



TCM Food Therapy & Clinical Applications Class #3

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Guilin TCM Hospital

营养药膳菜单			
体质	体质特点	药膳名称（主菜）	主要中药
气虚质	疲乏气短、易感冒	参芪益气鸡汤	太子参、黄芪、山药等
		六神补气肉饼	功效：健脾、和胃、益气
湿热质	长痘、口苦口臭	芦根排骨汤	芦根、苍术、茯苓、赤小豆等
		祛湿瓜酿	功效：清热祛湿
特禀质	易过敏、鼻塞感冒	灵芝石斛鸽子汤	灵芝、石斛等
		灵芝肉丸子	功效：提高免疫力
以上药膳均以套餐形式(含主菜 1 份+粗粮饭+青菜)售卖 20 元/份，提前一天预订，下午 5 点截止。			
预定电话：18977331017			



The first step: improve the basics

Diet Recall Practice

The first step: improve the basics

Diet Recall Practice

Key points:

- how many kinds of fruits and vegetables per week
- common cooking style (baking, take out, fried foods, frozen meals etc)
- what kind of beverage and how many?
- cravings & foods that they eat very frequently
- eating habits (meal time, size, etc)
- Supplements
- Are they satisfied with their diet?

Topics of Interests

Liver

Liver fire
Blood stagnation
Anger management

Women's health

Menstrual health
Fertility
Weight Management / Glucose

Digestive

Dampness
Digestive issues

Mental health

psychiatric disorders
mood



QI FOOD THERAPY

balancing life energy



Soothing your Liver Qi
TCM E-BOOK SERIES

BY KIMBERLY ASHTON & DR. EVAN PINTO

Liver

<https://fiveseasonstcm.com/products/soothing-liver-qi-stagnation-e-book>

Women's Health - Fertility

- Major Patterns:
 - KD Yang Def
 - LV Qi Stag
 - Blood Stag at Uterus
- Major Principles:
 - Replenish Kidney + Qi + Essence
 - Remove Stagnation of Qi & Blood
 - Weight Management
 - Blood Sugar Management



