

COURSE FOR GLOBAL BRANCHES
Jun, 2021

TCM Food Therapy Basics and Clinical Application

Instructor: Zoey Gong
xgong96@gmail.com



Class #1

Outline

- History of TCM Nutrition
- Forms of Applications
- Food & Qi
- Intro to TCM Nutrition Principles
 - 110 food/medicine herbs
- Food Energetics review
 - 5 thermal nature
 - 5 flavors
 - 4 food qi movements
 - 10 meridian affiliations
- 8 Main Methods of Food Therapy
- Food Group Ratio Guideline
- Effect of Cooking Methods
- Examples and Case Studies





“ 食疗不愈，然后命药。”

"Dietary therapy should be the first step when one treats a disease. Only when this is unsuccessful should one try medicines."

SUN SI MIAO 孙思邈





药 Yao - Medicine

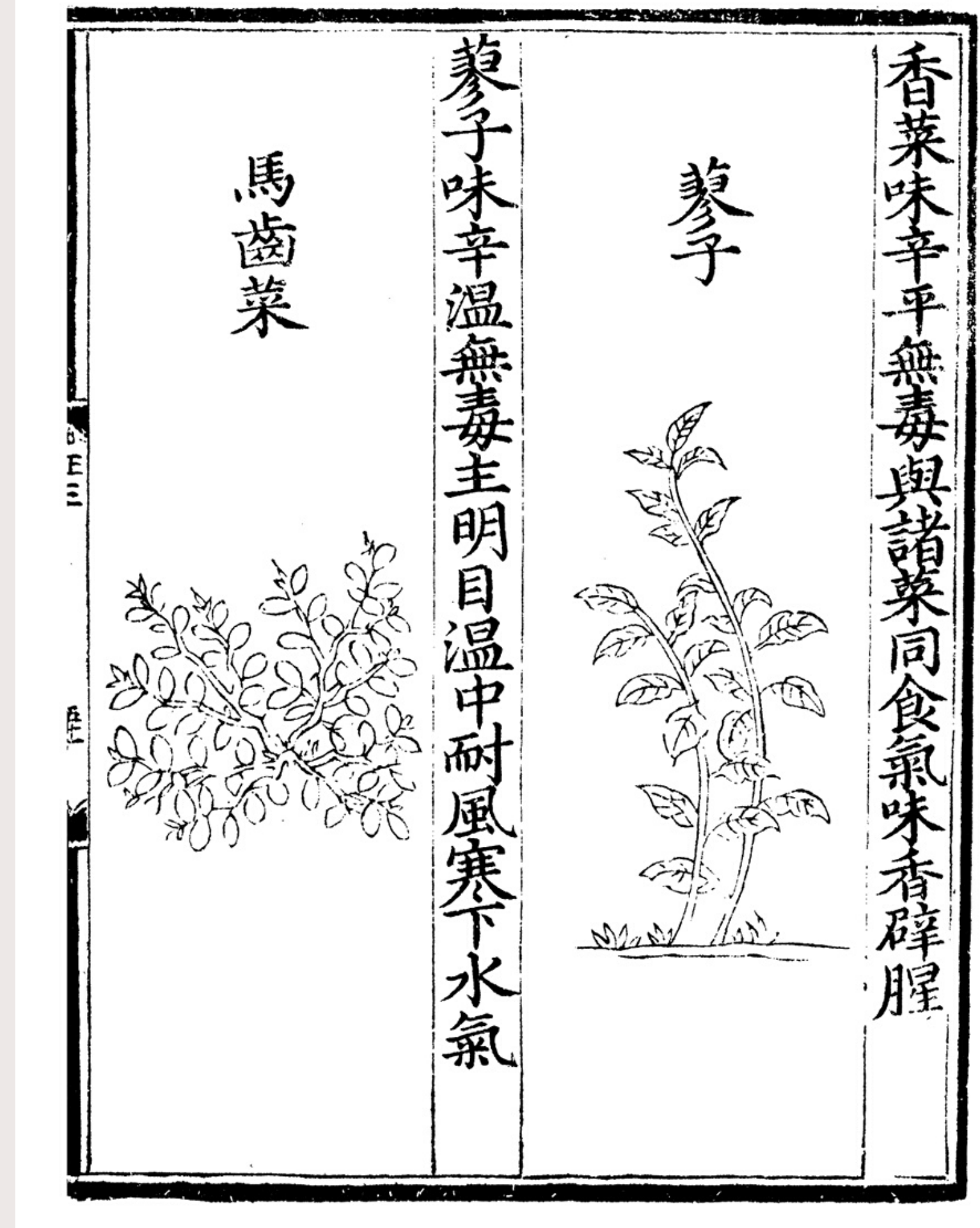
膳 Shan - Cuisine, daily meal, diet

食 Shi - Food

疗 Liao - therapy

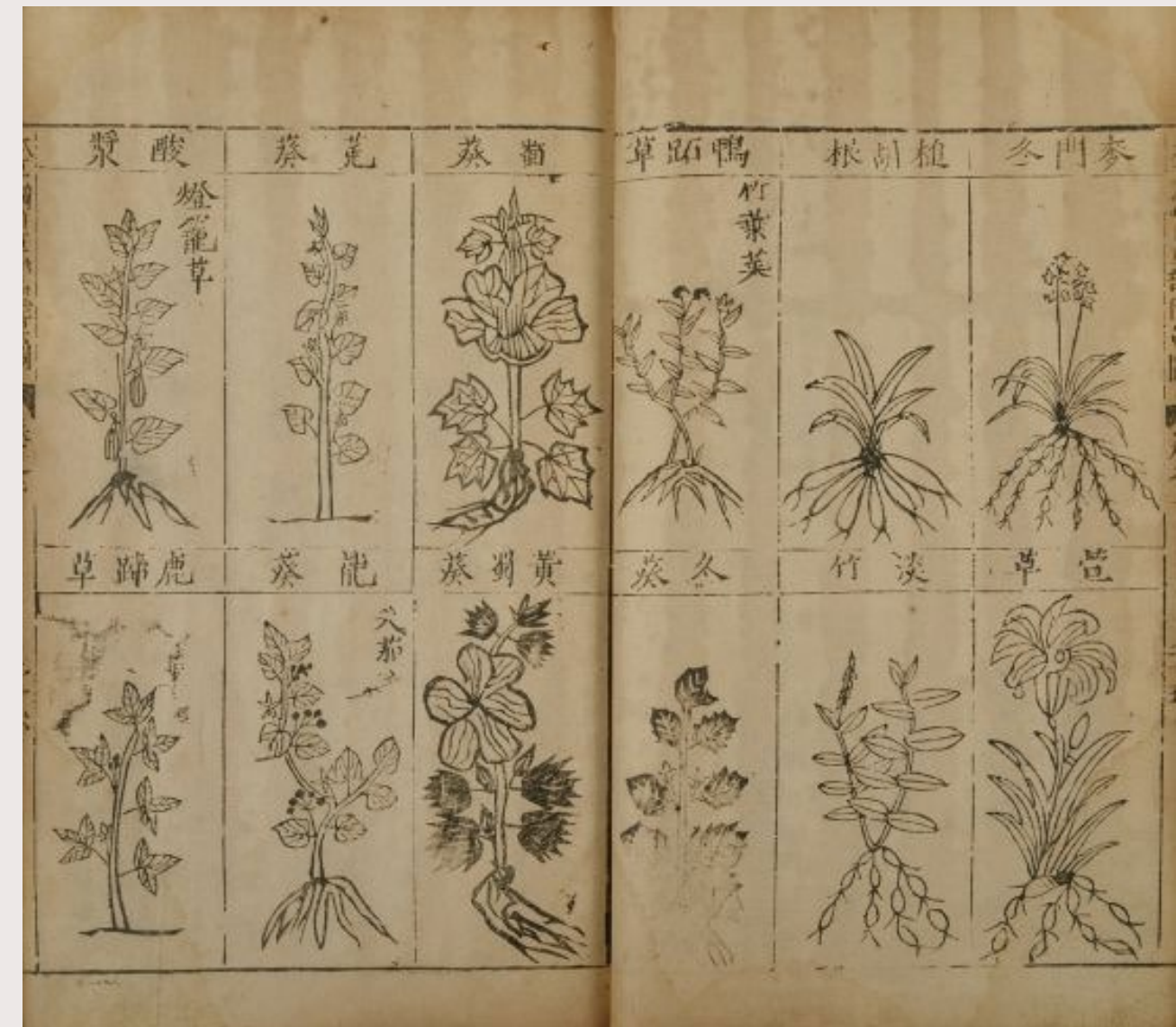
History of TCM Nutrition

- 1000 BC: Medicinal Wine.
- Shang Dynasty: Ginger and Gui Zhi.
- Zhou Dynasty: "Dietary Physician 食医" was ranked top among all physicians.
- Warring States: 6 TCM food therapy recipes and basic concepts.
- Han & Qin Dynasty: more detailed literature on medicinal foods and recipes published by physicians, 50 identified food-medicine.
- Tang Dynasty: hundreds of identified food-medicine herbs and more developed application in therapy and medicine.
