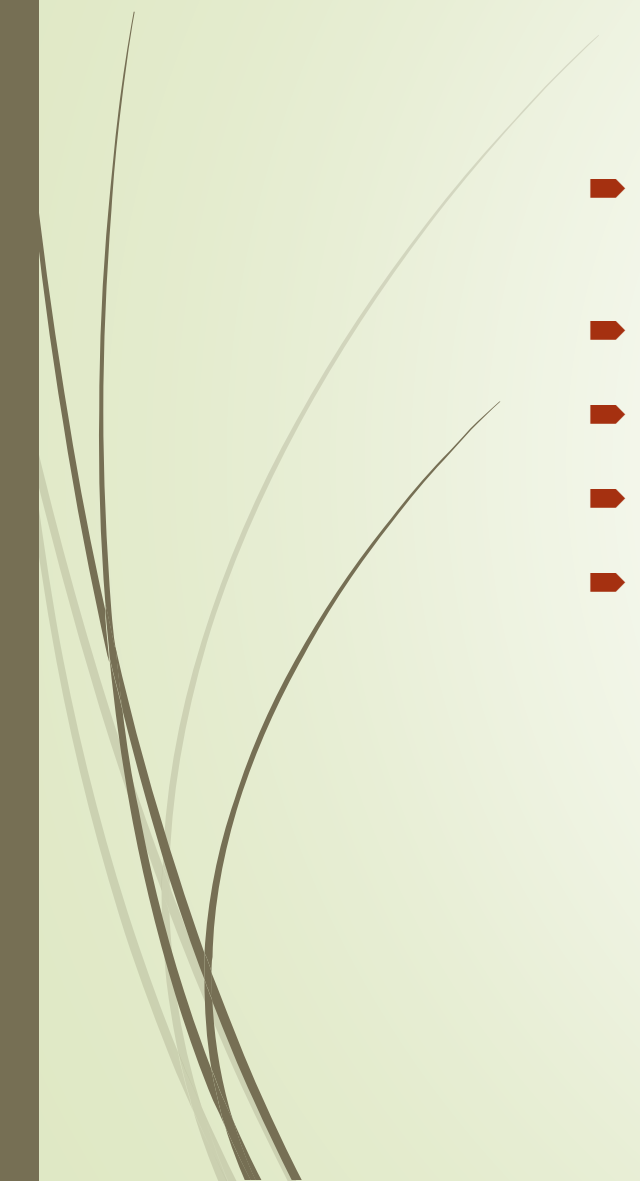




TCM Dietary Therapy for Class #2



General indications for food therapy

- Production & Balancing of Vital substances (Qi, Blood, Fluids, Jing)
 - Supplementation of Vital substances (Qi, Blood, Fluids, Jing)
 - Can be used to supplement specific substances (eg: Wei Qi)
 - Calm Spirit
 - Harmonizing with seasons
- 



Uses for Dietary Therapy

- **Food Therapy is milder in effect than CHM**
- Best in mild cases - acute or chronic
- Useful especially for SP/ST issues: Damp, Phlegm, etc
- Pediatrics
- Obstetrics / Post-Partum
- Patients on multiple medications or who are otherwise not well suited to CHM
- Becomes part of unified treatment plan
- Pattern -> Tx Principle -> Acupuncture, Herbs, Food, Tui Na, Qigong, Etc
- So objective of class is to understand TCM properties of different foods and correlate to pattern diagnosis



General properties of food

- Similar to herbal medicine
- Some herbs are **food-like (eg Shan Yao, Yi Yi Ren, Lu Dou)**
- Mild, sweet herbs **more nutritional** (mild tonics)
- Stronger tasting herbs = stronger pharmacological effects



Thermal property (Qi)

- Hot-Warm-Neutral-Cool-Cold
- Most foods are Warm-Neutral-Cool
- Hot = Some **spices**
- Cold = Some fruits
- More hot or cold = more potential toxicity
- May be modified by preparation methods



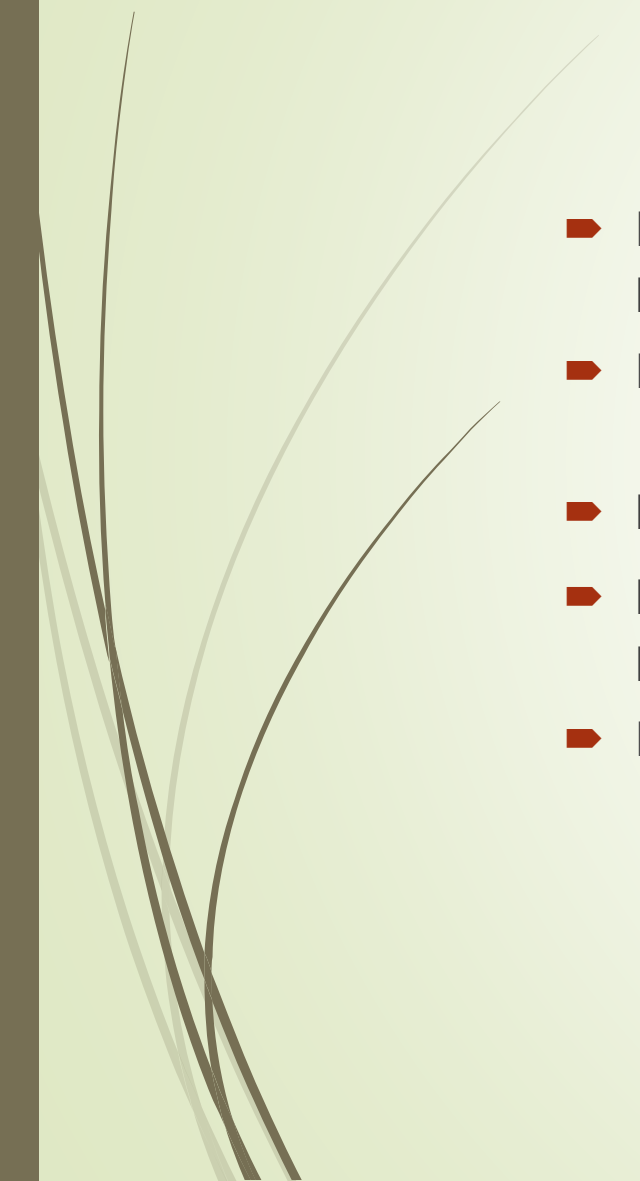
Taste (Wei)

