Food Recommendations According to Pattern Differentiation

Power Point 4



LIVER PATTERNS

- Major functions of the Liver are
- 1) Free movement of Qi,
- 2) Blood storage
- Any pathology of the Liver may involve impaired functioning of either of these.

Dietary etiologies

"An excessive consumption of greasy and "hot" foods can lead to Liver-Fire. From the point of view of Chinese dietary principles, hot foods are lamb, beef, curries, spices and alcohol. Deep- fried foods are also hot.

- An inadequate consumption of warming foods, such as meat and grains, can lead to a state of Blood deficiency which can lead to deficiency of Liver-Blood.
- This is more common in women who particularly need an adequate supply of Blood-forming foods at certain times of their life, such as at puberty and after childbirth, as well as, to a lesser degree, after each period." (Maciocia, 1989)

General recommendations

- Acrid flavors can help move Qi while sour flavors can help store Blood.
- More severe stagnation may require acupuncture and/or herbal medicine.
- If heat is present, using cooling foods and limit warming foods.
- Spirit-quieting foods and herbs may be helpful, along with stress-reduction strategies.

DEFICIENCY OF LIVER-BLOOD

Treatment method: Use cooling methods of preparation. Sour and sweet tastes and neutral, cool or warm foods.

Etiology

- "A diet poor in nourishment or lacking in protein can weaken the Spleen which, in turn, cannot make enough Blood. When not enough Blood is produced by the Spleen, not enough Blood is stored by the Liver." (Maciocia, 1989)
- "An excess of overly spicy and warming foods weaken body yin. Foods that are too cold reduce spleen qi and inhibit formation of blood." (Kastner, 2004)

- Meat: Poultry, beef, liver (various kinds)
- Fish: Oysters, crab, white fish, perch, eel
- Fruit: Apples, lychees, plums, red grapes, longans, sweet cherries
- Vegetables: neutral red vegetables; beets, carrots, red cabbage; neutral or cool green vegetables: beans, broccoli, chard, lettuce, spinach, sprouts, tomato

- Beverages: Carrot juice, tomato juice, red beet juice, plum juice, red tea, red grape juice, red wine (in moderation)
- Grains: Wheat, glutinous rice
- Spices: Watercress, marjoram, parsley root
- Nuts/seeds: Sesame, sunflower seeds
- Other: Egg yolk

Avoid:
Warming cooking methods; foods which are hot, bitter, and/or acrid.
Black tea, cocoa, warm-acrid spices, coffee, high-proof alcohol.

LIVER-YIN DEFICIENCY

- Treatment
- Treatment method: Use cooling methods of preparation. Sour and sweet tastes and neutral, cool or cold foods.

Etiology

- Same as for Liver-Blood deficiency, "but with the additional component of emotional problems due to anger, frustration and depression." (Maciocia, 1989)
- "Overly acrid foods, overuse of cooking methods that increase yang, too many fatty, oily foods. Extreme physical and emotional strain can weaken liver yin, Excessive night work weakens liver yin... This syndrome is becoming more common, since long hours in front of the computer weaken liver yin." (Kastner, 2004)

- Vegetables: Cucumbers, sauerkraut, celery, spinach, tomato
- Grains: Wheat, spelt, barley
- Other: Tofu, sour dairy products



LIVER-FIRE BLAZING UPWARDS

- Treatment
- Treatment method: Use cooling methods of preparation and raw foods.
 Sour and bitter tastes and cool or cold foods.

Etiology

- "From a dietary point of view, the excessive consumption of alcohol, fried foods and meat (especially lamb and beef), can contribute to the formation of Heat in the Liver." (Maciocia, 1989)
- "Excess alcohol, overly spicy and overly fatty foods. Overuse of warming cooking methods such as grilling, barbecuing, searing, frying, etc." (Kastner, 2004)

- Fruit: Bananas, rhubarb, watermelons, lemons, tropical fruits
- Vegetables: Cucumbers, water chestnut, celery, spinach, tomato
- Beverages: Wheat beer, yerba mate, vermouth
- Other: Yogurt, dandelion, gentian

- Avoid:
- Warming cooking methods; foods which are hot, salty, sweet and/or acrid.
- Smoking, strong seasoning, fatty-oily foods, coffee, high-proof alcohol.
- Other suggestions: Reduce salt, meat, alcohol, sugar, coffee.