- Song & Yuan Dynasty: the foundational, golden era of TCM nutrition with hundreds of recipes of all formats.
- Ming & Qing Dynasty: hundreds of books written on TCM nutrition with applications outside of the palace as well.



TCM Nutrition Classics

- "黄帝内经 Huang Di Nei Jing", Unknown
- "神农本草经 Shen Nong Ben Cao Jing", Shen Nong Shi
- "本草纲目 Ben Cao Gang Mu", Li Shi Zhen
- "食经 Shi Jing", Cui Hao
- "肘后备急方 Zhou Hou Bei Ji Fang", Ge Hong
- "食疗本草 Shi Liao Ben Cao", Meng Shen
- "备急千金要方 Bei Ji Qian Jin Yao Fang", Sun Si Miao
- "饮食须知 Yin Shi Xu Zhi", Jia Ming
- "饮膳正要 Yin Shan Zheng Yao", Hu Si Hui
- "随园食单 Sui Yuan Shi Dan", Yuan Mei
- "古今医统 Gu Jin Yi Tong", Xu Chun Pu
- "随息居饮食谱 Sui Xi Ju Yin Shi Pu", Wang Shi Xiong





Forms of Applications





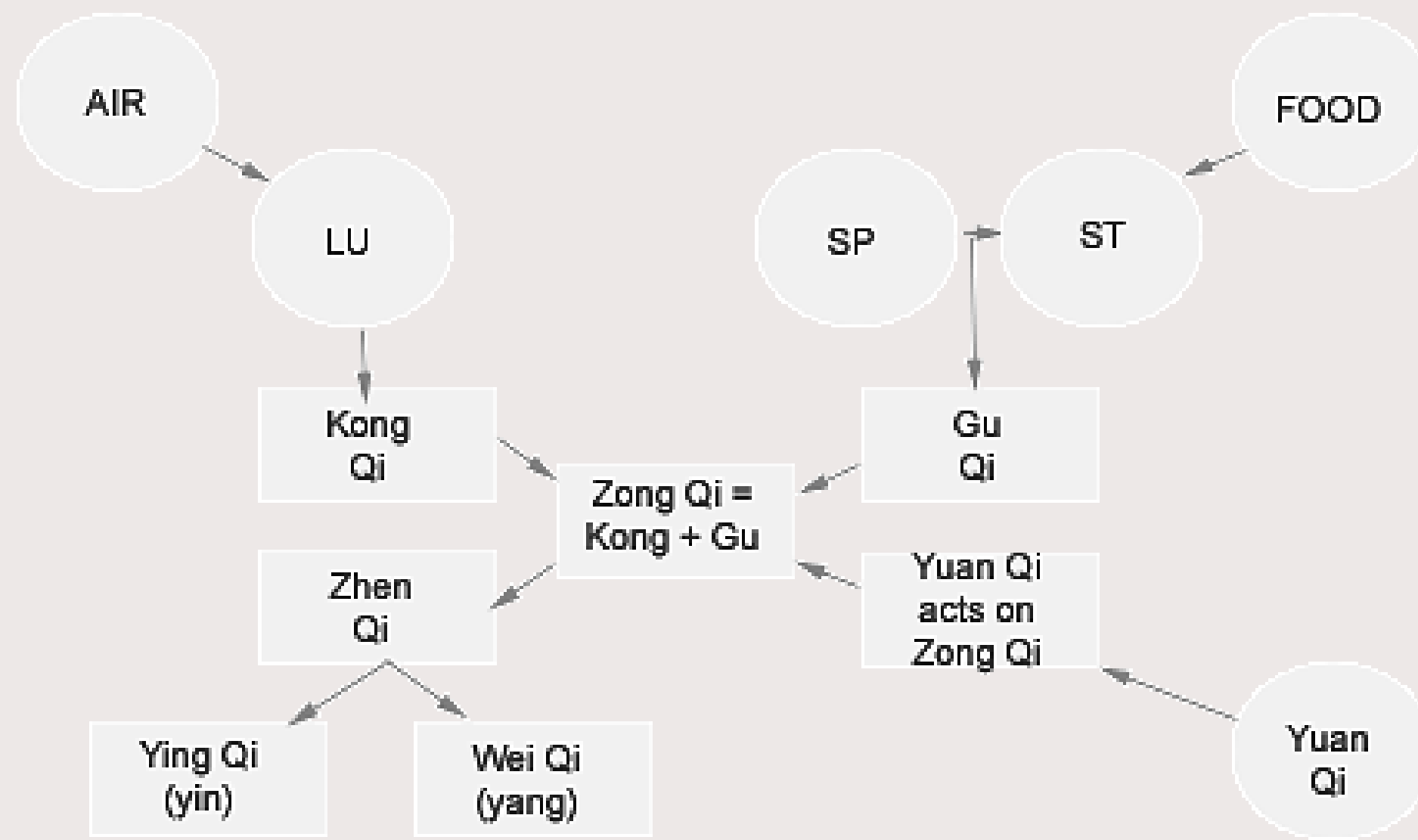
“Food Therapy in A Bite of China”



How Does Food Impact Us?

氣

70% of our postnatal Qi (life force) comes from Gu Qi (Food Qi):



- Imbalances of qi can take the form of vacuity or repletion.
- Food can replenish deficient Qi or organize stagnated / disoriented Qi.
- Food can also influence all of our organs and tissues because Qi flows through or from all parts of our body.



4 Principles of TCM Food Therapy

ALL OF THESE SHOULD BE CONSIDERED!