- **Acrid** (pungent, spicy) - disperses, moves Qi & Blood
- **Sour** - contracts, tightens, restrains leakage
- **Salty** - softens, moistens and descends
- **Sweet** - tonifies, moistens, harmonizes
- **Bitter** - drains and dries
- **Bland** - promotes urination

Sour, salty, astringent, bitter, and acrid, are normally present in the diet only in small quantities of the corresponding chemical constituents, but their importance lies in their ability to potently alter body functions.

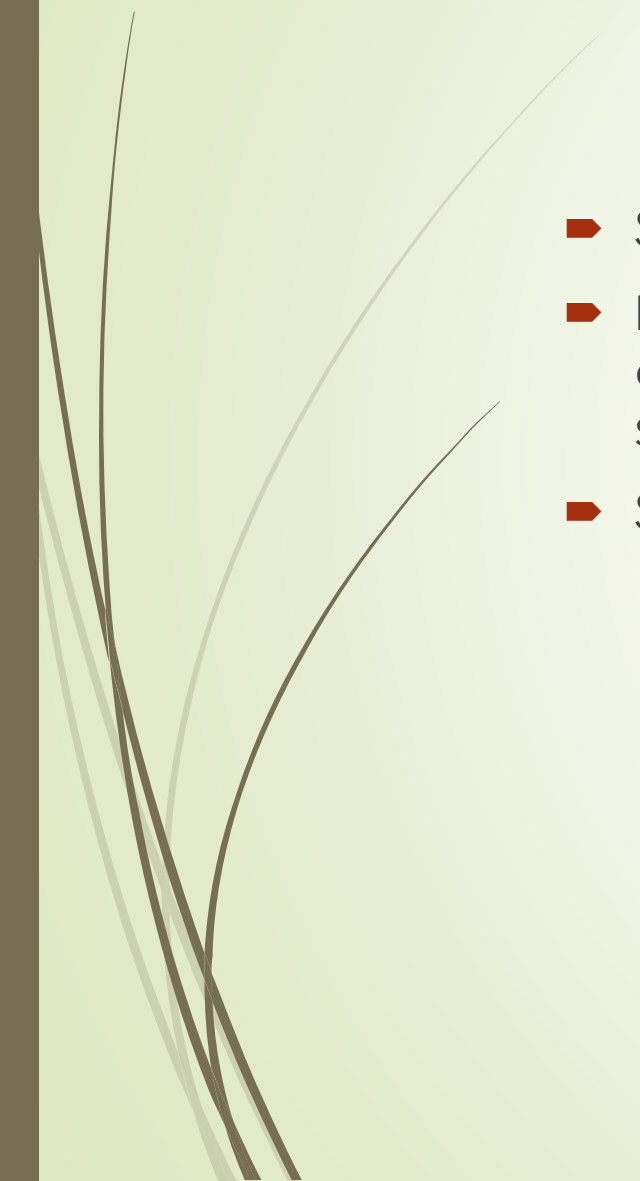


Acrid (pungent, spicy)

- Pungent is a taste that has a function of dispersing, invigorating, and promoting circulation
 - Dispersing mainly used to disperse pathogens from the exterior of the body (opens the pores)
 - Invigorating is to promote circulation of Qi, Blood, and body fluid
 - In Chinese Medicine disease is the result of stagnation, therefore, foods with pungent taste can promote and invigorate circulation
 - Ex. Garlic, Ginger, Mint
- 




Sour

- Sour absorbs, consolidates, and astringes
 - It functions in stopping abnormal discharge of body fluids and substances as in condition of excess perspiration, diarrhea, seminal emission, spermotorrhea, enuresis
 - Sour plum, lemon, vinegar
- 