LIVER-YANG RISING

- Treatment
- Treatment method: Use cooling methods of preparation and raw foods. Sour and bitter tastes and cool or cold foods.

Etiology

"Highly warming foods such as alcohol and acrid spices, as well as cooking methods that increase yang produce heat and cause yang to ascend. This also weakens liver yin. An excess of fatty foods and oils obstructs the coursing of qi and this stagnation can cause heat." (Kastner, 2004)

- Fruit: Rhubarb, apples, lemons, mangos, mulberry fruit
- Vegetables: Raw vegetables, endive, celery, sprouts, spinach, tomato
- Beverages: Green tea, peppermint tea, wheat beer, apple juice
- Grains: Spelt, wheat, wheat germ

- Legumes: Mung bean, mung bean sprouts
- Other: Yogurt, sour cream, dandelion, gentian, salt

- Avoid:
- Warming cooking methods.
- Acrid spices, sugar, food coloring, fatty-oily foods, coffee, high-proof alcohol.
- Other suggestions: No meat for six weeks.

STAGNATION OF LIVER-QI

- Treatment
- Treatment method: Use foods that calm the liver; also use mildly acrid spices, in small amounts.

Etiology

"Problems in the emotional life are by far the most important (if not the only) cause of Liver- Qi stagnation. As mentioned before, a state of frustration, repressed anger or resentment over a long period of time can cause the circulation to be impeded so that Qi does not flow smoothly and it becomes stuck resulting in stagnation of Liver-Qi." (Maciocia, 1989)

- Fish: Crayfish, prawns
- Fruit: Plums
- Vegetables: Radish, leek, celery, brown seaweed, kohlrabi
- Grains: Spelt, wheat, wheat germ

- Legumes: Mung bean, mung bean sprouts
- Spices: Ginger, garlic, pepper, marjoram, coriander (all in small amounts)
- Other: Vinegar

Avoid: Warming cooking methods. Alcohol, sugar, food coloring, fatty-oily foods, coffee.

Pitchford's Recommendations for Liver Qi Stagnation

- Eat less; reduce saturated fats, drugs, alcohol & refined foods
- Include mild acrid foods: watercress, onion family, mustard greens, turmeric, basil, bay leaf, cardamom, marjoram, cumin, fennel, dill, ginger, black pepper, horseradish, rosemary, mint.

Pitchford's Recommendations for Liver Qi Stagnation

- Also beets, taro root, sweet rice, amasake, strawberry, peach, cherry, chestnut, pine nut, cabbage, turnip, kohlrabi, cauliflower, broccoli, brussels sprouts.
- Mild sweeteners can relieve mood imbalances.
- Vinegar can quickly remove stagnation, caution in heat patterns; use grapefruit instead.
- Bitter foods: Rye, romaine, asparagus, amaranth, quinoa, alfalfa, radish leaves, citrus peel.

Pitchford's Recommendations for Liver Heat Mung beans/sprouts, celery, seaweeds, lettuce, cucmber,

Mung beans/sprouts, celery, seaweeds, lettuce, cucmber, watercress, tofu, millet, plum, chlorophyll-rich foods (wheatgrass, spirulina, chlorella, algae), mushrooms, rhubarb, radish, daikon.

Pitchford's Recommendations for Liver Yin Deficiency Mung beans/sprouts, celery, seaweeds, lettuce, cucmber,

Mung beans/sprouts, celery, seaweeds, lettuce, cucmber, watercress, tofu, millet, plum, chlorophyll-rich foods (wheatgrass, spirulina, chlorella, algae), borage oil, evening primrose oil, black currant seeds.