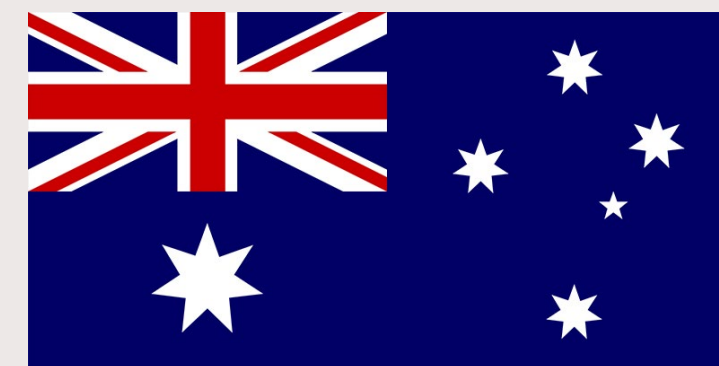
因證用膳
Specific
Symptoms &
Concerns



因人用膳
Personalization
(Body
Constitution)



因時而异
Seasonality



因地而异
Environment

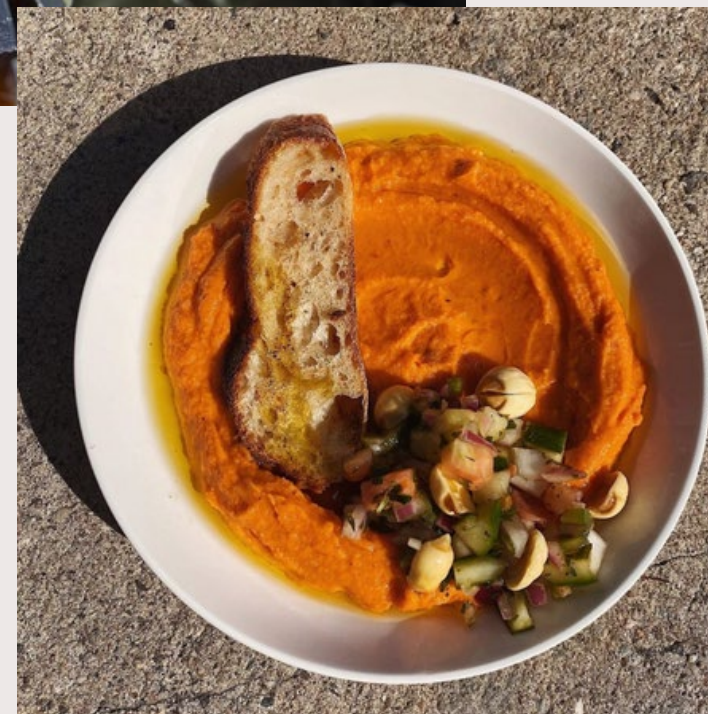


Important Distinctions

TCM NUTRITION IS NOT...



TCM Herbalism



Only Applicable
for Chinese
Cuisine



Food - Medicine Herbs 药食同源的药材

There are 10 government-approved TCM herbs (updated 2020), around 60 banned poisonous TCM herbs and a group of food/supplement ingredients that didn't make the cut to be called medicinal.



Complete list of TCM Food Therapy Herb

- | | | |
|----------------------------|-----------------------|--------------------------|
| 1. 丁香, Ding Xiang | 20. 决明子, Jue Ming Zi | 40. 枳椇子, Zhi Ju Zi |
| 2. 八角茴香, Ba Jiao Hui Xian | 21. 百合, Bai He | 41. 枸杞, Gou Qi |
| 3. 刀豆, Dao Dou | 22. 肉豆蔻, Rou Dou Kou | 42. 栀子, Zhi Zi |
| 4. 小茴香, Xiao Hui Xiang | 23. 肉桂, Rou Gui | 43. 砂仁, Sha Ren |
| 5. 小薊, Xiao Ji | 24. 餘甘子, Yu Gan Zi | 44. 胖大海, Pang Da Hai |
| 6. 山藥, Shan Yao | 25. 佛手, Fo Shou | 45. 茯苓, Fu Ling |
| 7. 山楂, Shan Zha | 26. 杏仁, Xing Ren | 46. 香櫞, Xiang Yuan |
| 8. 馬齒莧, Ma Chi Xian | 27. 沙棘, Sha Ji | 47. 香薷, Xiang Ru |
| 9. 烏梅, Wu Mei | 28. 芡實, Qian Shi | 48. 桃仁, Tao Ren |
| 10. 木瓜, Mu Gua | 29. 花椒, Hua Jiao | 49. 桑葉, Sang Ye |
| 11. 火麻仁, Huo Ma Ren | 30. 赤小豆, Chi Xiao Dou | 50. 桑葚, Sang Shen |
| 12. 代代花, Dai Dai Hua | 31. 麥芽, Mai Ya | 51. 橘紅, Ju Hong |
| 13. 玉竹, Yu Zhu | 32. 昆布, Kun Bu | 52. 桔梗, Jie Geng |
| 14. 甘草, Gan Cao | 33. 棗, Zao | 53. 益智仁, Yi Zhi Ren |
| 15. 白芷, Bai Zhi | 34. 羅漢果, Luo Han Guo | 54. 荷葉, He Ye |
| 16. 白果, Bai Guo | 35. 鬱李仁, Yu Li Ren | 55. 萊菔子, Lai Fu Zi |
| 17. 白扁豆, Bai Bian Dou | 36. 金銀花, Jin Yin Hua | 56. 蓮子, Lian Zi |
| 18. 白扁豆花, Bai Bian Dou Hua | 37. 橄欖, Gan Lan | 57. 高良姜, Gao Liang Jiang |
| 19. 龍眼肉, Long Yan Rou | 38. 魚腥草, Yu Xing Cao | 58. 淡竹葉, Dan Zhu Ye |
| | 39. 姜, Jiang | 59. 淡豆豉, Dan Dou Chi |

Complete list of TCM Food Therapy Herb

- | | | |
|-----------------------|------------------------|--------------------------|
| 60. 菊花, Ju Hua | 80. 藿香, Huo Xiang | 100. 萆薢, Bi Ba |
| 61. 菊苣, Ju Ju | 81. 烏梢蛇, Wu Qiao She | 101. 黨參, Dang Shen |
| 62. 黃芥子, Huang Jie Zi | 82. 牡蠣, Mu Li | 102. 肉蓯蓉, Rou Cong Rong |
| 63. 黃精, Huang Jing | 83. 阿膠, E Jiao | 103. 鐵皮石斛, Tie Pi Shi Hu |
| 64. 紫蘇, Zi Su | 84. 鷄內金, Ji Nei Jin | 104. 西洋參, Xi Yang Shen |
| 65. 紫蘇子, Zi Su Zi | 85. 蜂蜜, Feng Mi | 105. 黃芪, Huang Qi |
| 66. 葛根, Ge Gen | 86. 五步蛇, Wu Bu She | 106. 靈芝, Ling Zhi |
| 67. 黑芝麻, Hei Zhi Ma | 87. 人參, Ren Shen | 107. 山茱萸, Shan Zhu Yu |
| 68. 黑胡椒, Hei Hu Jiao | 88. 山銀花, Shan Yin Hua | 108. 天麻, Tian Ma |
| 69. 槐花, Huai Hua | 89. 香菜, Xiang Cai | 109. 杜衡葉, Du Chong Ye |
| 70. 蒲公英, Dandelion | 90. 玫瑰花, Mei Gui Hua | 110. 夏枯草, Xia Ku Cao |
| 71. 榧子, Fei Zi | 91. 鬆花粉, Song Hua Fen | |
| 72. 酸棗仁, Suan Zao Ren | 92. 油鬆, You Song | |
| 73. 白茅根, Bai Mao Gen | 93. 粉葛, Fen Ge | |
| 74. 蘆根, Lu Gen | 94. 布渣葉, Bu Zha Ye | |
| 75. 陳皮, Chen Pi | 95. 當歸, Dang Gui | |
| 76. 薄荷, Bo He | 96. 沙姜, Sha Jiang | |
| 77. 薏苡仁, Yi Yi Ren | 97. 藏紅花, Zang Hong Hua | |
| 78. 葱白, Cong Bai | 98. 草果, Cao Guo | |
| 79. 覆盆子, Fu Pen Zi | 99. 姜黃, Jiang Huang | |



Food Energetics

5 THERMAL NATURE
5 FOOD FLAVORS
4 QI MOVEMENTS
10 MERIDIAN AFFILIATIONS



5 Food Thermal Nature

Cold | Cooling | Neutral | Warming | Hot

All foods are assigned to a thermal nature in TCM. Note that it is not related to physical temperature, but to the sensation our body feels after THE consumption of certain food.