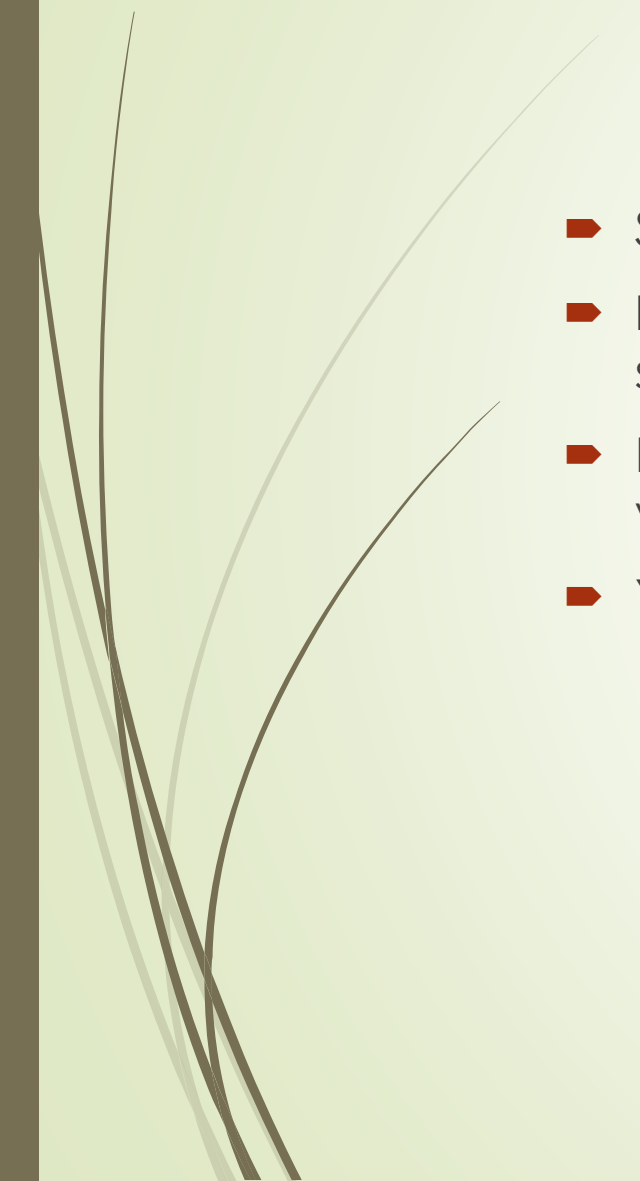


Salty

- Salty taste has the the function of softening and dissolving hardenings
 - It also moistens and lubricates the intestines (in the case of constipation, one can drink salt water to lubricate the intentions and promote evacuation)
 - Body symptoms such as lumps, nodes, masses, cysts etc can be softened and dissolved by salty substances (ex. Goiter treated by seaweed)
- 



Sweet

- Sweet has the action of tonifying, harmonizing and decelerating (relax)
 - In cases of fatigue or deficiency, sweet substances have a reinforcing and strengthening action
 - Deficiencies may occur in different aspects of the body, such as Qi, blood, yin and yang
 - Yam, corn, rice
- 

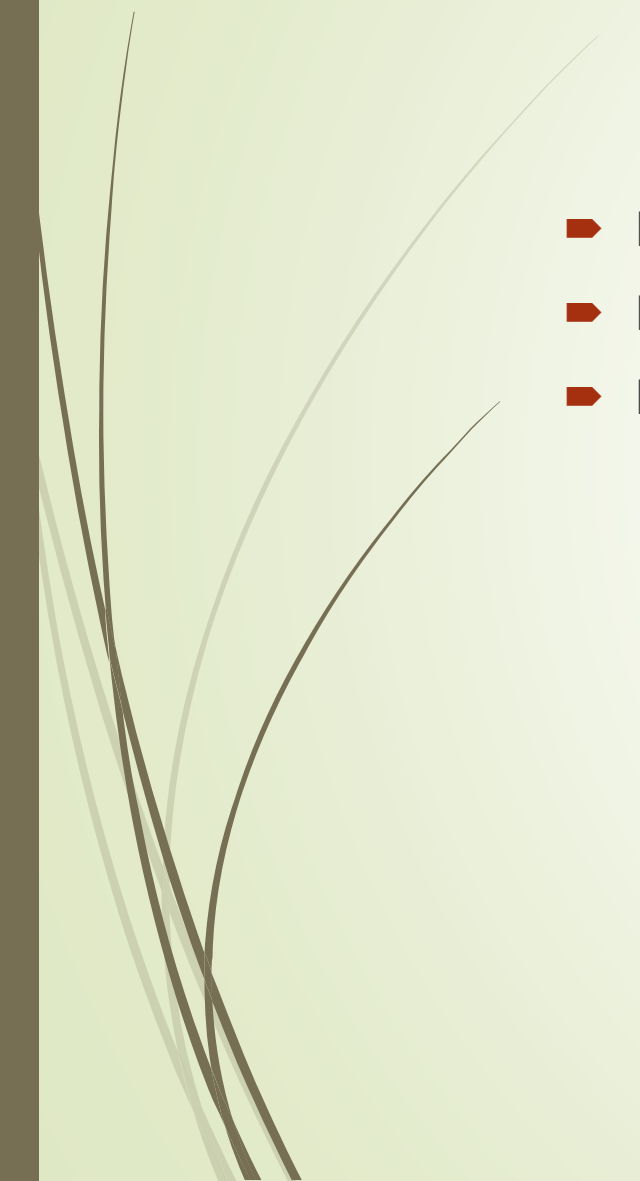


Bitter

- Bitter tasting substances have the action of drying dampness and dispersing.
- Often bitter clears heat.
- Bitter aids conditions like bloating and edema
- It's function of dispersing obstruction can be utilized in cough due to Qi Stagnation
- rhubarb, apricot kernels, kale, arugula



