

ZOEY GONG | GLOBAL BRANCHES

FOOD THERAPY FOR A SUCCESSFUL PREGNANCY

CLASS #4 | FEB 16, 2022



HOMEWORK 1 ANDREA B.

HOMEWORK 2 CHRISTINA M.

HOMEWORK 3 JOHANNE S.

HOMEWORK 4 TONY

Patient with gestational diabetic in her 2nd trimester

Patient is 35yr. This is her 2nd pregnancy. She has also gestational diabetic during her 1st pregnancy.

Diagnosis: spleen deficiency, yin deficiency

Tongue: swollen with teeth marks with some red dots

Menu

1 cup of warm water.

Breakfast: omelet with mushroom and bell pepper (3eggs 4pc mushroom ½ yellow bell pepper), topped with sesame oil.

Lunch : multi grain congee with chicken bone broth and 1tablespoon white miso, topped with white sesame seeds. Congee: Millet, barley, quinoa.

Dinner: pork rib soup with san yao, yu zhu and carrots. Add some jube jube dates.

1 cup brown rice. Stir fry broccoli, zucchini and enoki mushroom.

Herbal tea: rose tea

HOMEWORK 4 TONY

Question:

I have read that jujube dates is not suitable for patients with diabetic. How much can they consume per day? Any other herbal tea for recommendation, specific for gestational diabetic? Maybe bitter melon tea, but don't know if that's ok during pregnancy because it might be too cooling.

Diabetic herbal tea: burdock root, corn silk, american ginseng, ku ding, bitter buckwheat, yu zhu

HOMEWORK 5 CATHERINE

We don't have the tongue and pulse but we could imagine she has pale,bluish tongue with bluish veins under. Maybe deep, rough and weak pulse. Maybe absent at the Chi. This patient seems to be in severe Yang deficiency witch could improve a blood, cold stagnation in the uterus. The difficulty to sleep alarms me about about the maybe uprooting of the Kidney's yang, when it so cold inside that the Shen won't go deep for sleeping.

TREATMENT

Chasing the cold stagnation from the Uterus

Warm the Kidneys yang

Increase and invigorate the Blood

HERBS:

For 3 weeks:

I would give her DANG GUI SI NI TANG JIA FUZI JIA CHAO AYE to flush the cold from the uterus

DANGGUI 12 GUIZHI 9 BAISHAO 9 XIXIN 3

TONGCAO 6 DAZAO 8 GANCAO 6

FUZI 9 CHAO AYE 12

HOMEWORK 5 CATHERINE

In a second time, if the Uterus gets better, I would use to warm the Center

- **LI ZHONG FUZI TANG**
- **GAN JIANG 9 RENSHEN 12 CHAO BAIZHU 12 GANCAO 9 FUZI 9**

DIET:

- **Avoid any cold products (in temperature and in nature)**
- **Eat few but consistant, 4 meals a day.**
- **Use fresh grated ginger and sliced chives every day.**
- **Favor curries.**
- **I'll use the afternoon snack to help for the anxiety.**

BREAKFAST:

Congee with Sheng Jiang, Hei Zhi Ma, Da Zao and Gou Qi Zi, a boiled egg on it and nuts.

LUNCH:

Eat at lunch 100 g of liver, beef and chicken every lunch, with veggies and cereals.

Eat Chicken cook in an herbal broth with Sheng Jiang, Huang Qi, Danggui, Da Zao and Gou Qi Zi, once a week.

Use the bones to make a chicken herbal broth with Sheng Jiang, Cong Bai, Xiao Hui Xiang.

Eat the meat 3 times a week. Drink the broth once a day.

SNACK:

Congee with Lian Zi, Long Yan Rou, Sheng Jiang, Da Zao and Gou Qi Zi

Case Study #2

Debbie was 35 years old, and had taken the contraceptive pill since age of 18. She came off the pill five years ago and planning for a family, however her period was absent ever since. She was diagnosed with POF (Premature ovarian failure), and had to take HRT tablets to keep her having regular menstrual cycles. She had two cycles of ovulation induction, and achieved one pregnancy with second cycle in 2005, but miscarried at 6 weeks. She came to me two weeks after the miscarriage, whereas her HCG was still high (300 IU). Her lower abdominal area was lumpy and painful to touch. She was very depressed and extremely anxious, having difficulty to sleep. She always has cold hands and feet, and they go blue or white and stiff in cold weather. She urinates frequently, especially at night.