For example, chili is hot, beef is warm, potato is neutral, cucumber is cool, and watermelon is cold.





Thermal Nature

- 热 Hot:
 - Hot foods increase yang, speed up qi, activate, move upward and outward, eliminate external and internal cold, and mobilize defense energy
- 温 Warm:
 - Warm foods strengthen yang and qi, warm the body and strengthen the middle burner
- 平 Neutral:
 - Neutral foods build up qi and body fluids, stabilize, and harmonize the body.
- 凉 Cool:
 - Cool foods supplement body fluids and blood, slow down qi, and clear heat.
- 寒 Cold:
 - Cold foods cool internal heat and have a calming effect on the spirit.



Foods and their Thermal Nature					
Food category	Hot	Warm	Neutral	Cold	Cool
<i>Beverages</i>	Alcohol (high –proof) Yogi tea	Cocoa Coffee Red wine		Water	Black tea Fruit juices Peppermint tea Sour milk Soy milk Wheat beer
<i>Condiments and sweeteners</i>			Honey	Salt Soy sauce	
<i>Dairy products</i>		Butter Goat's cheese	Cow's milk cheese		Yogurt
<i>Eggs, fish, fowl, meat, etc.</i>	Lamb	Beef Chicken Eel Salmon	Carp Duck Chicken egg Goose Pork	Shrimp Crayfish	Rabbit

Reference: Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM), Jörg Kastner



Foods and their Thermal Nature					
Food category	Hot	Warm	Neutral	Cold	Cool
Fruit and vegetables		Cherry	Carrot	Asparagus	Celery
		Fennel	Cauliflower	Banana	Cucumber
		Leek	Grape	Orange	Soy bean
		Peach	Fig	Rhubarb	Sprouts
		Onion	Plum	Seaweed	Spinach
			Potato	Tomato	Zucchini
				Watermelon	
Grains and legumes			Corn		Barley
			Lentil		Tofu
			Millet		Wheat
			Peas		
			Rice		
			Spelt		
Herbs and spices	Cinnamon	Anise		Dandelion	Tarragon
	Chili	Basil		Yellow	
	Curry	Rosemary		gentian	
	Garlic				
	Ginger				
	Paprika				
	Pepper				
Seeds and nuts		Walnut	Hazelnut		

Reference: Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM), Jörg Kastner

Case Study #1

Amy is always complaining about cold. Her hands, feet, and abdomen are always cold, even when the weather is not that cold at all.

Think of a recipe for her!





5 Flavors

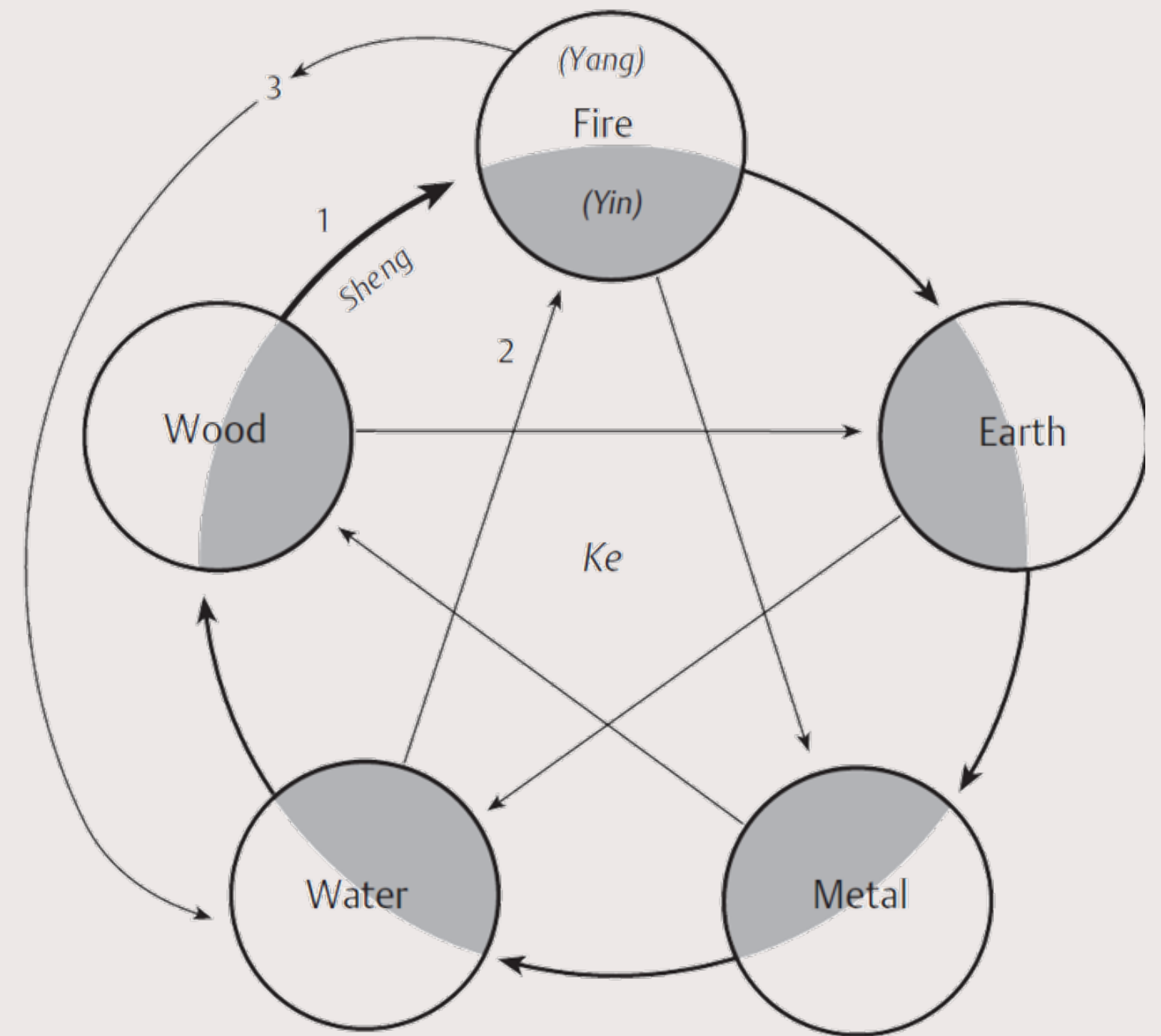
Bitter | Salty | Sour | Sweet | Aromatic

This concept is closely related to Five Element Theory. Each food is associated with a flavor, which implies certain functions. Although it often aligns with the food's actual taste, it is not exactly the same.