Bland

- Bland taste tends to be related to foods that act as diuretics
 - Bland foods promote urination and relieve edema
 - Pearl Barley
- 




Chemical Correspondences

- Specific tastes often correspond to classes of chemical compounds.
- **Acids, which produce free hydrogen ions**, are detected by the presence of a **sour taste**, and the strength of the acidity is roughly proportional to the intensity of the perception of **sour**.
- **Metal salts** containing sodium and potassium ions are detected as a salty taste.
- Alkaloids, some of which are **highly toxic**, are generally bitter; this is why we have a natural aversion to **bitter** tasting plants as foods.
- Terpenes 萜烯 and essential oils usually create an **acid or spicy taste**.
- **Sugars, polysaccharides and glycosides** are detected as a sweet taste.
- All the basic structural and **energy-producing** compounds of the body, including **sugars and starches, fats, and proteins are sweet to taste, and sometimes bland**.
- It is for this reason most tonics in CHM are considered to be sweet.



Channel entry

- Based on function
 - **Ginger** - ST: Nausea, low appetite
 - **Watermelon** - ST: Thirst
 - **Persimmon** - LU: Moistens dry cough
 - **Honey** - LU: Moistens dry cough
 - **Mustard Greens** - LU: Resolve phlegm
 - **Water Chestnut** - LU: Resolve phlegm
 - **Lycium Fruit** (Gou Qi Zi) - LR: Eyes
 - **Nuts** - LI: Moisten dry intestines
 - Most organ meats enter the pertaining channel - eg: Cow's liver enters LR channel
- 



Comparison to Chinese Herbal Medicine

- Milder foods - staples
- Similar properties to mild tonic herbs
- Largest quantity consumed
- **Stronger foods** - more sparingly 保守地 used
- Condiments, coffee, tea, etc
- Stronger medicinal effect
- Can balance menu like herb formula
 - e.g.: Dal w/curry

