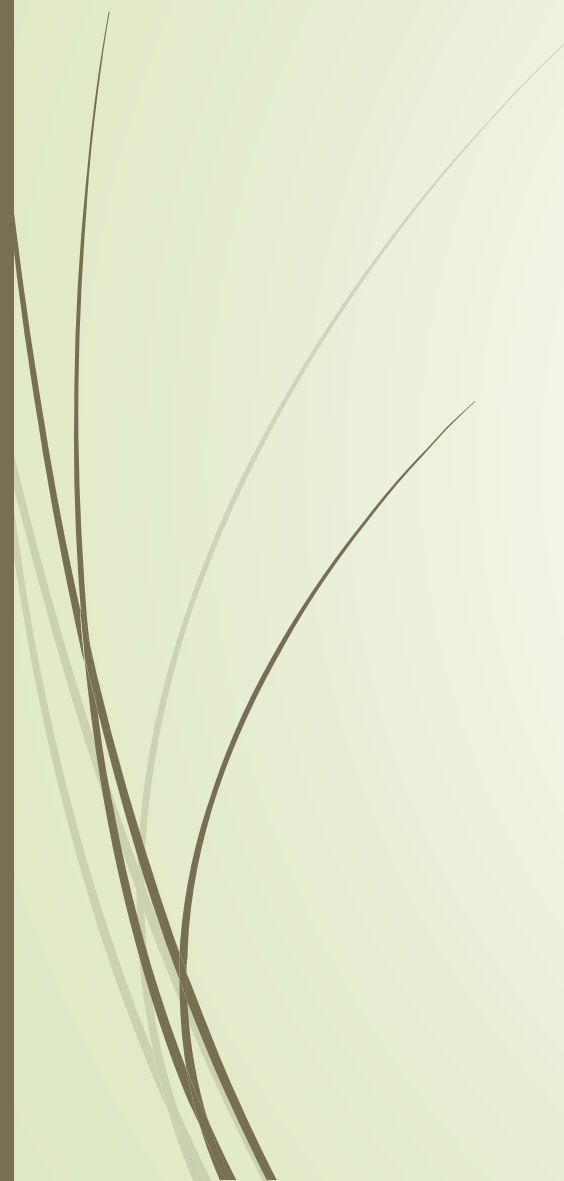
# LUNG-YIN DEFICIENCY

- Treatment
- Principle of treatment: Use cooling foods and cooling cooking methods.
- Sweet cool or neutral foods to help generate fluids.