The Five Phases

Earth	Fertility, ripening, harvest, inner core (center), stability (being grounded), sweet flavor
Metal	Reflection, change, death, acrid flavor
Water	Flow, clarity, cold, birth, salty flavor
Wood	Growth, bending, childhood, expansion, sour flavor
Fire	Heat, flare-up, upbearing, bitter flavor



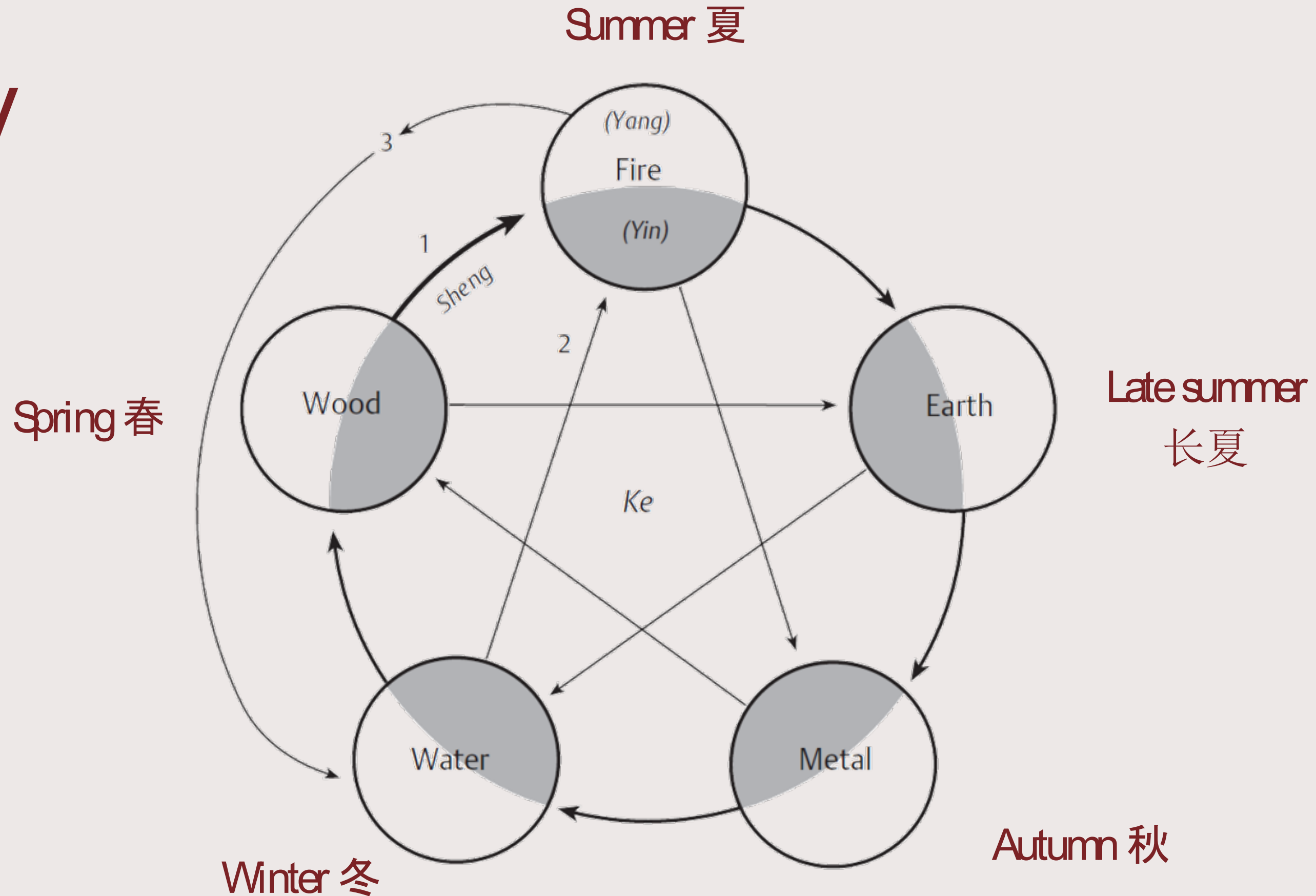
Food Flavors

- Sweet 甜:
 - earth, SP/ST, supplementing, strengthening, harmonizing, relaxing, moistening.
- Acrid 辛:
 - metal, LU/LI, moving, invigorating, dispersing, producing perspiration
- Salty 咸:
 - water, KD/BL, cooling, moistening, softening, loosening
- Sour 酸:
 - wood, LV/GB, astringent, gathering, preserving yin fluids
- Bitter 苦:
 - fire, HT/SI, drying, downbearing (digestive/excretion functions)



*Seasonality

- Sweet 甜 -> Late Summer
 - earth, SP/ST
- Acrid 辛 -> Autumn
 - metal, LU/LI
- Salty 咸 -> Winter
 - water, KD/BL
- Sour 酸 -> Spring
 - wood, LV/GB
- Bitter 苦 -> Summer
 - fire, HT/SI



According to HDNJ...

- The kidneys [are associated with] the color black; [in the case of disease] one should consume acrid [flavor].
- The liver [is associated with] the color green-blue; [in the case of disease] one should consume sweet [flavor].
- The heart [is associated with] the color red; [in the case of disease] one should consume sour [flavor].
- The lung [is associated with] the color white; [in the case of disease] one should consume bitter [flavor].
- The spleen [is associated with] the color yellow; [in the case of disease] one should consume salty [flavor].



What does our craving say?

- Craving for sweets, grains, carbs:
 - worrying, not feeling nurtured, fatigue, poor stress management, digestive weakness
- Craving for spicy foods, mint/gum, pungent flavors:
 - feeling supressed, sorrow, grief, weakened immunity
- Craving for chips, cheese, salt on plates:
 - fear, renal issues, fluid balance issues
- Craving for sour candy, citrus, vinegar, lemonade
 - frustration, anger or stress, indigestion
- Craving for coffee/caffine, dark chocolate, tobacco
 - mental restlessness, stimulation-hungry, heart health



Food Classification According to Flavor				
Sweet	Acrid	Salty	Sour	Bitter
Almond	Celeriac (celery root)	Crayfish	Adzuki beans	Basil
Apple	Chili	Duck	Apple	Chicory
Anise	Cinnamon	Ham	Apricot	Celeriac (celery root)
Barley	Fennel	Oyster	Grape	Coffee
Banana	Garlic	Octopus	Kiwi	Dandelion
Beef	Ginger	Pork	Lemon	Lettuce
Butter	Kohlrabi	Pigeon	Mango	Parsley
Carrot	Onion	Salt	Orange	Tea
Cheese	Paprika	Soy sauce	Plum	Tobacco
Chicken	Pepper		Pineapple	
Corn	Radishes		Cheese	
Duck	Thyme		Curd cheese	
Eggplant	Watercress		Farmer's cheese	
Fennel			Cream cheese	
Fig			Sour (curdled) milk	
Milk			Tomato	
Millet				
Oats				
Pork				
Potato				
Pumpkin				
Pear				
Rabbit				
Rice				
Spinach				
Wheat				

Reference: Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM), Jörg Kastner

Case Study #2

James have been suffering from acne, dry skin, and ithciness. He doesn't like warm environment and always asks for iced coffee. He is restless and full of so much energy that sometimes it is hard for him to sleep.

What food flavor should he be cautious about? And what food flavor and thermal temperature should he consume more?