MILD EFFECT

NOURISHING

STRONG EFFECT

MEDICINAL

FOOD

Staples -
Grains, Rice,
Legumes, etc

Animal products

Coffee, Alcohol

Spices / Condiments

Raw foods - fruit / veg

Tonics - Qi,
Blood, Yin

Tonics - Yang

Move Qi & Blood
Clear Heat

Warm Interior

TOXIC

HERBS

Drain Damp - Bland

Drain Damp - Bitter

NEUTRAL - WARM / COOL

HOT / COLD

SWEET / BLAND

SOUR / ACRID / SALTY / BITTER

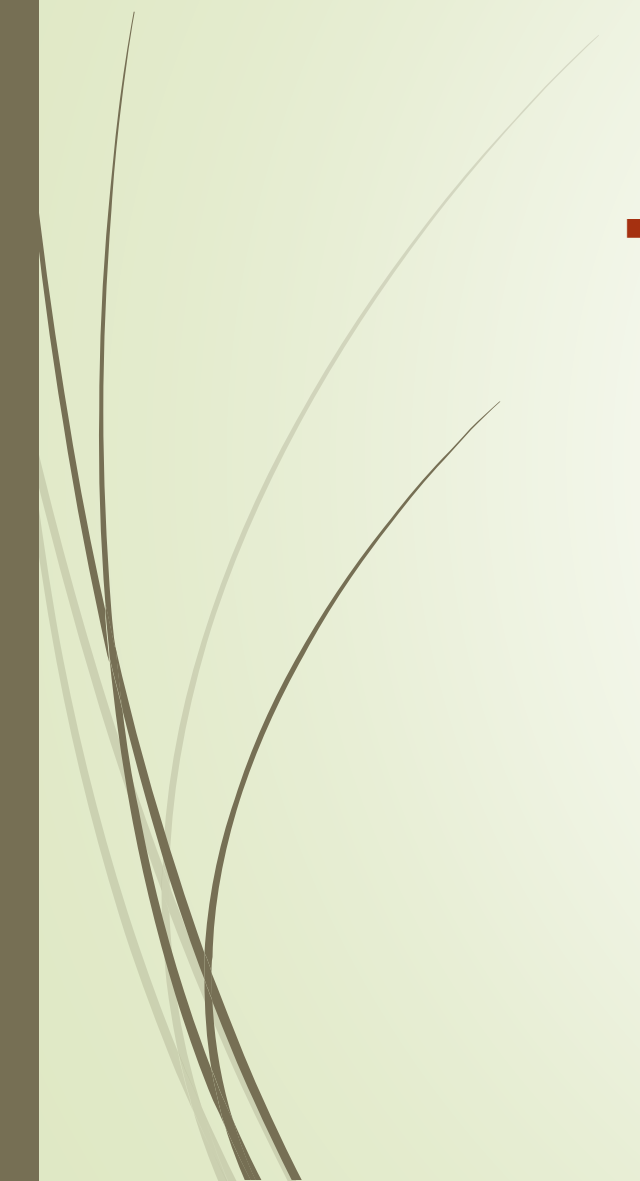


EXAMPLES OF THERMAL PROPERTIES OF FOOD



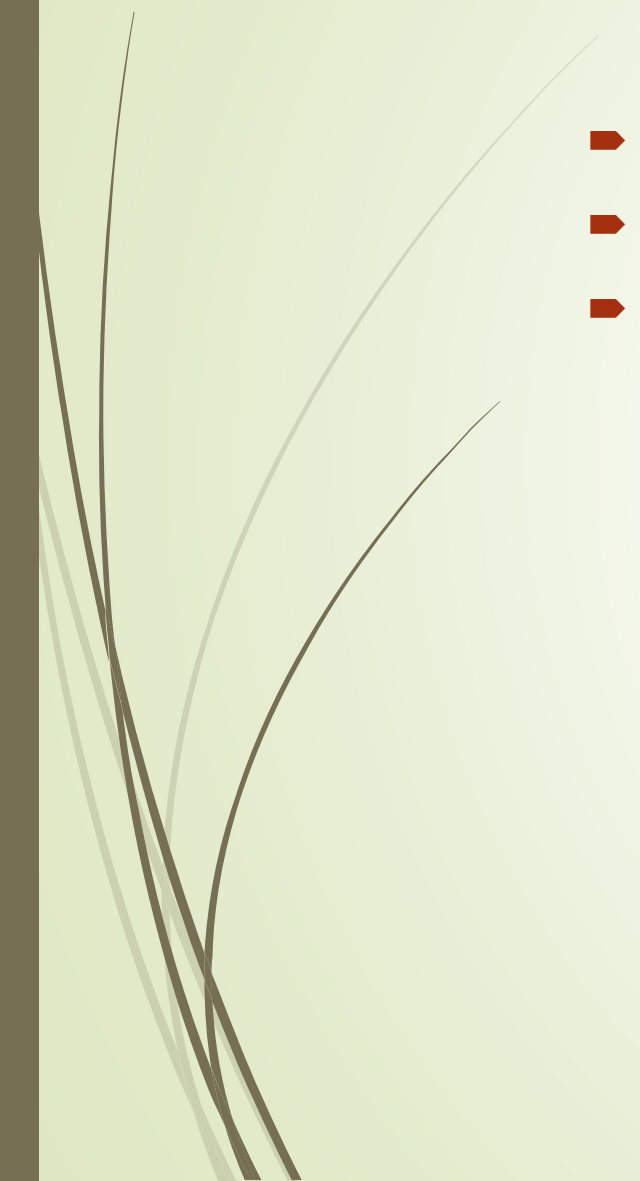


Thermal Properties of Food

- ▶ Hot & Cold nature of food depends on
 - ▶ inherent property of specific food
 - ▶ preparation methods
- 




HOT

- Beverages: Alcohol (high proof), chai 茶
 - Meat / fish: Lamb, venison 鹿肉
 - Spices: chili, ginger, cinnamon, curry 咖喱, garlic, cloves 丁香
- 



WARM

- Beverages: Cocoa, coffee, red wine
 - Dairy: Butter, goat's cheese
 - Meat / fish: Beef, chicken, eel 鰻鱼, salmon
 - Fruit / vegetables: Cherry, fennel 茴香, leek 韭, peach, onion
 - Spices: Anise 茴香, basil, rosemary
- 