Pitchford's Recommendations for Liver Blood Deficiency

Chlorophyll-rich foods (wheatgrass, spirulina, chlorella, algae), dark grapes, blackberries, raspberries, blackstrap molasses, gelatin, liver.

Pitchford's Recommendations for Liver wind

 Celery, basil, sage, fennel, ginger, anise, oats, black soybeans, black sesame seed, pine nut, cocnut, flax oil, shrimp.



SPLEEN PATTERNS

- Primary Spleen function: transporting and transforming ingested food and fluids.
- Any Spleen pathology will therefore always involve the digestive process; look for symptoms like abdominal distension, lack of appetite and loose stools.

Dietary etiologies

- Since the Spleen is in charge of transforming and transporting food, diet plays an extremely important role in Spleen disharmonies. The Spleen is said to prefer warm and dry foods.
- An excessive consumption of cold foods will impair the Spleen transformation and transportation function causing digestive problems and interior Dampness.

SPLEEN-QI DEFICIENCY

- Treatment
- Principle of treatment: tonify Spleen-Qi. Use sweet tastes, neutral, warm and hot foods and neutral to warming methods of cooking. Eat at least one warm meal a day, eat regularly, treatment duration is two to three months.

Etiology

Excessive consumption of cold and raw foods can hinder transformation and transportation and lead to Spleen-Qi deficiency. Eating at irregular times or excessive eating can also strain the Spleen capacity and lead to Spleen-Qi deficiency. Eating too little or eating a protein-deficient diet can also cause Spleen deficiency.

- Meat: Poultry, poultry broth, lamb, beef, beef stock, venison
- Fish: Trout, salmon, tuna, shellfish
- Fruit: Sweet apples, apricots, dates, jujube, figs, sweet cherries, peaches, plums, raisins, red grapes
- Vegetables: Fennel, cabbage, pumpkins, carrots, sweet potatos, onions (sauteed)

- Beverages: Fennel tea, spiced tea with cinnamon, mead, liqueurs, corn silk tea, licorice tea, red grape juice
- Grains: Amaranth, oats, millet, polenta, short grain rice, long grain rice
- Sweeteners: Maple syrup, barley malt, raw honey, marzipan, raisins, raw cane sugar, molasses

 Spices: Anise seed, star anise, cayenne, pepper, fennel, ginger, cardamom, nutmeg, vanilla, cinnamon, coriander, oregano, rosemary, thyme

- Avoid:
- Fruit: Pineapples, oranges, bananas, kiwis, watermelons, lemons
- Vegetables: Cucumbers, raw foods, cold salads, tomatos
- Beverages: Cold/iced drinks, too much mineral water, cold fruit juices (orange juice, for example), black tea, green tea, wheat beer
- Dairy: Cottage cheese, farmer's cheese, cream cheese, milk, sour milk products

SPLEEN-YANG DEFICIENCY

- Treatment
- Principle of treatment: tonify and warm Spleen Yang.

Etiology

The Etiology of this pattern is exactly the same as for Spleen-Qi deficiency, the only difference being that this pattern is more likely to be caused by exposure to a cold and damp environment.

- See Spleen Qi deficiency.
- Emphasize more warming foods and methods of cooking

Pitchford's recommendations for Spleen qi deficiency

- Warming foods are emphasized and cooling foods are limited.
- Well-cooked rice, oats, spelt, sweet rice, mochi.
- Vegetables: Carbohydrate-rich vegetables like winter squash, carrot, rutabaga, parsnip, turnip, garbanzo beans, black beans, , peas, sweet potatos, yam, pumpkin; acrid vegetables like onion, leek

Pitchford's recommendations for Spleen qi deficiency

- Spices: Black pepper, cinnamon, fennel, garlic, ginger, nutmeg
- Small amounts of sweets: rice syrup, barley malt, molasses, cherry, date
- Animal products: In small amounts: mackerel, tuna, halibut, anchovy, beef, beef liver, kidney, chicken, turkey, lamb, butter.

STOMACH PATTERNS

Stomach function: "rots and ripens" food and governs downbearing. Principal signs involve digestion, especially indigestion, eructation, vomiting.