4 Food Qi Movements

Up | Down | Inward | Outward

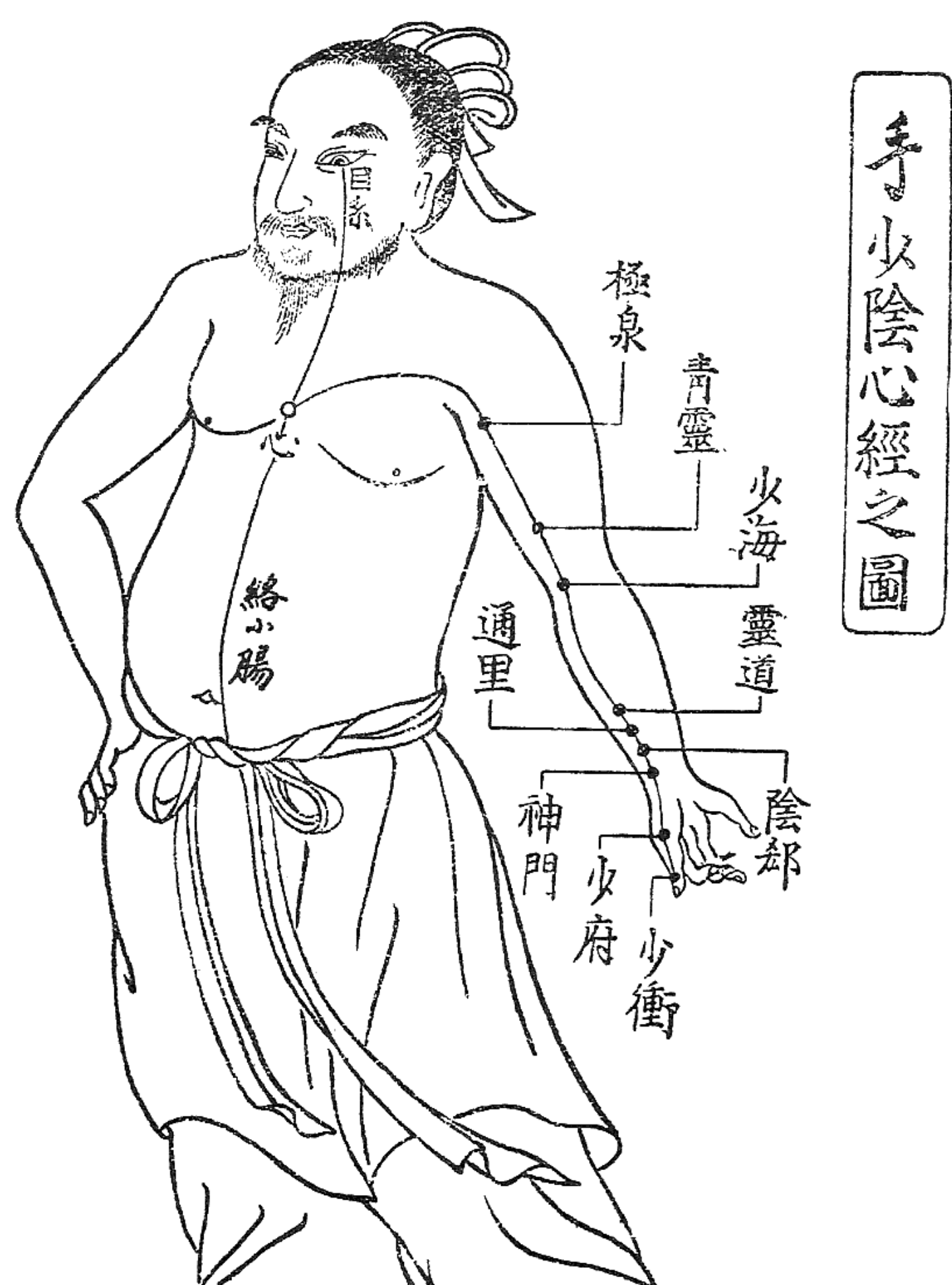
Food can influence how Qi moves in our body! And the movement of Qi can then influence how we feel and how our organs function:



Food Qi Movements

- Up 上扬:
 - Foods that move yang qi upward mainly have sweet–acid flavors and warm-neutral thermal nature ; recommended for use during spring season.
- Down 下落:
 - Moves downward, has a laxative or diuretic effect, and a cooling, mostly cold thermal nature, with strong salty or bitter flavor
- Inward 收敛:
 - Moves qi inward, retains qi, and body fluids on the inside; cooling–neutral thermal nature, primarily sour flavor, partly bitter and salty.
- Outward 发散:
 - Moves qi outward (sweating),expels external pathogenic factors, dissipates cold and wind; warm/hot thermal nature, sweet and acid flavor.





10 Meridian Affiliations

HT/SI | KD/UB | LV/GB | SP/ST | LU/LI

This is a more complicated concept that is mostly used in clinical settings. Each food can be associated with many meridians, and such affiliation can imply if the food is in season or treats certain ailments of that meridian/organ.



Meridian Affiliation

Food Table: Organ Networks					
Viscera (zang organs)	Spleen	Lungs	Kidney	Liver	Heart
	Anise Beef Caraway seed Carrots Chicken Fig Honey Millet Oats Pork Rice Salmon	Almond Duck Garlic Radish Pepper Peppermint tea Watercress	Chestnut Grape Lamb Millet Oats Oyster Plum Raspberry Venison Wheat Walnuts	Alcohol Celery stalks Eel Liver Garlic Lemon Peppermint tea Rye Wheat	Alcohol Black tea Chili Coffee Dandelion Gentian Wheat
Bowels (fu organs)	Stomach	Large intestine	Bladder	Gallbladder	Small intestine
	Beef Caraway seed Carrots Chamomile tea Chicken Corn Fennel Fig Honey Millet Pork Rice Trout	Banana Corn Pepper Rabbit Spinach Tofu Wheat germ	Caraway seed Fennel Parsley Squid	Belgian endive Mung bean Peach Rye	Green lettuce Mushroom Snail Spinach

Phase	Flavor	Organ
Earth	Sweet	Spleen/stomach
Metal	Acrid	Lung/large intestine
Water	Salty	Kidney/bladder
Wood	Sour	Liver/gallbladder
Fire	Bitter	Heart/small intestine

Reference: Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM), Jörg Kastner

Case Study #3: Carrot

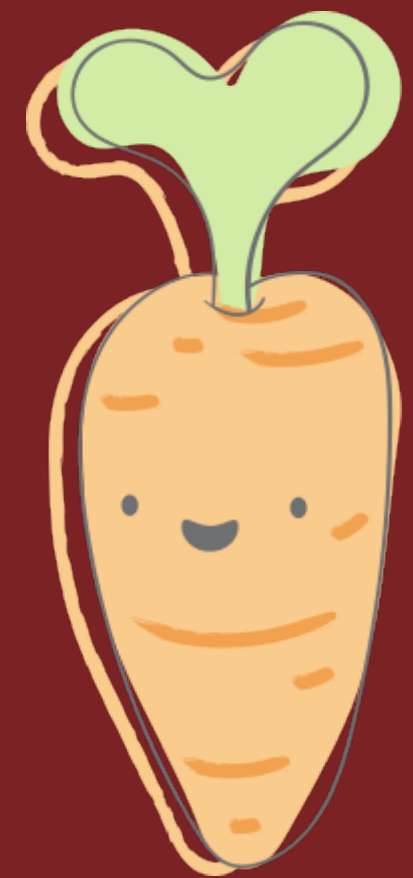
Thermal Nature: warmneutral

Flavor: Sweet

Qi Movement: neutral

Meridian Affiliation: spleen / lung / liver

What do you think the function of the carrot could be?