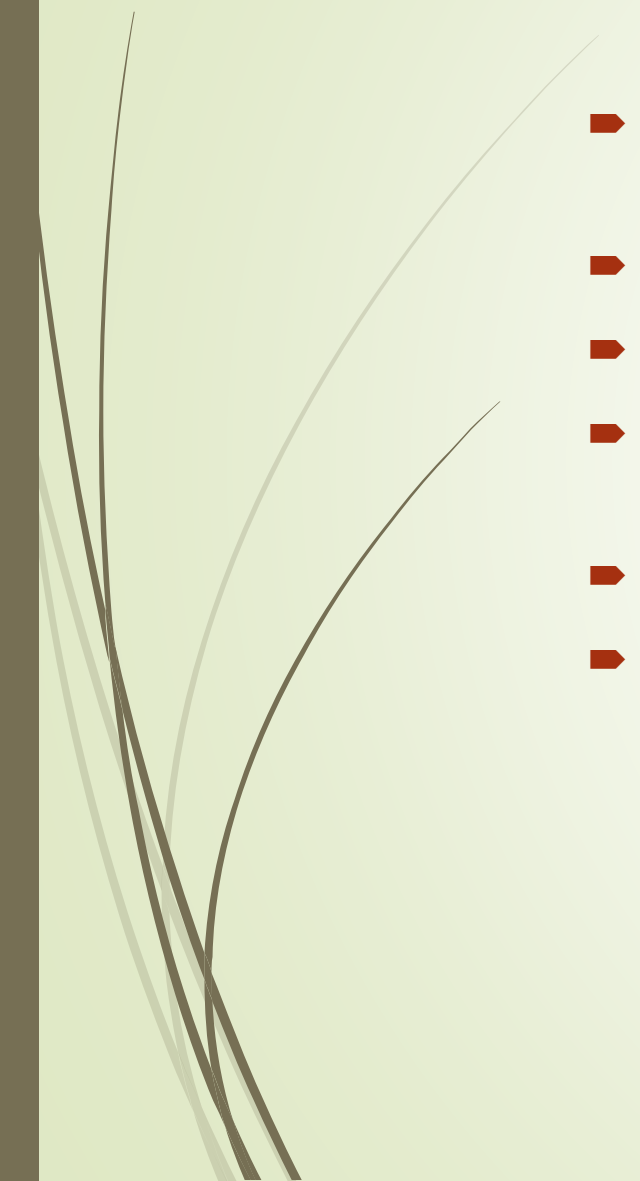


NEUTRAL

- Condiments: Honey
 - Dairy: Cow's milk, cheese
 - Meat / fish: Carp, duck, chicken eggs, goose, pork
 - Fruit / vegetables: Carrot, cauliflower, grape, fig 无花果, plum, potato
 - Grains / legumes: Corn, lentil 扁豆, millet, peas, rice, spelt
- 



COOL

- Beverages: Black **tea**, green tea, fruit juices, peppermint tea, soy milk, wheat beer
 - Dairy: Yogurt
 - Meat / fish: Rabbit
 - Fruit / vegetables: **Celery, cucumber, soybean, sprouts, spinach, zucchini** 夏南瓜
 - Grains / legumes 豆类 : Barley, tofu, wheat
 - Spices: Tarragon
- 



COLD

- Beverages: Water
- Condiments: **Salt, soy sauce**
- Meat / fish: Shrimp, crayfish, crab
- Fruit / vegetables: Asparagus 芦笋, banana, orange, rhubarb 大黄, seaweed, tomato, watermelon
- Spices: Dandelion, gentian 龙胆



Preparation methods

- Generally use heat, which adds Yang
- Water adds Yin
- Most methods use either heat (BBQ) or heat + water (boiling)



Grilling / Broiling / BBQ

- **strongest** warming effect
- Direct contact with a heat source supplies foods with intense heat
- This develops a strong warming effect in grilled foods – especially meat
- May develop toxic substances in foods

Avoid: in heat patterns





Smoking

- **Adds Yang,**
- Less so than grilling
- Smoked foods should be used rather sparingly especially in conjunction with excess salt
- Smoked fish for Kidney Yang in cold climates – this is a good recommendation as a kidney supplement during colder months



Frying / Roasting

- **More warming**
- Supplies yang energy
- Variation on frying and roasting is using a wok
- Cooking with a wok using oil sparingly brings food in contact with extreme heat for a short time: outer crunchy inner juicy and fresh
- Blast frying / searing (similar to “woking” - balances yang and yin (fried outside, moist inside)

Avoid: using too much oil




Baking

- Gently supplies yang to foods
- Ameliorating cooling effects of foods
- Baking foods or making cassaroles is an excellent recommendation for vegetarians – help to supply yang energy and balance the yin foods which in general compromise a large portion of the diet
- Vegetables or raw foods which due to their yin character cool the body can become warming through baking – baked apples, baked tomatoes
- Baking is good for supplying the body with yang energy during the cold season



Boiling / Simmering

- ▶ Prolonged boiling increases Yang
 - ▶ The warming effect is determined by the cooking time and temperature
 - ▶ Brief boiling adds little yang energy to food while prolonged boiling develops immense yang potential in foods
 - ▶ "Master Soup" up to **36 hrs**
 - ▶ In TCM, the Yang-boosting effect of prolonged cooking "offsets vitamin loss"
 - ▶ Stews containing warming meats and simmered for long periods are an excellent foundation for restoring yang potential in a person with qi or yang vacuity
- 



Blanching / steaming

- These are neutral methods of cooking
- They change the inherent thermal nature of foods very little
- The key aspect of blanching and steaming
 - make foods more digestible which is excellent to support healthy digestion



Cooling

- Cooling balances excess yang nature of food
- Fruit / sprouts / lettuce - adding offsets Yang effects
 - (e.g.: lettuce & tomato on a burger)

Salting / pickling - **Reduces Yang, increases Yin**



Salting

- 
- Increases yin energy
 - Salting lowers food qi
 - Salting has a cold thermal nature
 - By reducing the yang energy of foods, salting increases the yin energy



Other methods

- **Alcohol** - warms, upbears, increases circulation
 - Spices - generally have warming effect
- 



Cooking with Alcohol

- Cooking with alcohol enhances flavor and warms
- The movement pattern of alcohol is upbearing, which pulls yang upward
- Alcohol dissolves stagnation, promotes qi and blood circulation and dissipates cold
- Cooking with alcohol warms the middle burner (Spleen and Stomach) and the upper burner (Heart and Lung)
- Cooking with alcohol warms meals, increases the body's energy, and stimulates qi circulation in the body – this can also loosen emotional blockage and tension



