

Nutritional Information

The information below is based on the traditions of Chinese Medicine (TCM), I would recommend that you speak to your GP, or qualified nutritionist if you have any concerns or questions before modifying your diet. In TCM everything is about balance: no one thing in excess or deficiency, which includes foods. They even have suggestions for how we should eat to allow for easiest digestion:

1. Begin eating simply, this is in terms of flavours
1. Have more soups and stews if you overeat.
2. Never eat yourself full, only two thirds full
3. Breathe deeply and chew thoroughly
4. Put your cutlery down between bites.
5. Relax after eating, but do not fall asleep
6. Liquids and food should not be too hot or cold.

Some foods may seem to conflict, the important thing is to ensure everything is in balance – and foods that conflict between the patterns: limit their intake, but never cut anything completely – everything in moderation!

The most useful way of using these lists is to pick a few items from each that you like and increase their intake when you can.

Nourish Jing

Mircoalgae (chlorella spirulina wild blue-green), fish, liver, kidney, cereal grass, wheat grass, solomons seal, almonds, milk, clarified butter (ghee), nettles, royal jelly and bee pollen, chicken, mussel, dodder seeds, prepared rehmannia root, millet, eggs wheat, black sesame seeds, black soybeans, chestnuts, mulberries, raspberries, strawberries, walnuts, artichoke leaf, nettle, oyster(also placenta, brain and bone marrow)

Nourish Qi

Food to increase: carbohydrate rich vegetables: winter squash, carrot, parsnip, turnip, black beans, peas, sweet potato, rice, oats, sweet rice, onion, leek, black pepper, ginger, cinnamon, fennel, garlic, nutmeg, rye, corn, adzuki beans, celery, lettuce, pumpkin, scallion, alfalfa, turnip, white pepper, raw honey, asparagus

Taken from Nan Lu (2000), Traditional Chinese Medicine: A Natural Guide to Weight loss that Lasts
Paul Pitchford, (2002), Healing with Whole Foods: Asian Traditions and Modern Nutrition
Daverick Leggett, (2005) Helping Ourselves: a Guide to Chinese Food Energetics.
<http://acupuncture.rhizome.net.nz/> - debra betts acupuncturist – has receipies!