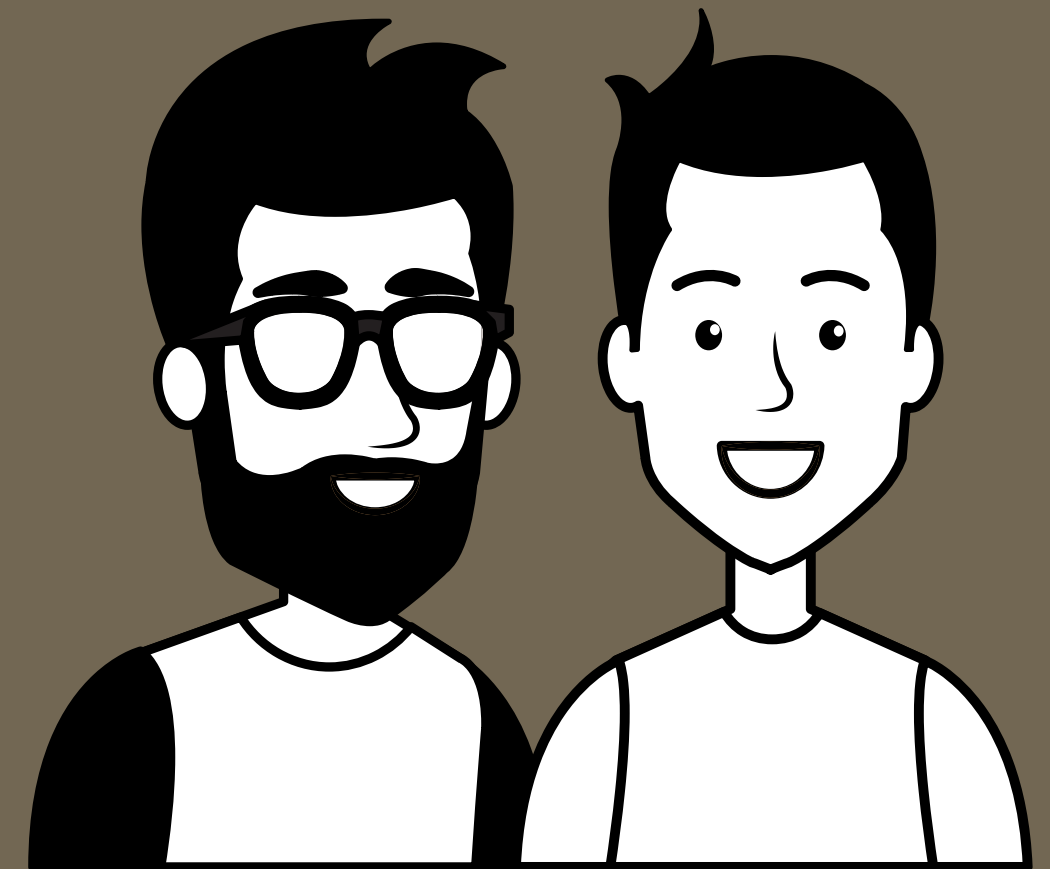
Food Therapy Solutions

- Recommended foods: walnut, shrimp, quail, chinese yam, egg
 - KD Yang Def: quail eggs, lamb, ginger, da zao, dang gui, gou qi, wu wei zi, black soy bean, chives
 - Bone Broth: 250g lamb, 20g ginger, 15g dang gui, 9 pc hong zao, 10g goji
 - LV Qi Stag: dong gua zi, radish seed, chen pi, xiang fu, dang gui, celery, lotus, jasmine flower tea, rose, artichoke
 - Celery and lotus stir fry or celery artichoke salad.
 - Blood Stag at Uterus: safflower, spinach, shan zha, radish seed, cinnamon, molasses, onion, tomato, garlic, wine.
 - Oatmeal or tea with: 10g shan zha, 6g cinnamon, 2g saffron, 15g honey or molasses.
- Limit: spicy/heavy, raw, fatty foods

Fertility for men?

- Major Patterns:

- KD Yang Def + KD Yin Def
- LV Qi Stag
- Blood Stag at Uterus -> Qi & Blood Def
- Damp Heat at Lower Jiao