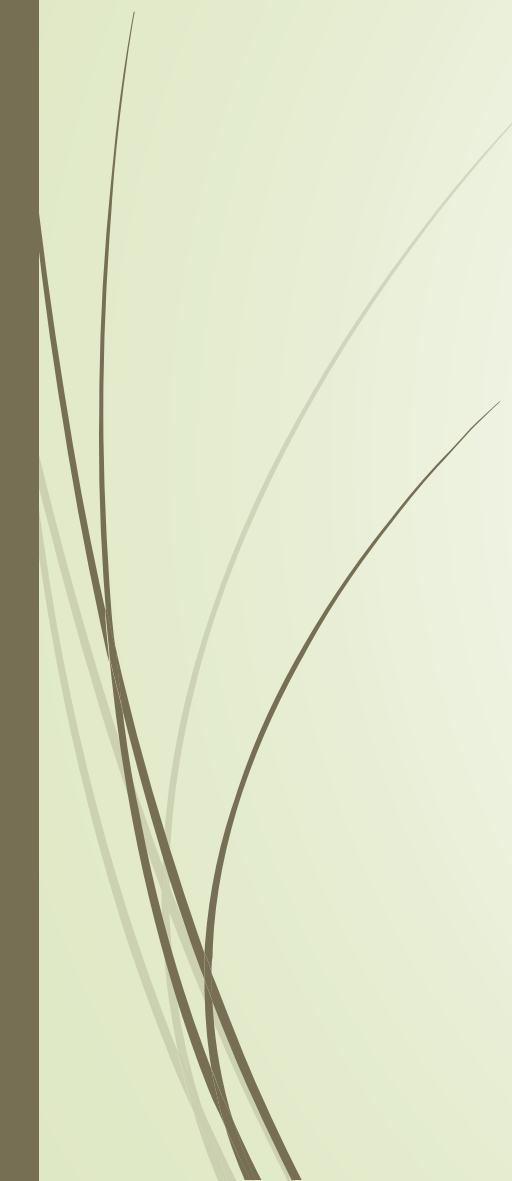
# Recommended foods

- Fruit: Banana, (with honey), pear, tangerine, honeydew melon
  - Beverages: Poultry broth, almond milk, cows milk (with honey)
  - Sweeteners: Honey, marzipan
  - Nuts/seeds: Peanuts, almonds, sunflower seeds, sesame seeds
  - Dairy: Cottage cheese, farmers cheese, butter
- 

- 
- 
- Avoid:
  - Warming foods and cooking methods, anything which can further dry out the body fluids.
  - Acrid, bitter tastes and warm and hot foods.

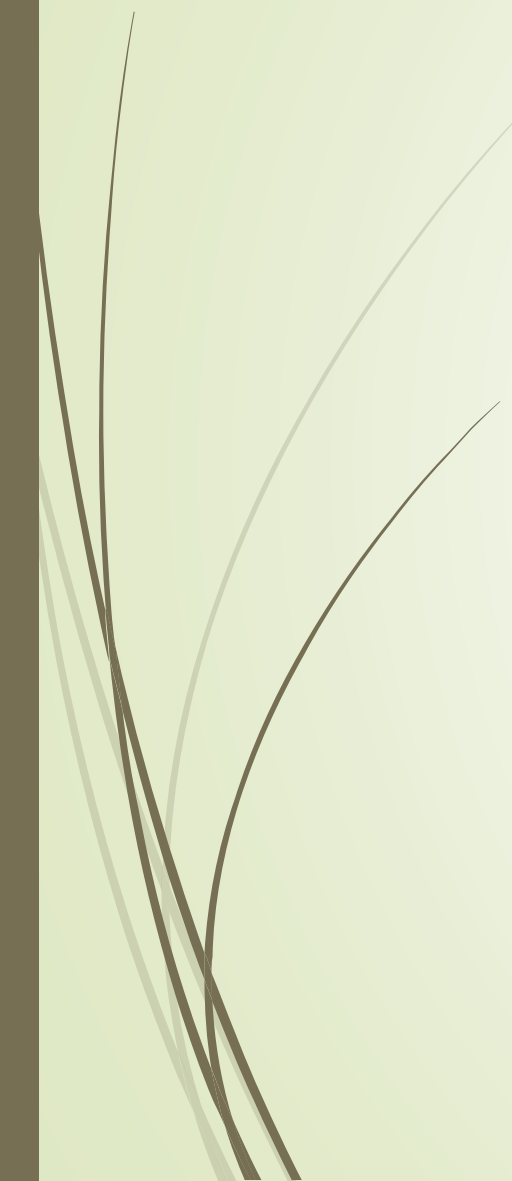


# Pitchford's recommendations for Lung Yin deficiency

- Irish moss, seaweeds, micro-algae, orange, peach, pear, apple, watermelon, tomato, banana, string bean, soy milk, tofu, tempeh, sugar cane, rice syrup, flaxseed, butter and other dairy products, egg, oyster, clam, pork.
  - Avoid warming foods and spices.
- 