Banana

Thermal Nature: Cold
Flavor: Sweet
Qi Movement: down
Meridian Afiliation: ST / LI
Effect: clears heat
fluids, moistens stomach, enriches yin, moistens and
detoxifies the intestines, generates fluid, moistens ST
TCMIndications:
• yin deficiency
• heat disorders: chronic thirst, constipation, dry throat,
restlessness, chronic cough
• ST heat: acid reflux, pain, indigestion
Contraindications:
• cold symptoms, especially abdomen area
• dampness/phlegm



Nutrition Facts			
Bananas			
Sources include: USDA			
Amount Per 100 grams			
Calories 89			
			% Daily Value*
Total Fat 0.3 g			0%
Saturated fat 0.1 g			0%
Polyunsaturated fat 0.1 g			
Monounsaturated fat 0 g			
Cholesterol 0 mg			0%
Sodium 1 mg			0%
Potassium 358 mg			10%
Total Carbohydrate 23 g			7%
Dietary fiber 2.6 g			10%
Sugar 12 g			
Protein 1.1 g			2%
Vitamin A	1%	Vitamin C	14%
Calcium	0%	Iron	1%
Vitamin D	0%	Vitamin B-6	20%
Cobalamin	0%	Magnesium	6%

Lamb

Thermal Nature: Warm- Hot
Flavor: Sweet
Qi Movement: up and outward
Meridian Afiliation: SP / KD
Effect: Warms center and kidney, supplements Qi and Blood, supports Jing
TCMIndications:

- cold weather
- kidney yang deficiency
- feeling of coldness in body and extremities
- weakness, especially lowerbody and back
- weak libido, impotence
- prequent nocturnal urination (clear urine)
- blood deficiency after birth (+ginger)

Contraindications:

- heat signs: agitation, insomnia, red tongue, red ithcy skin, heavy menstrual bleeding



Nutrition Facts			
Lamb, 1/4" fat, cooked ▾			
Sources include: USDA			
Amount Per 100 grams ▾			
Calories 294			
			% Daily Value*
Total Fat 21 g			32%
Saturated fat 9 g			45%
Polyunsaturated fat 1.5 g			
Monounsaturated fat 9 g			
Cholesterol 97 mg			32%
Sodium 72 mg			3%
Potassium 310 mg			8%
Total Carbohydrate 0 g			0%
Dietary fiber 0 g			0%
Sugar 0 g			
Protein 25 g			50%
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	10%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	43%	Magnesium	5%

Goji 枸杞

Lycii Fructus

Thermal Nature: neutral

Flavor: sweet

Qi Movement: neutral

Meridian Affiliation: LV/ LU /KD

Category: Tonify Blood

Effect:

- Tonifies Kidney And Liver Yin: treat sore lower back and knees, impotence, nocturnal emission, diabetes, dizziness, prematurely gray hair, blurry vision, or diminishing vision.
- Brightens the eyes: the best herb for deficient patients with visual disorders.
- Moistens the Lungs : treat coughing due to lung Yin deficiency.

Contraindications:

- Use in caution during pregnancy, as it causes uterine contractions.



Nutrition Facts

Serving Size: 30 (30g)

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 4g

Vitamin A 150% • Vitamin C 20%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.



Recommendations for your Pantry

- Longan fruit 龙眼: Tonify blood | Sweet | Warming
- Dang Gui root 当归: Tonify blood | Sweet, Acrid, Bitter | Warming
- Hawthorn berry 山楂: Reduce Food Stagnation | Sour/sweet | Slightly Warming
- Astragalus root 黄芪: Tonify qi | Sweet | Slightly Warming
- Lotus seed 莲子: Stabilize & Bind | Sweet | Neutral | Inward (strigent)
- Goji 枸杞: Tonify blood | Sweet | Neutral
- Dried Chinese yam 山药: Tonify qi | Sweet | Neutral
- Jujube 红枣: Tonify qi | Sweet | Neutral
- Chrysanthemum 菊花: Release exterior | Sweet, Bitter, Acrid | Cooling
- Lily bulb 百合: Tonify yin | Sweet, Slightly Bitter | Cooling
- Yi Ren 薏仁: Drain Damp | Bland, Sweet | Cooling
- Xia Ku Cao 夏枯草: Clear Heat | Acrid, Bitter | Cold



8 Main Methods of Food Therapy

Sweating 汗

Transform Phlegm and Stop Coughing 化痰止咳

Cool Heat 清熱

Organize Qi 理氣

Tonify Qi and Strengthen Spleen 補氣健脾

Tonify Blood and Nourish Yin 補血滋陰

Tonify Kidney and Replenish Essence 補腎益精

Calm and Hydrate 益陰生津

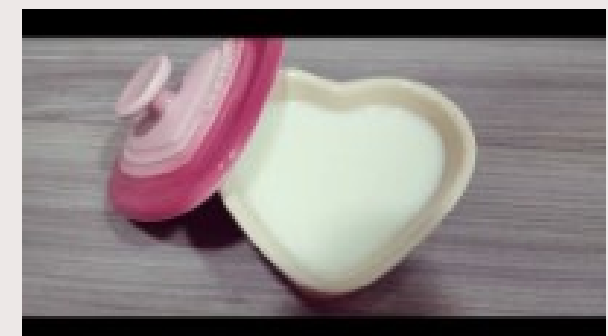
I. Sweat 汗法

- **Release exterior** through acrid foods that are either warm/hot or cool/cold.
- **Warm/hot:** dispel cold, stop coughing, exterior wind-cold patterns, no sweat
 - Ginger, scallion whites, cilantro, pepper, shiso
- **Cool/cold:** clear lung, stop coughing, exterior wind-heat patterns, with sweat, headache and thirst, sore throat
 - Mint, kudzu root, chrysanthemum, mulberry leaf, lu gen



2. Transform Phlegm and Stop Coughing 化痰止咳

- **Diffuse/Moisten the LU + Replenish LU Qi**
 - **Cold pattern phlegm (flu/cold invasion):** ginger, radish seed, mustard seed, shiso seed
 - **Heat pattern phlegm (LU Heat, yin def):** chuan bei, kombu, water chestnut, pang da hai
 - **Coughing, Lu Yin Def:** Pear, loquat, radish seed, apricot kernel, chuan bei, yu zhu, sha shen
 - **Coughing, weakness/qi deficiency, panting:** Walnut, peanut, ginkgo nut, apricot kernel, cordyceps, fox nut



3. Cool Heat 清热

- **Drain fire (internal heat, agitation, thirst, mouth sore, LV):** lu gen, watermelon + skin, lotus leaf, silk gourd, zhi zi, lotus seed heart, bitter melon
- **Remove toxins (sore throat, skin rash, “3-highs”):** fish mint, chrysanthemum, purslane, mung bean + skin, honey suckle, dandelion, leafy greens, fresh mushrooms



4. Organize Qi 理气

- **Remove LV Stagnation / rebellious qi (chest fullness, belly-ache, bloating):** buddha's hand, aged tangerine peel, rose, dai dai hua, fennel, xiang fu, celery
- **Strengthen SP/ST Qi (dampness, vomiting, belching):** aged tangerine peel, winter melon seed, poria, citron, xiang yuan, clove



5. Tonify Qi and Strengthen Spleen 补气健脾

- **LU Qi Deficiency (SOB, low voice, low immunity):** jujube dates, honey, chicken ,ginseng, dang shen, astragalus
- **SP Qi Deficiency (weak digestion):** jujube dates, Chinese yam, dang shen
- **Dampness Reducing (heaviness, swelling, edema):** lotus seed, fox nut, coix seed, adzuki bean, lentil, poria, bai zhu, astragalus, longan, peanut.