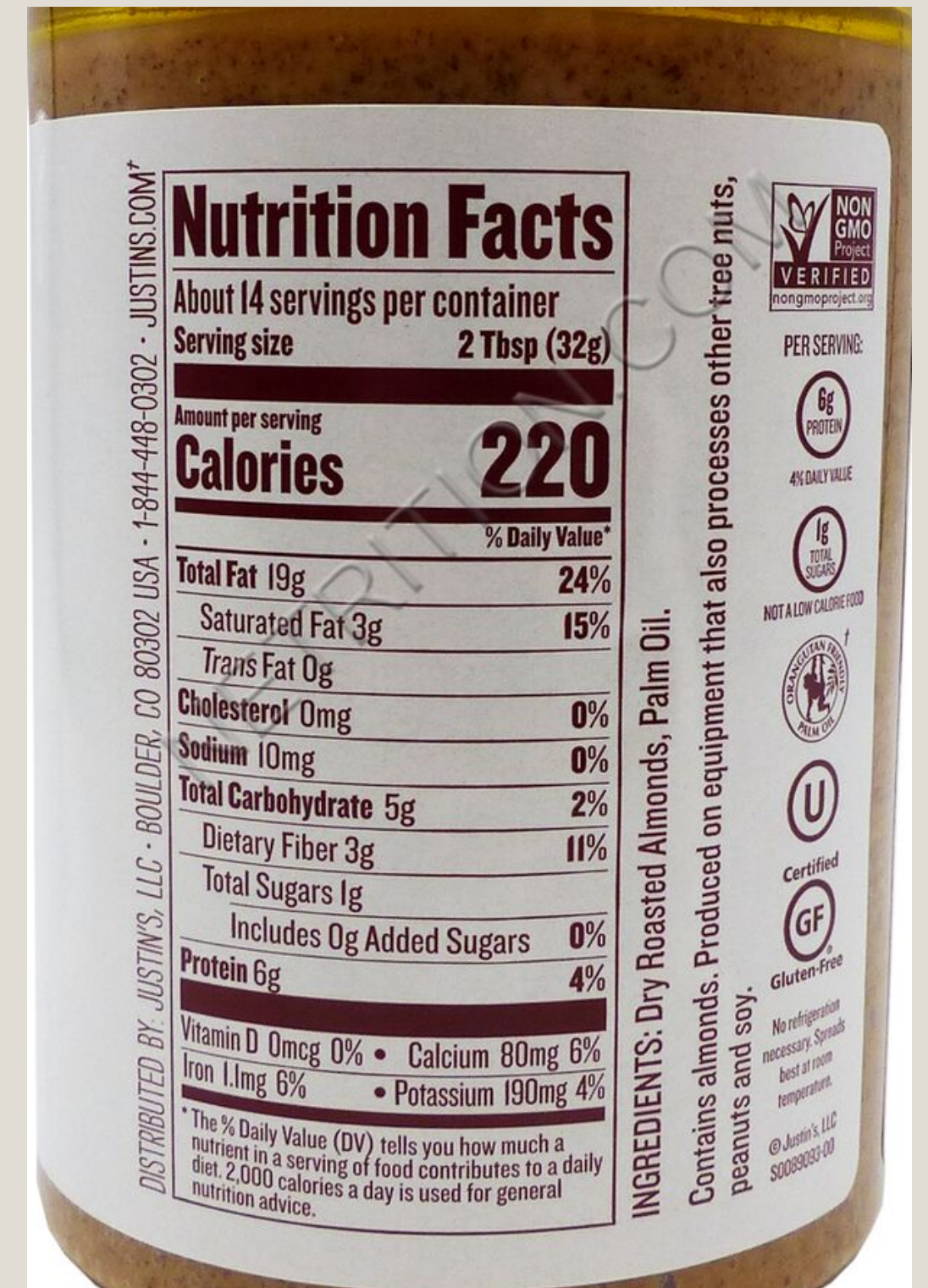


Food Therapy Solutions

- Recommended foods:
 - KD Yang Def, LV Qi Stag: similar to female infertility
 - KD Yin Def: clam, mulberry/blackberry, goji, duck, sesame, black wood ear, grape
 - Qi & Blood Def: lian zi, chestnut, eel, astragalus, hong zao, long yan, chinese yam, dang gui, dang shen
 - Damp Heat at Lower Jiao: radish, fu ling, yi ren, tofu, mungbean, zucchini, cucumber, watermelon, chi xiao dou
- Limit certain foods accordingly.

Weight Management

- Education on ingredient labels
- Crucial to pattern diagnose:
 - Deficiency: SP
 - Excess: ST fire, heat, damp, stagnation
- Focus on nutrient dense, low calorie, low GI foods
 - any non-starchy vegetables
 - mixed whole grains and legume
 - lean protein
- Food therapy recommendations:
 - cucumber, mai dong, he ye, shan zha, chen pi, yi ren, chi xiao dou, ju hua, hong hua, yu zhu, jue ming zi
 - sichuan pepper, cinnamon, cardamom, fu ling, yi ren, dang shen, long yan



Blood Sugar Management

- Xiao Ke 消渴
- Education on
 - GI
 - eating protein+fat+carb together
 - invisible sugar
 - regular meal time
- Food therapy recommendations:
 - millet / mixed grain porridge
 - mulberry leaf, astragalus, mai dong, monk fruit, sha shen, ge gen