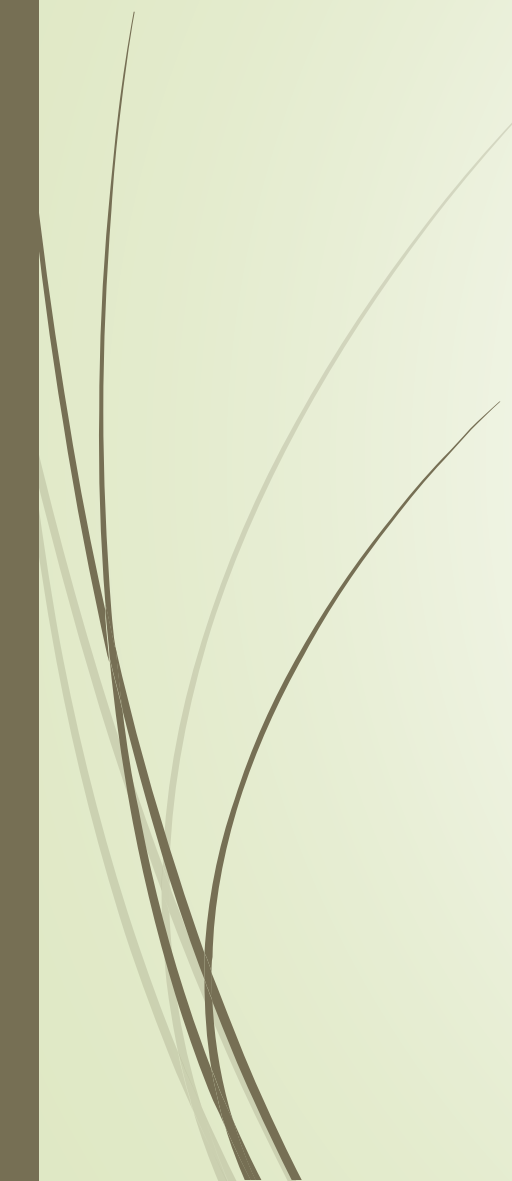
# DAMP-PHLEGM OBSTRUCTING THE LUNGS


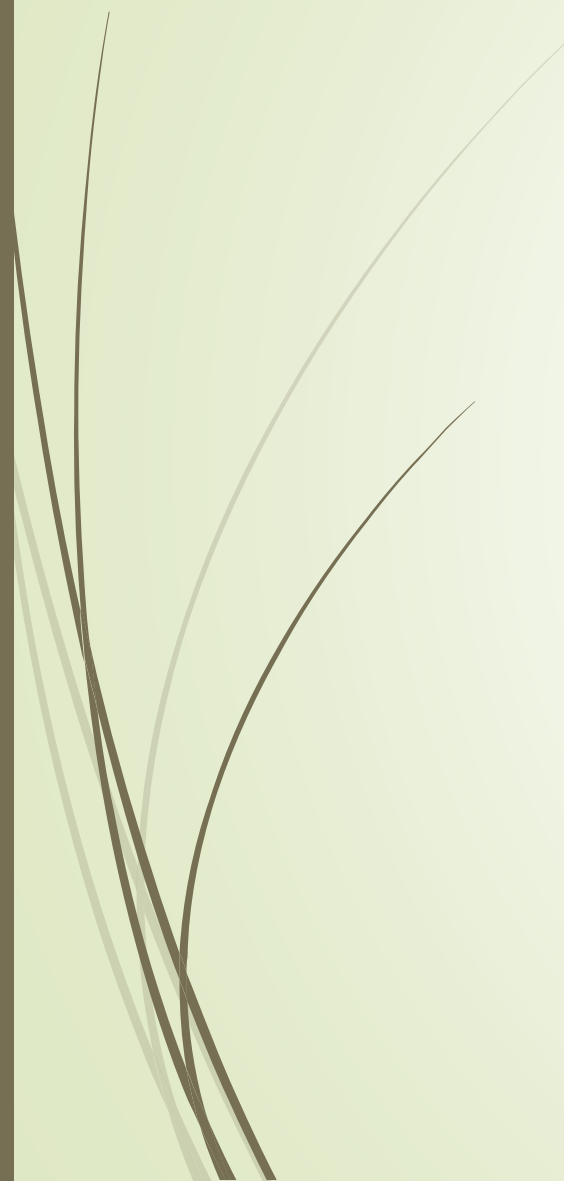
- Excessive consumption of greasy foods and/or cold and raw foods leads to the formation of Phlegm and can therefore contribute to the arousal of this pattern.
- 