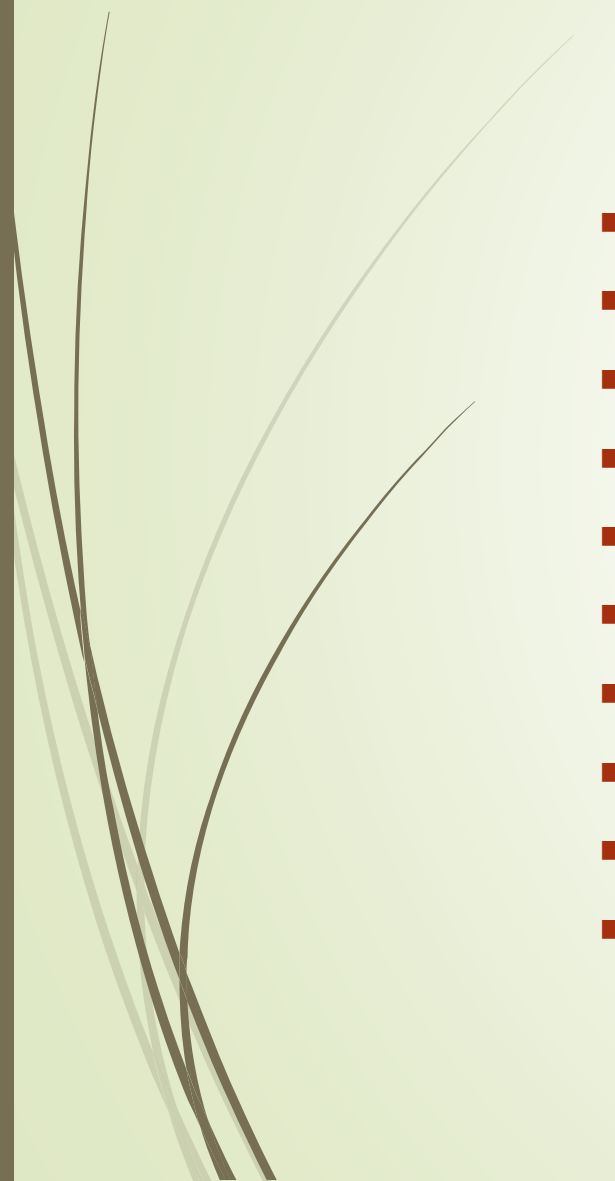
Seasoning



- Spices not only season food but have a strong energetic effect on them
- The thermal nature of spices is either hot or warm
- They supplement and warm the Spleen and Stomach
- From a Chinese medicine point of view, this explains the digestion promoting effects of many spices. By using warming spices such as bay leaf, caraway or cloves, many yin vegetables like red cabbage, white cabbage or sauerkraut become easier to digest. Long cooking will also contribute to this effect
- Highly seasoned foods strongly influence the body's energy levels and should be reduced or avoided during repletion states or inner heat
 - Example: energetically hot coffee can be unfavorable with sleep disorders which are a symptom of internal heat. Sleep disturbances can be provoked by the consumption of acrid spices (garlic, onion, pepper, etc.)




General recommendations

- 
- high quality, clean, unprocessed; organic when possible
 - relaxed ambience at meals
 - regular meals 3-5/day
 - chew well
 - breakfast > lunch > dinner
 - stop when it tastes best
 - only small amounts of liquid w/meals
 - plan meals for your individual constitution
 - appropriate foods for the season
 - if vegetarian, make sure enough warming foods



Food Quantities

- 50-80% grains
 - 30-40% cooked vegetables
 - 5% meat
 - 5% raw salad, fruit, etc (more in summer)
- 



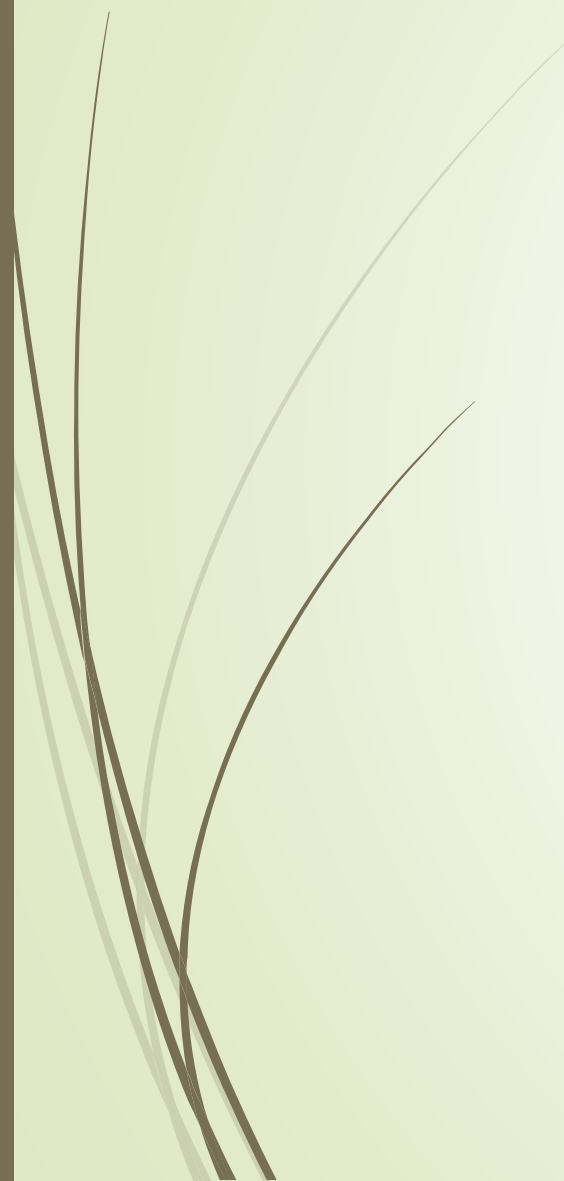
General Guidelines



- Avoid:
- too much raw/cold food and tropical fruits - weakens ST-SP
- ice cold drinks - weakens ST-SP
- too much dairy - cold-dampness, phlegm
- too much oily/fatty food - damp-heat, phlegm
- too much sugar/sweet - damp-heat, phlegm
- too much alcohol - damp-heat, phlegm
- too much meat - damp-heat, phlegm
- overly opulent meals - causes food stagnation, weakens ST-SP
- late night eating - causes food stagnation
- excessive fasting - weakens ST-SP