6. Tonify Blood and Nourish Yin 补血滋阴

- **Replenish Blood (HT/LV blood deficiency):** carrot, peanut with skin, spinach, jujube dates, longan, chicken, lamb, astragalus, ginseng, angelica root, grape, goji, mulberry
- **Nourish Yin (Yin Def constitution, def heat):** mulberry, black soybean, peat, lotus root, goji, mai dong, black sesame, lily bulb, American ginseng, fresh mushrooms, duck



7. Tonify Kidney and Replenish Essence 补肾益精

- **Jing Deficiency (infertility, developmental issues, weak tendons and bones):** sesame, black soybean, goji, mulberry, Chinese yam, black rice,
- **KD Deficiency, Yang Def (lower back/knee pain, afraid of cold, ED):** sesame, black soybean, lamb, goji, walnut, chestnut, chives, cordyceps



8. Calm and Hydrate 安神生津

- **ST Yin Def (huge appetite, thirst, constipation):** pear, water chestnut, lotus root, yogurt, sesame, honey, mai dong, Chinese yam, kudzu root
- **LU Yin Def (dryness):** pear, lily bulb, persimmon, honey, sha shen, mai dong, water chestnut, snow fungus, loquat
- **Calming:** reishi, longan, sour jujube kernel, lily bulb, lotus seed, poria
- **Blood Stagnation:** chuan xiong, saffron/safflower, turmeric, tomato, onion, pineapple, hawthorn, celery, wine,





Cooking Methods

- Frying / Baking / Grilling
- Blanching/ Steaming/ Simmering/ Boiling/
Pickling/Juicing

Cooking has the ability to change the energetics of food and is a important factor to consider.

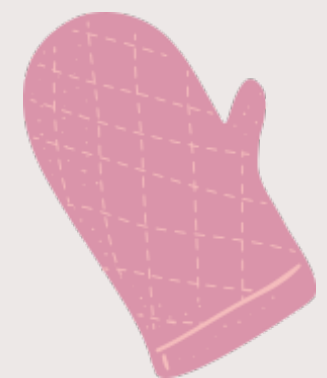




Warming Cooking

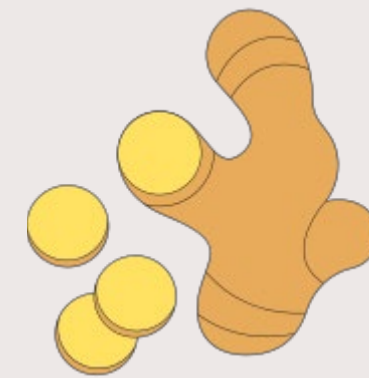


- Grilling:
 - supply very strong yang energy and intense heat
 - should be avoided if heat symptoms present; suitable for extreme cold/damp weather
- Frying:
 - supply yang energy and heat
 - contribute to damp-heat that affects liver and skin
- Baking:
 - supply yang energy and moderate heat
 - Baking fruits and vegetables is suitable for vegan/vegetarians, ~~salad~~ **advers**
 - Dry baked goods contribute to dryness and hurts yin





Warming Cooking



- Seasoning with spice:
 - warming
 - promote digestion when used on cooling/cold/neutral foods
 - use in caution in case of insomnia and throat discomfort
- Cooking with alcohol:
 - warming and moves qi up
 - dissolves stagnation, promotes qi and blood circulation
 - use in case of depression, emotional blockage, tension
- Confit:
 - warming without drying
 - "confit de canard"
 - use in caution in case of dampness



<https://www.tastingtable.com/cook/recipes/How-to-Make-Duck-Confit>



Cooling - neutral Cooking

- Blanching:
 - no change in food energetics
 - release nutrients and flavor for easier digestion
- Steaming:
 - no change in food energetics
 - very ideal method to preserve nutrients
 - very ideal for weight management
- Simmering/boiling:
 - no change in food energetics
 - harmonize all ingredients as in soup, porridge
 - if boiling with a lot of water and the liquid is not consumed, it is considered a cooling method and is not recommended due to the loss of nutrients and energy



Cooling - neutral Cooking

- Pickling:
 - cooling, increases yin energy
 - suitable for heat symptoms (constipation, acne...)
- Cooking with cooling foods:
 - bring yin energy, balance warming ingredients like red meat/spices
 - "Tzatziki"
 - if use wisely, it is suitable for all seasons and constitutions
- Juicing:
 - suitable for heat symptoms and excess of yang
 - can be harmonized by adding warming ingredients
 - use in caution in case of cold and deficient constitutions



BALANCE YOUR COOKING METHOD

Cooling Cooking Methods

Blanching
Steaming
Simmering / Braising
Pickling / Salting
Boiling
Preparation using cooling foods
Juicing / blending

Warming Cooking Methods

Grilling / BBQ
Frying
Roasting / Broiling
Smoking
Searing/Stir-frying
Baking
Long simmering
Preparation using alcohol / spices



Food Group Ratio

+ TCM HERBAL INGREDIENTS 



50% whole grains



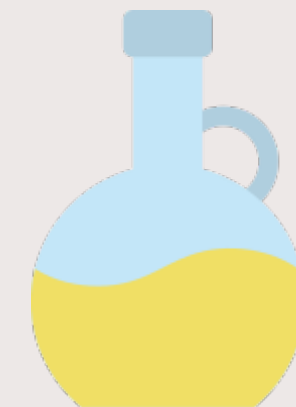
30% cooked
vegetables



5% raw fruits or
vegetables



10% meat/protein



5% fats

Recipe Example



Summer millet porridge recipe

Five Seasons of TCM: Congee by Yim Lac

- Lotus root: neutral, sweet, HT / ST / SP
- Zucchini: cooling, sweet, LU / ST / SP
- Millet: cooling, sweet, KD / ST / SP
- Yi Ren: cooling, sweet, SP / ST / LU
- Lotus Seed: neutral, sweet, SP / HT / KD
- Tahini: neutral, sweet, LV / KD / LI
- Light stir frying + stewing





Homework

- 1) Find 1 herb from the 110 food medicine herbs.
- 2) Write down its energetics and top 3 functions.
- 3) Find or create a recipe with it.
- 4) If you have not submitted topic of interest, please include that.

Please submit toygong96@gmail.com by Sunday 6/6 8pm.



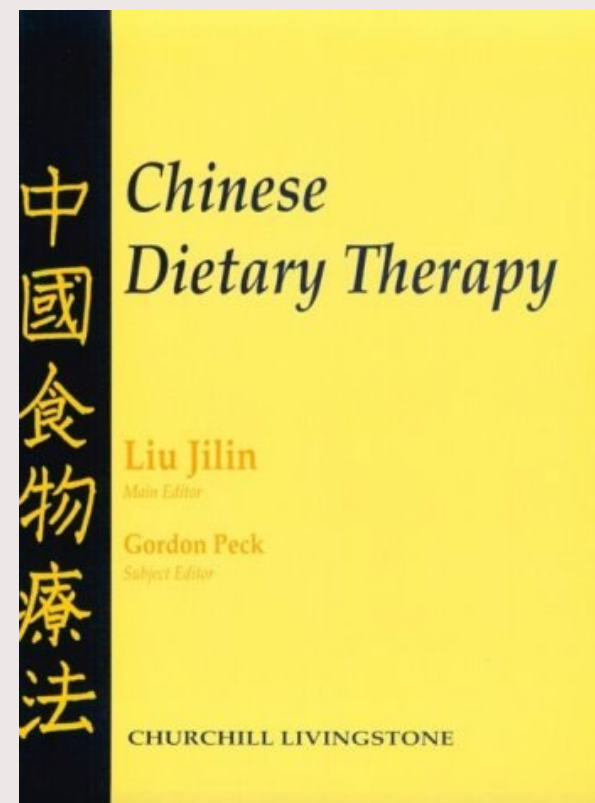
Resources for Further Learning

THE BEST WAY TO LEARN IS TO START COOKING!



Chinese Nutrition Therapy

Joerg Kastner



Chinese Dietary Therapy

Liu Jilin



Your Guide to Health with Foods & Herbs

Zhang Yifang & Yao Yingzhi



Kamwo Herb

<https://kamwoherbs.com/>

CHINESE NUTRITION.ORG



“ 道常无为,而无不为。”

"Nature does not hurry, yet everything is
accomplished."

LAO ZI 老子