D: both Kidney Yin and Yang deficiencies, Liver Qi stagnation and deficiency of Heart blood.

firstly, to harmonise the Liver Qi and blood, to tonify Heart blood and calm down her spirits, and to restore her general wellbeing and ovarian functions; and secondly, to nourish her Kidney Yin supporting her oestrogen, to restore normal level of FSH, and to warm up the Kidney Yang to improve blood flow to her uterus and ovaries.

HOMEWORK 6 ALI

HOMEWORK 7 NANCY

Menu plan

1e week Stimulate appetite, replenish blood, remove lochia (# = portion, 1 = fist size)

Breakfast: 1 millet congee with ginger and 2 mixed vegetables 1 Protein omelette

Snack: Sheng Hua Tang

Lunch: 1 white fish, 2 vegetables stirfried and 1 buckwheat, millet congee cooked in bone broth

Snack: Yi mu cao tea

Dinner: 1 Steamed egg cooked with bonebroth, 1 stirfried Chinese Shiitaki with broccoli with 1 whole grain rice / baked sweet potato

Snack: 1 bone broth (Fish broth + soft tofu)

Water: Organic whole-grain sticky rice water, (1 handful of whole-grain sticky rice, drink the whole day) + Tong Cao

HOMEWORK 8 ELIZABETH

Sample Menu For Postpartum Breast feeding mum – week 3
Lives in Edinburgh, Scotland so currently in a cold winter.

Breakfast:

- **Warm cinnamon/walnut/apple oatmeal porridge.**
- **Recipe: Saute 1.5 cups of oats (not instant oats) in 2T of coconut oil (or EVOO)**
- **Add 4.5 cups water, 2T organic honey or maple syrup, one chopped apple, 1 tsp ground cinnamon, ½ tsp of salt, chopped walnuts**
- **Cover the pan and simmer till apples are soft and oatmeal is cooked.**
- **Cup of herbal tea.**

Mid morning: Piece of fruit, mug of steaming chicken bone broth with 1 tsp of grated ginger, garlic and fresh parsley

Lunch: Bean stew with wholegrain organic pasta or organic brown rice.
Braised spinach sauteed in grass fed butter or EVOO with ginger, chili and garlic.

HOMEWORK 8 ELIZABETH

**Mid afternoon: Piece of fruit. Handful of nuts presoaked to make them easier to digest.
Mug of steaming chicken bone broth.**

Dinner:

- **Herbal Chicken Soup made with organic whole chicken and Dang Gui, Ginseng, Hong Zao, Gou Qi Zi, Huang Qi and slices of fresh ginger.**
- **Steamed mixed root vegetables- sweet potato, carrots, pumpkin,- with tahini, lemon & garlic dressing.**
- **Mashed potatoes with grass fed butter and black pepper. (They like their potatoes in Scotland!)**

Desert: Brown Rice egg pudding made with organic brown rice, organic whole milk (or organic rice milk, soy milk, oat milk or almond milk) organic dried apricots and sprinkled with cinnamon and pinch of ground cloves. Can also add star anise. Sweetened with organic honey or maple syrup.

After dinner: Mug of steaming chicken bone broth

Additional Advice: No cold, raw foods, Avoid cold drinks.

Listen to your body- eat when hungry. If feeling hungry during the day, can have additional snacks such as stewed fruits – apples, pears- topped with coconut cream and sprinkling of cinnamon.

HOMEWORK 9 RITA

HOMEWORK 10 MARIANA B.

1st week postpartum

Breakfast: Black rice pudding topped with coconut flakes and Gou Qi

Ingredients: (1:10, 1:3, 1:6) 3 serving + top with egg / nuts

- 175g (1 cup) Black Rice
- 400ml (1 cup) Coconut Milk (teach the patient how to make their own)
- 400ml(1 cup) Water
- 2 Tbsp Coconut Sugar
- 1/2 Tsp Salt
- 1 – 2 Tbsp Coconut Flakes
- Da Zao 5pcs
- Gou Qi 2 table spoons
- Rou Gui 1 pc

Method:

1. In a small saucepan add the black rice, water, Da Zao, Rou Gui heat over a high heat until boiling. Reduce the heat to low and allow simmering, for up to 1 hour (or until the rice is tender) add Gou Qi 10 min before is ready. You may need to add more water if it gets too dry. Once th is soup-like, ladle into a bowl. In the last 5 minutes of cooking add the sugar and salt. Stir.
2. Dry fry the coconut flakes on a high heat for about 2 minutes shaking the frying pan regularly to ensure an even golden color. Remove coconut flakes and set aside to cool.
3. Serve your coconut black rice pudding with some coconut milk on top, and a sprinkle of toasted coconut flakes and Gou Qi.