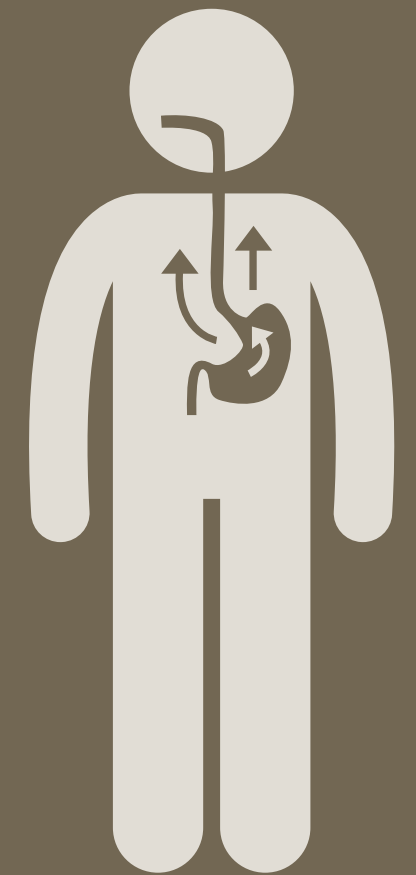


Digestive - Dampness

<https://fiveseasonstcm.com/products/fundamentals-of-tcm-by-qi-food-therapy>

Digestion - Acid Reflux

- Avoid trigger foods:
 - black pepper, garlic, raw onions, and other spicy foods
 - chocolate
 - citrus fruits and products, such as lemons, oranges and orange juice
 - coffee and caffeinated drinks, including tea and soda
 - peppermint, tomatoes
 - cheese and other oily foods
- Food therapy recommendations: ban xia formula, chai hu formula
 - chen pi, ginger, rose, yu zhu, mai dong, cardamom, water-based cooking, candied kumquat, he huan hua



Digestion - Vomiting

- Acute due to external pathogens:
 - ginger, pepper, cilantro, scallion white
- Acute due to food stagnation:
 - shan zha, mai ya, radish, pu'er, kumquat tea, sha ren
- Chronic due to SP/ST Def:
 - ginger, clove, hong zao, ren shen, xiao jian zhong tang (bai shao, gui zhi, gan cao , ginger, zao, yi tang)
- Chronic due to ST Yin Def:
 - sha shen, mai dong, pear, watermelon, yogurt, wu mei, shi hu



Mental Illness

- LV Qi Stag: depression, anxiety
 - rose, xiang fu, chen pi, radish, shan zha, kumquat, cardamom, fennel, citrus
- Qi Stag Induced Fire: anger, agitation
 - celery, chrysanthemum, xing ren, shan zha, apple, pear, banana, rose, green tea, sprouts
- Phlegm + Qi Stag: depression
 - chen pi, cilantro, radish seed, fo shou, rose, orange, fu ling, ginger, scallion whites
- Disturbed Shen/HT: nervous, mood swing, bipolar, depression
 - lotus seed, suan zao ren, lily bulb, longan, lychee, banana, gan cao, rei shi
- HT/SP Def: insomnia, overthinking, timid, depression
 - mixed whole grains, suan zao ren, da zao, mushrooms, grape, chicken, lian zi, ren shen, dang gui, bone broth, long yan
- HT/KD Yin Def: forgetful, insomnia with lots of dreams, anxious
 - goji, lian zi, jue ming zi, sesame, seaweed, shiitake, wu wei zi, tian dong, mai dong, mulberry

Real Case Study

Birth: 1/11/1980

Gender: non-binary

Ht/Wt: 5'9" / 153 lbs

Ideal Wt: 141 lbs

Main Reason for visit: Make a life plan to promote balance, restore KD Jing

Self-identified goal: 1) Weight loss 2) More energy 3) clear thinking 4) clear skin

Self-identified concerns: stress, trauma, poor diet, alcoholism, coffee, adderall/weed

Allergies & sensitivities: gluten, night shades, caffience

Symptoms: fatigue, prone to acne, afraid of cold, dry skin and lip, constipation, depression/anger/mood swings, ear ringing, trauma, acid reflux, sporadic digestive issues, PMS (excessive bleeding), anemic, sleeping issues (4am waking)

