

## Nutritional Therapy

Traditional Chinese medicine (TCM) comprises a complete health care system consisting of several integrated modalities, including acupuncture, Chinese herbal medicine, and nutritional therapy.

In addition to thinking about nutrition, TCM dietary therapy considers the energetic qualities of the foods and how the food can influence the short and long term health of the individual.

Blood and Qi can only be replenished through what we consume. An inadequate diet can lead to alterations in health by creating an energy imbalance and leading to stagnation of qi flow. Eating the right foods can not only help maintain health, but health can even be restored with a therapeutic diet.

A balanced TCM diet means eating foods of various flavors, energies and organic actions and selecting foods according to individual constitution. Additionally, foods have thermal properties. Some foods are neutral while others are cool, cold, warm, or hot. Hot conditions can be treated with cool foods, while cold conditions can be warmed by hot foods. Deficiencies and excesses can be corrected with foods and yin and yang balance can be restored.

While changes may not occur immediately, over time dietary therapy can be a primary factor for health maintenance. Food provides a constant, daily medication rate that nothing else can achieve for overall wellness.

<b>Beneficial Eating Habits</b>	<b>Avoid</b>
<ul style="list-style-type: none"><li>• Eat in a calm and relaxed atmosphere and do not rush your meal</li><li>• Avoid intense interactions at meal time, including television and reading</li><li>• Chewing food thoroughly supports spleen qi</li><li>• Don't eat meals late at night</li><li>• Avoid over consumption and excessive fasting</li></ul>	<ul style="list-style-type: none"><li>• Raw, cold food, and iced beverages</li><li>• Excessive dairy</li><li>• Oily, greasy, and fried foods</li><li>• Refined sugar and limit overly sweet foods like fruit</li><li>• Refined carbohydrates</li><li>• Excessive alcohol intake</li><li>• Excessive meat consumption</li></ul>

### *Blood Nourishing Diet Guidelines:*

1. Organic foods: Blood quality is determined by the types and levels of food additives, as well as excessive levels of salt and sugar
2. Greater protein intake: organic pork and beef with the bones to make soups, stews, congees and broths.
3. First stages of blood building: add algae (high chlorophyll content) as they are the richest sources of iron.
4. Dark green chlorophyll-rich vegetables which contain iron and nutrients that help iron absorption and utilization - all of which benefit blood manufacture.
5. Grains and greens are important blood tonics as they're good sources of manganese.

### *Foods to Avoid/Reduce:*

1. Bitter, sour, salty & pungent/hot foods
2. Refined sugars
3. Chemical additives (including hormones).

### *Beneficial Foods:*

- *Grains:* Rice (sweet, brown), Millet, Oats, Amaranth, Buckwheat, Quinoa, Corn, Barley, Rye, Spelt, Whole wheat (if no issue).
- *Beans & Lentils:* Beans (adzuki, mung, string, kidney, white, black, yellow, soy), Green lentils, Chick peas, Tahini, Black-eyed peas.
- *Vegetables:* Dark leafy greens, Tomato, Avocado (in moderation), Watercress, Sprouts, Asparagus, Artichoke, Carrot, Green onions, Red Cabbage, Brussel Sprouts, Turnip, Celery, Fennel, Red sweet pepper, Scallion, Alfalfa, Cucumber, Mushrooms, Spinach, Beets, Beet greens, Potatoes, Sweet potato, Wheat grass/germ, Kohlrabi.
- *Sea vegetables:* Seaweed (Nori, Wakame, etc.), Algae (Chlorella is great for women and Spirulina for men), Dulse, Kelp.
- *Dairy (small amounts):* Goat's cheese & milk (warmed before bed), Butter
- *Other protein:* Chicken's eggs (especially the yolk), Coconut milk, Green Pea milk, Soy products (miso, tempeh, soy milk), Tofu.
- *Meat:* Turkey, Beef, Bone Marrow, Lamb, Duck, Pork.
- *Fish:* Carp, White Fish, Perch, Sardines, Eel. Seafood: oysters, crab, mussels, octopus/squid.
- *Nuts & Seeds:* Seeds (Pumpkin, Sunflower, Black sesame), Pine-nuts; Almond, Pistachio.
- *Fruit:* Black/red/orange fruits, Berries (raspberries, blackberries, red berries, blueberries, strawberries), Cherry, Grapefruit, Lemons, Lime, Pears, Apple, Peach, Red Plums, Banana, Mango, Guava, Kiwi, Grapes, Watermelon, Pomegranates, Rhubarb, Lichi, Pineapple.
- *Dried fruit:* Raisins, Prunes, Currents, Figs, Apricots, Dates, Plums.
- *Herbs & Spices:* cinnamon, cumin, chili, turmeric, horseradish, garlic, clove, cardamom, nutmeg, ginger, bay leaves, marjoram, hawthorn, dill, basil, anis, coriander, rosemary, pepper, brewer's yeast, parsley, oregano, nettle.
- *Oils & Condiments (Non-GMO):* Flaxseed oil, Sesame oil, Safflower oil, local Honey, Royal jelly, Bee pollen, Blackstrap molasses, butter, fermented bean products (e.g. Bragg's liquid soy).
- *Beverages:* Juice (Red beet, Red grape, Cherry, Plum, Carrot, Tomato), Teas (green, jasmine, chamomile, fennel, ginger, rosehip, hibiscus,). Coconut Milk, Almond Milk, Walnut Milk