# PHLEGM-HEAT OBSTRUCTING THE LUNGS

- This can be due to excessive consumption of greasy and hot foods (such as fried meats, alcohol, greasy and pungent foods) leading to the formation of Phlegm and Heat.
  - Smoking can also be a factor leading to the pattern since tobacco has a hot energy from the point of view of Chinese Medicine.
- 

- 
- 
- Principle of treatment: To supplement qi, use sweet; to dry damp use bitter; to circulate lung qi, use acrid.
  - Neutral, warm or cool.




# Recommended foods

- To supplement qi:
- Fruit: Pears, star fruit, tangerines
- Vegetables: Radish, asparagus, water chestnut, Chinese cabbage, lotus root, dandelion
- Grains: Millet, rice, rye, buckwheat
- Spices: Marjoram, pepper, ginger, cardamom
- Nuts/seeds: Apricot seeds, almonds, walnuts

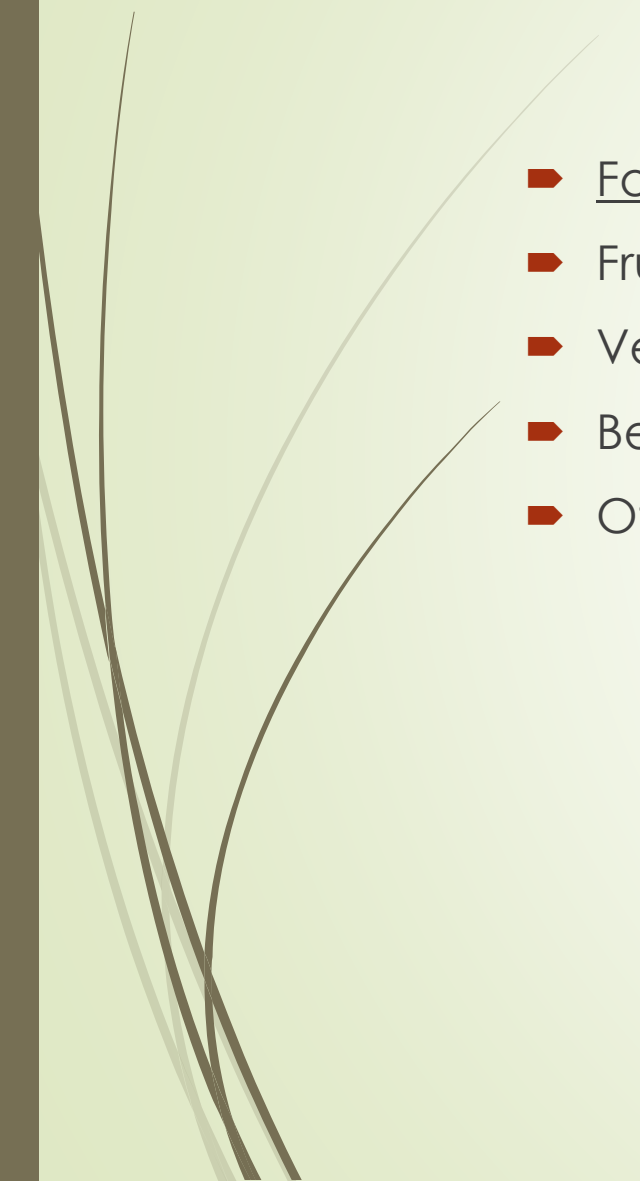


# Recommended foods

- For cold phlegm:
  - Fruit: Cherries
  - Beverages: Bitter liqueurs, ginger tea
  - Grains: Millet
  - Spices: Garlic, pepper, ginger, cardamom, cinnamon, thyme
- 