Diet: fried foods, episodes of eating terrible "junk food", no regular meal time, no seafood or red meat, no gluten, not able to recall properly

Tongue: thick white coating at lower jiao, swollen/red/scalloped sides, crack at tip

Pattern Diagnose:

KD Deficiency (YIN & YANG)

Liver Qi Stagnation and Rising Fire

Spleen Qi Deficiency

Heart Qi/blood deficiency

Treatment Plan:

- Supplement kidney and rebalance

- Remove liver stagnation and calm down the rising fire

- Supplement spleen with better, consistent diet, remove dampness that also facilitates weight loss

- Calm the Shen

Vegetables: all kinds, especially shiitake mushroom, celery, artichoke, asparagus, dark green leafy vegetables, all kinds of seaweed, daikon radish, broccoli, cauliflower, alfalfa sprouts, mung bean sprouts, dandelion leaves, carrot (purple & orange)

Fruits: Blueberries, blackberries, mulberry, tangerine, orange, lemon, apple, plum, pear

Protein: highly recommend silken tofu/soft tofu, any seafood are great, a mix of legume + whole grain + nuts (see below)

Grains/nuts/seeds: almond, sesame seed, walnut, buckwheat, chestnut, quinoa, coix seed, adzuki beans, black eyed peas, red lentil, fox nut, millet, black beans, purple rice, black rice

Spices: all are wonderful, especially fresh herbs like basil/scallion/thyme and moderate amount of cinnamon/cardamom/cumin/clove etc, say no to hot sauce, very oily/spicy curry, too much red chili/paprika/cayenne.

Foods to avoid: Fried foods (make liver fire and spleen dampness worse), Excessive raw/iced/frozen foods (you can have a little bit but they definitely hurt KD jing and SP system), Refined carbohydrates such as white rice, white bread, pastries, processed foods (you know, those conventional “junk foods”, try to have less or find a good alternative for them. Learn to read ingredient label, super important), Alcohol (very heating, contribute to liver fire)

Daily Tasks:

1. 1 tbsp of black sesame powder + 1g he shou wu powder twice a day, you can dissolve in warm water or warm nut milk
2. Morning quinoa porridge upgrade: use millet + adzuki beans (soaked overnight) instead, or choose among the recommended grain/nuts/seeds section
3. Make sure to consume 20 different kinds of vegetables + 5 different kinds of fruits per week. Make sure to write them down if possible! It really helps you remember.
4. At least 4 cups of herbal tea per day, choose among:
 - a. 1 tbsp goji berry + 1 tbsp chrysanthemum
 - b. 1 tbsp rose , 1 tbsp longan fruit + 1 cup of hot water
 - c. 1 chai latte with soy milk when there's a craving for sweet or fried foods

