



TCM Food Therapy & Clinical Applications Class #4

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PATIENT INTAKE

Female, 33 years old

Yoga teacher, 2 kids (4y, 2y)

Considers herself pretty healthy, practices exercise everyday. Good healthy diet, seasonal lots of veggies, eats a bit of everything, avoids dairy and gluten, red meat (prefers chicken and fish). Avoids fast food and such (will occasionally have pizza on weekends) but has a sweet tooth - chocolate, biscuits, ice cream (if warm) specifically before her period.

Signs + symptoms: sallow dull complexion, no glow. Fatigue. Lack of concentration. Prone to loose stools. Prone to pensiveness/worry. Not much appetite in the morning. Got her period about 6 months ago (when she stopped breastfeeding), cycle is regular but very light (2-3 days), compared to before. No major PMS apart from cravings, occasionally some breast tenderness. Some sensitivity to cold weather. Sleeps ok.

Tongue: thin white coating, pale with toothmarks, little bit swollen

Suggestions:

1. Morning porridge with cinnamon, stevia, coconut sugar or maple syrup if needed (instead of white)
2. Bone Broth daily - include bone marrow bones/ oxtail, carrots, ginger, jujube dates, astragalus root/ angelica or longan fruit (high road shop), dried Chinese yam (send recipe)
3. Include daily teas such as: goji or jujube dates - 3 cups; 1tbsp rose + longan fruit 1week before period
4. Avoid: cold foods (ie. ice cream), sugar (ie chocolate) refined carbohydrates. Molasses cookies or date + walnut flapjack with sesame seeds can be good options (send recipes)
5. Probiotics



Duck Broth for Fatigue 神仙鴨

Function:

- Benefit spleen and essence
- Nourish Yin and Blood
- Relieve fatigue caused by weak SP/ST and Yin/Blood Deficiency

Ingredients:

- 1 duck
- 10-15 jujube dates
- 10-15 ginkgo nut
- 10-15 lotus seeds
- 3g American ginseng
- 1 cup fresh mushrooms
- 1 cup carrot/root vegetable
- Splash of sesame oil

Method:

See demo





Dampness reducing porridge

Function:

- Reduce dampness, resolve edema
- Harmonize SP/ST

Ingredients:

- 30g millet
- 30g yi ren
- 15g fu ling
- vegetables/fruits of choice