# Recommended foods

- For hot phlegm:
  - Fruit: Grapefruit, tangerine
  - Vegetables: Watercress, white radish, celery, seaweed
  - Beverages: Lemon juice, peppermint tea, green tea, pear juice
  - Other: Soybeans
- 




# Recommended foods

- For Lung heat:
  - Fruit: Apples, pears
  - Vegetables: Radish, asparagus, carrot, cabbage, tomato, dandelion, mushroom, seaweed, mung beans
  - Beverages: Soy milk, peppermint tea, green tea
  - Spices: Salt
  - Other: Soybeans
- 

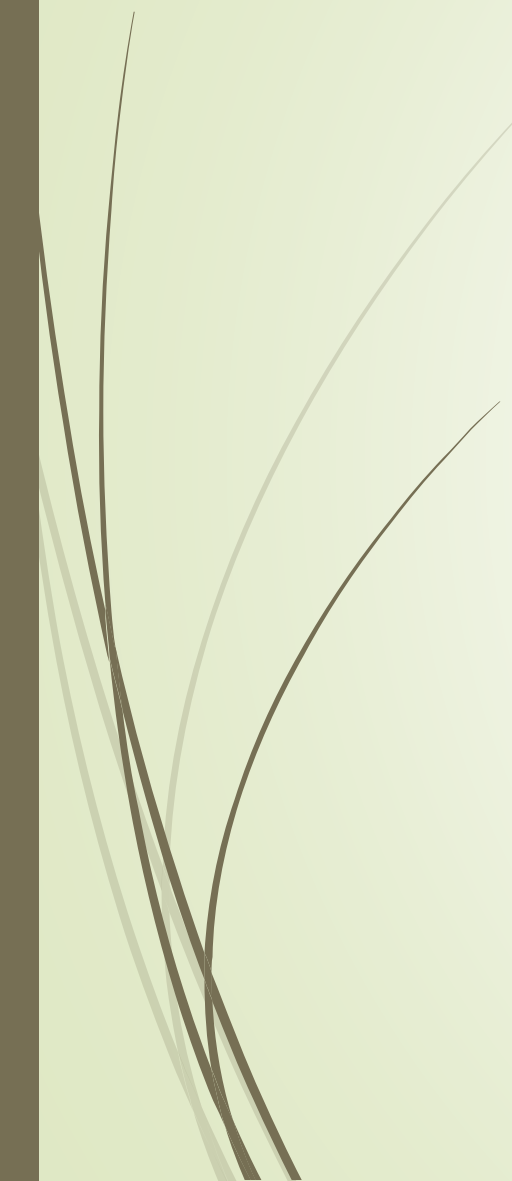


➤ Avoid:

➤ Dairy products, fatty, overly sweet foods, bananas, alcohol, junk food




# Pitchford's recommendations for Lung Heat

- Watercress, canteloupe, apple, persimmon, peach, pear, strawberry, citrus, seaweeds, mushroom, tremella (silver ear/ white wood ear), daikon radish, carrot, pumpkin, kudzu, cabbage, bok choy, cauliflower, chard, papaya.
  - Soups or congees are best, avoid warming foods, spices.
- 





# Pitchford's recommendations for Phlegm

- 
- In general emphasize vegetables, fruits and sprouts with small amounts of grains, legumes and almonds.
  - Warming foods: Fennel, fenugreek, cayenne, garlic and onion family, fresh ginger, horseradish.
  - Neutral foods: Flaxseed, turnip, mushroom.



# Pitchford's recommendations for Phlegm

- Cooling foods: Watercress, radish, daikon radish, cereal grass, seaweeds.
  - Avoid dairy, mammal meats, most nuts, tofu and other soy products, all sweeteners except stevia.
- 