HOMEWORK 10 MARIANA B.

Snack: Long Yan Rou and Da Zao tea

Lunch: Green papaya fish soup + Sheng Hua Tang

Green papaya fish soup

Ingredients:

- **1 small green papaya (flesh is white) with skin and seeds removed.**
- **500gm Fish head & bones (red snapper)**
- **4 thin slices of**
- **2 cloves of garlic**
- **6 bunches of scallion**
- **2.5-3 liters of water**
- **Sesame oil**

Method:

- 1. Scale and clean fish.**
- 2. Remove papaya skin and seeds and cut into small pieces.**
- 3. Bring to boil with fish bones, ginger and boil for 30minutes.**
- 4. Add green papaya and boil for another 20 to 30 minutes over low flame until soup is "milky" color**
- 5. Add salt to taste**
- 6. Remove papaya and bones before serving. Be very careful about the bones as the fish would disintegrate. An alternative is to put the fish into a soup bag so that the contents can be easily and safely removed.**

- **Sheng Hua Tang - dang gui 30g chuan xiong 10g tao ren 10g prepared gan cao 10g prepared ginger 10g yi mu cao 10g 1L water, boil for 60 minutes. Strain.**
- **Snack: Coconut water + Sticky rice Ai ye, Gou Qi, Tu Si Zi (on my first home work)**
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- **Dinner: Soft tofu silky egg sauce**

Ingredients: (serving size?)

- **1 Pack of Soft/Silk Tofu (cubes)**
- **½ cup of Mixed Veggie (corn, spinach, and carrots) cook until is soft**
- **1 pack of Shimeji Mushrooms**
- **2 stalks of Green Onion (chopped – separated whites and greens)**
- **3 Eggs**
- **.5 tsp of White Pepper**
- **.5 tsp of Salt**
- **2.5 tbsp of Soy sauce**

Method:

- 1. Blanch the soft tofu with hot water for 2-3 minutes, drain and set aside.**
- 2. In a bowl, crack 3 eggs, 1 tsp of white pepper, 1 tsp of salt, and green parts of the green onion. Whisk everything together and set aside**
- 3. In a pan, add in oil, white parts of the green onion and shimeji mushrooms, and 1 tbsp of soy sauce. Turn the heat up to medium-high and saute together for 2-3 minutes.**
- 4. Add in corn, spinach, and carrots and saute together for 1-2 minutes.**
- 5. Pour 1 glass of water. Once simmering, add in the tofu, 1.5 tbsp of soy sauce, and let it cook until the vegetables are very soft.**

- **Late night snack: Chicken bone broth**
 - ***optional add grass fed liver capsules to it.**
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- **Mother warming**
 - **15 min of moxa in the lower abdomen per day helps to increase energy, and support healthy milk supply. Warmth causes our tissues to expand, which facilitates the moving of blood and lymph, which facilitates healing.. Warmth for digestive healing. Warmth for whole body healing. Warmth facilitates the production of Oxytocin. (vaginal birth 3-4 days after birth, c-section 2 weeks after).**

HOMEWORK 11 JEN W.

Jacqui is a 35 year old female who has been trying to conceive for over two years (since summer of 2019). She has undergone 3 cycles of failed fertility treatments, accompanied by a diagnosis of “unexplained fertility” as all her tests came back normal. She has been on oral **contraceptive pills for 15 years** (since age 18) since she was diagnosed with PCOS and her doctor at the time said the pill would help with her **cystic acne**. She has always suffered from very cold feet, and back pain and dark colored blood during her periods. She also eats a good amount of **wheat gluten** (mainly from bread) and a LOT of chocolate—some semi-sweet or dark chocolate chips in her yogurt for breakfast, and about **half a bar of chocolate** daily as a snack. She also reported prolonged periods of high stress in her daily life.

ADHD med

TCM assessment:

- PCOS is a hormonal imbalance that her doctors at the time attempted to treat with hormonal birth control pills, but did not resolve the underlying issue. PCOS might also be indicative of (blood?) stagnation in the uterus. Her dark period blood might also point to stagnation in the uterus.
- Her high sugar intake (from gluten and chocolate) would result in elevated blood sugar levels and could be causing issues with her ovulation and irregularities in her cycle.
- Her cold symptoms might point to a KD Yang deficiency.
- Treatment goals would include stabilizing her blood sugar and hormones, moving the blood (remove stagnation), and tonifying the Kidneys, and lifting the Yang.