Dietary etiologies

Diet is obviously the main cause of disease for the Stomach. This can be approached from many viewpoints concerning the nature of the food eaten, the regularity of eating times and the conditions of eating.

a) The nature of food eaten

- The development of symptoms depends largely on the constitutional tendencies of the individual.
- Foods which are too warming or drying (such as baked, grilled or broiled foods) may eventually cause Stomach Yin deficiency.
- Excessive consumption of hot foods may cause Heat in the Stomach.
- Excessive consumption of cold foods may cause Cold in the Stomach.

b) The regularity of meal times

- Have meals at regular times
- Eat a good breakfast
- Do not over- or under-eat.
- Do not eat late at night
- Do not snack.
- Do not eat too fast.

c) The conditions of eating

"The emotional frame of mind at meal times is important. If one eats while worrying about something... it will lead to stagnation of Qi in the Stomach. If meal time is a regular opportunity for family rows... [it] will cause retention of food in the Stomach and stagnation of Qi in the Middle Burner. Eating on the run... also causes stagnation of Qi in the Stomach. Reading while eating leads to deficiency of Stomach-Qi."

STOMACH-YIN DEFICIENCY

- Treatment
- Principle of treatment: nourish Stomach-Yin, nourish fluids.
- Treatment method: Use cooling methods of preparation. Sweet tastes and neutral, cool or cold foods, especially those that nourish fluids.

Etiology

The most common cause of Stomach Yin deficiency is an irregular diet and eating habits, mostly due to eating late at night, skipping meals, "grabbing a quick bite" during a short and hectic lunch-hour, worrying about work while eating, going straight back to work immediately after a meal.

- All these habits seriously deplete Stomach-Qi and, if they persist over a long period of time, they will begin to weaken Stomach- Yin.
- In particular, eating late at night depletes Stomach-Yin.
- With age, Stomach Yin may be depleted as well.

- Meat: Poultry, beef, goose, rabbit, pork
- Fruit: Apples, pears, bananas, tangerines, honeydew melons
- Vegetables: Cauliflower, Chinese cabbage, cucumbers, watercress, raw foods, salads, celery, zucchini, eggplant, steamed tomato, potato

- Beverages: Pear juice, bread drink, rosehip tea, mallow tea, mlk, soy mlk, red grape juice, Wheat beer
- Grains: Wheat, spelt, millet, rice
- Other: Milk products, butter, egg, cheese, cream
- Other suggestions: Baked vegetable casserole.

- Avoid: Warming cooking methods; foods which are hot, bitter, and/or acrid.
 - Grilled, broiled or barbecued foods; red wine, black tea, warm-acrid spices, coffee, high-proof alcohol.

STOMACH-FIRE

- Treatment
- Principle of treatment: clear Stomach-Heat, stimulate the Stomach descending function.
- Treatment method: Use cooling methods of preparation. Sweet, bitter and sour tastes and cool or cold foods.

Etiology

This pattern can be due to excessive consumption of energetically hot foods; also to smoking.

- Meat: Poultry, beef, goose, rabbit, pork
- Fruit: Pears, bananas, rhubarb, kiwi, watermelons
- Vegetables: Peas, Chinese cabbage, cucumbers, mung beans/ sprouts, tomato, spinach, bamboo sprouts.
- Beverages: Green tea, chamomile, black tea, wheat beer
- Grains: Wheat, spelt, millet, rice
- Other: Yogurt, tofu, wheat, dandelion

- Avoid:
- Warming cooking methods; foods which are hot or warm, bitter, and/or acrid.
- Smoked, fatty or highly seasoned foods; lamb, warm-acrid spices, red wine, coffee, high-proof alcohol.

STOMACH-QI REBELLING UPWARDS

- Treatment
- Principle of treatment: subdue rebellious Qi, stimulate the descending of Stomach-Qi.

Etiology

- This is often due to emotional problems such as anxiety and worry, which interfere with the downbearing of Stomach-Qi.
- Overeating may cause stagnation of food which causes the same symptoms.