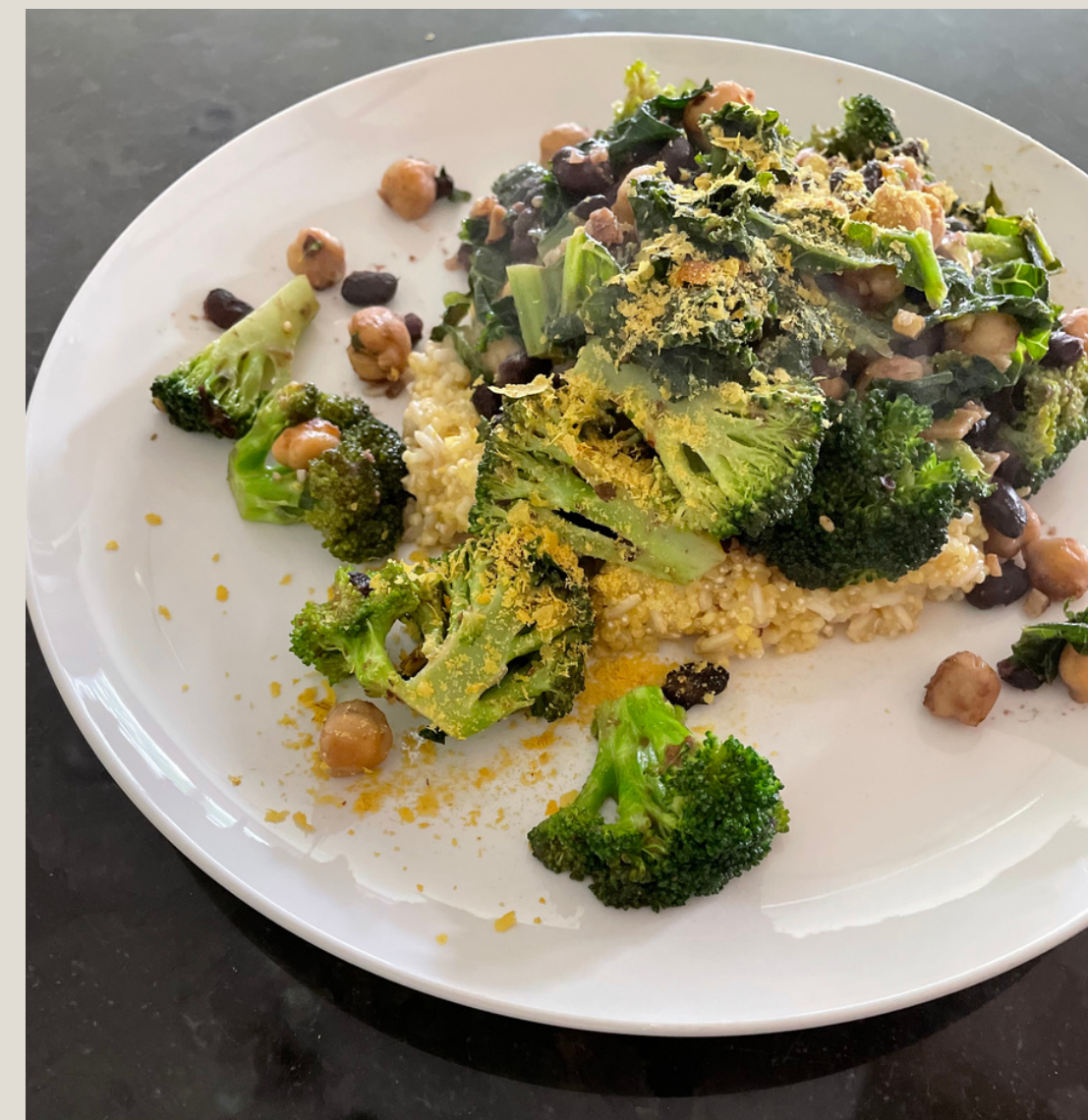
5. Cut down weed (slowly, ofc): I'm not against natural recreative substances, but here is a piece of info I want to share: "Using cannabis takes Jing and rapidly turns it into Qi and Shen, thus you lose a lot of essence over time, since you're body is releasing Jing faster than the body can assimilate it. Over spending your allotted Jing makes one understand why people who consume a lot of drugs might look like they are aging faster than is normal." Read more [here](#).

6. Cut down Adderall (slowly, ofc): similarly, Adderall creates fire and depletes yin, see more [here](#).

7. Suggested additional supplements:

- Reishi/mushroom blend powder
- Probiotics
- Pang da hai

I just put on my pre-pandemic
skinny jeans.



Establish Goals - SMART

Short

Speific, as simple as possible

Measurable

Provide numbers and ways to track

Timely

Set timeline. "Keep doing this for 2 weeks."

Attainable

Start from small, few changes

Realistic

Homework



Conduct Food Therapy Consultation

Either to yourself or a
friend/family member.



Prescribe a regimen.

At least 3 SMART goals/to-do items.

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Title "Food Therapy Homework"