HOMEWORK 11 JEN W.

Food recommendations:

- Replace or greatly reduce daily sugar intake, specifically chocolate consumption. For example, swap for berries in morning yogurt (goji berry, blackberry, mulberry, raspberry, strawberry, blueberry; maybe try a non-dairy yogurt), or swap for a congee in morning to introduce more complex carbs (millet congee with nut milk, can still add berries to make it a little more on the sweet side)
- Eat warming lean red meat (lamb, beef) with lots of veggies, incorporate herbs like cinnamon, ginger, dang gui, gou qi, wu wei zi.
- Drink warming tea throughout the day—cinnamon ginger tea with da zao, cinnamon with shan zha (hawthorn berry), wu wei zi tea.

Recipes:

1. Sweet millet congee with nut or soy milk. Warm 5–6 cups milk with ~10–15g da zao (pits removed) and 15g gou qi, then add 1 cup millet. Simmer over medium heat until cooked to the desired consistency. Eat immediately, or refrigerate for up to 5 days. Stir in a little more milk when reheating.
2. Lamb stew with lentils and herbs. Season and sear meat in a heavy pot with some olive oil. Remove lamb and add chopped onions, peppers, garlic, tomato, sauté until softened. Add chicken stock and lentils and partially cover, simmer gently for about 60 min, stirring occasionally. At this point, add da zao, ginger, dang gui, and a sprinkle of cinnamon and continue to simmer, partially covered, for another 60 min. Remove ginger slices and stir in gou qi and a few big handfuls of spinach.

Case Study #4

Jenny was 40 years old, and had taken contraceptive pill for 25 years before trying to conceive. She had two failed IVF attempts with only two eggs retrieved each time. She was told by her consultant that her eggs qualities were very poor due to her age. Subsequently, she had another IVF attempt with a donor's eggs, unfortunately this also failed. Jenny was an asthmatic and under weight, her period cycle was normal but accompanying very light bleeding and only last three days, headache most time. She was also suffering from red, lumpy and painful breast, having antibiotics for it. After she had a scan and biopsy test, she was waiting for an appointment of operation to remove the tissue in her left breast.

D: Jenny had a long history of taking oral contraceptive pill, which may have suppressed the growth of Kidney Qi and caused insufficiency of Kidney essence, disturbed the balance of oestrogen and progesterone, and decreased her ovarian activity (Kidney essence is responsible for underlying egg quality and uterine lining); together with long term stress, this caused Liver Qi stagnation and blood deficiency, affecting her ovarian functions. As a consequence, she had poor response to the hormonal stimulation drugs, and developed a thin endometrial lining, as well as painful and lumpy breast

- **strengthening the Kidney Qi and nourishing the Kidney essence, soothing the Liver Qi, as well as improving blood circulation.**

HOMEWORK 12 YVONNE T.

CASE STUDY #4

In TCM she is likely to have these patterns:

- LU Qi + Lu Yin def
- SP Qi def
- Lv yin def + Lv qi stagnation.
- KD

To tonify LU and SP:

Eat warming, neutral, sweet foods:

brown rice, millet, soybean, peanut, corn, chestnut, rice milk, longan, lychee, grape, carrot, cauliflower, avoid raw, cold foods.

Recipe 1:

Pork rib chen pi soup, supports kidneys and essence, removes Lv Qi stagnation:

4lb pork bones, parboiled

2 large carrots, chopped

2 corn, chopped

30 gr. ginger

12 dried dates

6 small piece Chen pi

BAO SHAO (SP + LV)

LILY BULB (CALM + LU + SP)

HOMEWORK 12 YVONNE T.

CASE STUDY #4

To nourish yin:

Eat sea cucumber, chicken feet, pig trotter, wood ear mushrooms, fresh mushrooms, seaweed, silken tofu, okra, chinese yam, quinoa, purple rice, snow fungus, pear

avoid hot, dry foods: barbeque, chips, baked/roasted desserts avoid staying up late

Recipe 2:

Yin/blood nourishing Chicken soup

15g huang jing (Polygonati Rhizoma)

15g shu di huang (Rehmannia Root)

15g dang gui

15g yu zhu (soloman's seal)

15g chuan xiong

TU SI ZI

1 whole chicken / 3lb chicken bones