Guidelines for Children

- 
- Introduce healthy eating early
 - Strengthen middle burner
 - Neutral or mildly warming foods, sweet taste
 - Millet, rice, barley, carrots, fennel, apples, honey, raisins, poultry, beef, potatoes, grape juice, fennel tea
 - Replace sugar with honey (after age 1), maple syrup, pear juice, molasses, apple butter, warming fruits, dates
 - Avoid cold foods, acrid spices, sugar, excess dairy, fatty foods




General Guidelines for Adults

- All foods are suitable, vary the diet but adjust according to constitution and climate.
 - Avoid excess meat, raw foods, fats, dairy, coffee, alcohol
- 

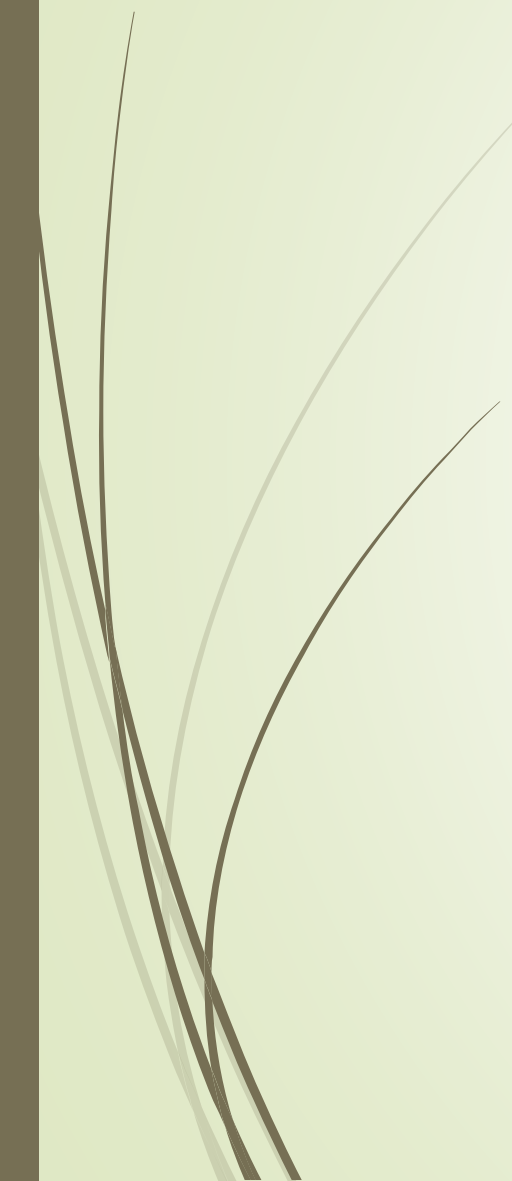


General Recommendations for the Elderly

- Smaller frequent meals, support Kidneys and middle burner
 - Well cooked foods, porridge, eggs (in moderation), fish, stews, Master soups
 - Avoid raw foods, fatty foods, excessive salt consumption
- 



Five Element Meal Prep

- ▶ Cooking in tune with the five phases: wood, fire, earth, metal, and water: this is a special method to harmoniously increase the energetic level of a dish.
 - ▶ This specific cooking method mirrors the Generating Cycle (Sheng cycle)
 - ▶ The ingredients used in a dish are divided according to the phases to which they belong, positioned in a row, and added to a dish in sequence
 - ▶ In keeping with the Generating Cycle, the individual phases potentiate each other's energetic effect and increase the overall energetic aspect of the dish
- 



Five Element Prep Practical Application

- Heat a pot on a heat source (Fire)
- Add oil (Earth)
- Add onions (Metal)
- Add water and salt (Water)
- Add tomato (Wood)
- Add thyme (Fire)

This completes the first round of the Generating Cycle





Five Element Prep

Practical Application (2)

- The cycle can begin again starting with Earth: Carrots (Earth); Leeks (Metal)
- And the cycle continues
- Each cycle can be completed as often as desired
- The more the cycle is run the higher the energetic effect of the meal
- Each of the phases should be allowed to influence the meal for at least half a minute before a new phase (ingredient) follows.
- No phase may be skipped within a cycle
- Individual ingredients may be used as often as possible. For example if using carrots as only earth ingredient, some of the carrots may be added each time the earth phase comes up. If more than one earth ingredient is used (carrots – 1st cycle, sweet potatoes – 2nd cycle, zucchini – 3rd cycle)
- The phase used to end is discretionary but the last phase added does impact overall effect. Final ingredient – pinch of salt the overall aspect will focus on the water element. If cooking concludes with a wood ingredient (eg vinegar) the dish will emphasize the wood phase