- Fruit: Hawthorn
- Vegetables: Carrots, white cabbage
- Beverages: Digestive liqueurs: Anise, bitters
- Grains: Barley, millet
- Spices: Coriander, fennel, ginger, clove
- Nuts/seeds: caraway seed
- Other: Vinegar



HEART PATTERNS

The most important Heart functions are those of governing Blood and housing the Mind. Most of the pathological changes of the Heart reflect this and involve the Blood and the Mind.

HEART-QI DEFICIENCY

- Treatment
- Principle of treatment: tonify Heart-Qi.
- Use bitter, sour, acrid, sweet tastes, neutral, warm and small amounts of hot foods and warming methods of cooking.

- Meat: Lamb, beef
- Beverages: Chai tea, cocoa, coffee, warm wheat beer
- Grains: Buckwheat, corn, oats, short grain rice
- Sweeteners: Maple syrup, barley malt, raw honey, marzipan, raisins, raw cane sugar, molasses
- Spices: Anise seed, chili

Avoid: Cool/cold food in general, cooling preparation methods

Fruit: Citrus fruits

Vegetables: Raw vegetables

 Beverages: Cold or iced drinks, ice cream, frozen food and food heated in microwave (they "do not have sufficient qi")

 Dairy: Cottage cheese, farmer's cheese, cream cheese, milk, sour milk products

HEART-YANG DEFICIENCY

- Principle of treatment: tonify and warm Heart-Yang.
- Same treatment as Heart qi deficiency.

HEART-BLOOD DEFICIENCY

- Treatment
- Principle of treatment: tonify Blood, tonify Heart, pacify the Mind.
- Neutral-warm or cool foods, sweet and sour tastes.

Etiology

- A diet which has not enough nourishment or is lacking in Bloodproducing foods, can lead to Spleen-Qi deficiency which may lead to Blood deficiency. Blood deficiency, in turn, can weaken the Heart and cause Heart-Blood deficiency.
- For this reason, Heart- Blood deficiency is often associated with Spleen-Qi deficiency.

Recommended foods

- Meat: Blood sausage, chicken, beef, pheasant
- Fish: Oysters
- Fruit: Cherries, red grapes, longans
- Beverages: Goat's milk, sheep's milk, cow's milk
- Grains: Wheat, glutinous rice, oats
- Spices: Watercress, marjoram, parsley root

Avoid:
 Warming cooking methods; foods which are hot, bitter, and/or acrid.
 Red wine, warm-acrid spices, coffee, other drying substances.

HEART-YIN DEFICIENCY

- Treatment
- Use cooling methods of preparation.
- Bitter, sour and sweet tastes and neutral, cool or possibly slightly warm foods.

Recommended foods

Meat: Beef, pork

Fruit: Red grapes

Grains: Wheat

Nuts/seeds: Poppy seed, black sesame seed

Other: Goat's milk cheese, sheep's milk cheese

HEART-FIRE BLAZING

- Treatment
- Principle of treatment: clear the Heart, pacify the Mind.
- Treatment method: Use cooling methods of preparation.
- Sour and bitter tastes and cool or cold foods.

Recommended foods

- Fruit: Rhubarb, watermelons, lemons
- Vegetables: Raw vegetable salads, dandelion, tomato
- Beverages: Black tea, green tea, vermouth
- Other: Sour dairy products, gentian



Pitchford's recommendations for calming and focusing the mind

- Simple light meals, limit or avoid spicy foods or rich foods, refined sugar, alcohol, coffee, late-night eating or large evening meals.
- Oyster shell
- Grains: Whole wheat, brown rice, oats
- Mushrooms: Poria, ganoderma

Pitchford's recommendations for calming and focusing the mind

- Silicon-containing foods: Oatstraw tea, barley gruel, oat groat tea, cucumber, celery, lettuce. (Silicon improves calcium metabolism and strengthens nervous tissue).
- Fruit, seeds: Mulberry, lemon, schizandra, sour jujube seeds
- Spices, herbs: Dill, basil, spirit-calming Chinese herbs