



Chinese Medicine Diet
and health study

Chinese Medicine Diet and Health study:

is a new discipline guided by the theory of traditional Chinese Medicine and modern Nutriology. It summed up generations of nutrition and dietary therapy experiences while integrate it into modern food research.



We focus more on prevention than cure.

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01 *Part One* The Classification of Food



The Classification of Food

The homology of medicine and food can be traced back to ancient times. Many food are medicines, there is no absolute demarcation line between them.

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Ancient physicians divided medicines into four properties and five flavors. Since there is no clear boundaries between food and medicine, they also applied such theories on food, considering food to have four properties and five flavors.

Four Properties

In real life, food are mostly mild, then warm or hot, then cool or cold.

Warm & Hot

Warm & Hot properties of food are said to be positive, having metabolism invigorating ability and can fend off the chill.

Mild

Has property between warm and cool, mild food is suitable for most physical status. Can be used for cold, fever, or other nutritional uses.

Cool & Cold

Food with cold nature are said to be negative, having detoxication ability and can clearing heat.

Four Properties

Warm & Hot

Food with warm nature: sorghum, wheat flour, glutinous rice, lentils, green vegetables, yellow sprouts, mustard greens, peppers, pumpkin, garlic, onion, ginger, cooked lotus root, mutton, eel, shrimp, birds meat, goose eggs, pork liver, cheese, litchi, peach, jujube, waxberry, walnut, apricot, orange, mango, cherry, etc

Mild

Mild food: rice, corn, sweet potatoes, red bean, cabbage, tomato, green beans, taro, broccoli, black fungus, yam, carrots, mushrooms, beans, soybean, soy beans, pork, goose, carp, black carp, crucian carp, silver carp, abalone, egg, quail eggs, quail eggs, sea cucumber, bird's nest, etc

Cool & Cold

The nature of the common cold food: tomato, water bamboo, lily, lotus root, bamboo shoots, konjac, water spinach, dandelion, purslane, bracken, cedar, and water shield, black fish, crabs, jellyfish, kelp, laver, river snail, mussels, clams, milk, tempeh, mulberries, sugar cane, pear, watermelon, persimmons, bananas, etc

Five Flavors

01

Sour

Rice vinegar, tomatoes, papaya, sentences, olive, peach, apricot, pipa, hawthorn, pomegranate, ebony, lychee, grapes, etc.

Sour foods have convergence and astringent solidification effect. It can be used in the treatment of diarrhea, frequent micturition, semen leakage, and various hemorrhagic disease.

02

Bitter

Balsam pear, tea, almond, lily, ginkgo nuts, peach kernel, and so on.

Food with bitter flavor can be used in the treatment of heat and wet diseases.

Bitter food has the potential to cause negative effect on stomach, so is unfavorable to eat too much.

03

Sweet

White sugar, brown sugar, sugar, honey, red jujube, sugar cane, etc.

Sweet food has a boosting effect on Positive and neutralizing effect on Negative, can be used as a treatment of deficiency syndrome.

Overeating of sweet food is not beneficial to spleen and stomach, and may cause induced obesity and cardiovascular disease. Excess sugar also can turn into fat and affects normal appetite, preventing the intake of vitamins, minerals and other nutrients.

Five Flavors

04

Pungent

Ginger, Onions, garlic, onion, pepper, pepper, fennel, pepper and black bean sauce, leek, wine, etc.

Pungent flavored food has invigorating effects on the circulation of blood. It can be used to treat cold and hemorheological natured pain disease.

Within the same flavor, pungent food can be warm or cold. It depends.

Pungent food are most invigorating, need to prevent excessive consumption.

05

Salty

Salt, sea cucumber, kelp, jellyfish, etc.

Salty foods have softening and dissolving effects, can be used in the treatment of phlegm nucleus, abdomen lumps, junction constipation, cloudy conditions such as anaemia empty.

Overeating of salty food is easy to cause kidney damage. High salt diet in long term can lead to cardiovascular disease, diabetes, high blood pressure, etc.

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02 *Part Two* The Choice of Food



For different people

According to different physical state and the physiological features in different age groups, people should chose different diet therapy, “to keep phase with the nature” .

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The elders should have long-term persistence in dietary therapy. Their diet should be light, mild, and absorbable. They should regularly have appetizing and invigorating congees and soups.

In different regions

The climate conditions and living habits varies in different regions, and the physiological activities and pathological changes of human bodies would change along with them.

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In humid places such as Sichuan, diet should be more warm and pungent, while in other cold places, diet should be hot and recuperating.

In different seasons

Chinese philosophy valued the necessity in conforming to the nature. Our diet should also change along with the natural change in seasons.

Spring

The climate of Spring is warm with things growing. Liver is subsumed to the element of wood and that is what we should be recuperating in Spring. We should also have less pungent food.

Summer

Summer is hot with our body favoring coldness. Now we need cool natured food. It is also rainy and our spleen and stomach become humid and vulnerable. Food should be cool, light, and less lipid.

In different seasons

Chinese philosophy valued the necessity in conforming to the nature. Our diet should also change along with the natural change in seasons.

Autumn

Autumn is in general a cool natured climate. So now we need those mild diets to be on our lists. Also, the weather may get a little dry, and we need refreshing food also.

Winter

Winter, as suggested in the name, is cold natured. The Positive is said to be hidden in the body now, with kidney vulnerable to any cool or cold natured food. Warm and hot food are the best at such a time.

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03 *Part Three* Recuperation



Recuperation



Spleen and Stomach

In the study of dietary nutrition, the spleen and the stomach are the keys. They can be taken care of in 11 ways.



2. Less pickles

Those easy to reserve, those food may contain cancerogenic substance.



4. Regular meals

Harder to do than seems. The conditional reflex built with regular meals helps the digestive glands with secretion.



1. Less fried food

Fried food are hard to digest. It will heavier the digestion burden.



3. Less “cold” food

Cold or bland food will hurt the gastrointestinal mucous membrane.



5. Fixed intake

Fixed intake and time of meals will prevent over-consumption and under-consumption.

Recuperation



6. Suitable Temperature

Those food which are not too cold and not too hot are the best choice.



7. Thorough chewing

Careful chewing can again help the digestive burden. The secretion of saliva during chewing is also beneficial.



8. Drinking time

The best time to drink water is when you woke up in the morning with an empty stomach or one hour before meals.



9. Careful about the cold

Over-consumption of cold natured food would harm the digestive system.



10. Avoid pungent

Pungent things other than food such as cigarettes should also be avoided.



11. Vitamin C

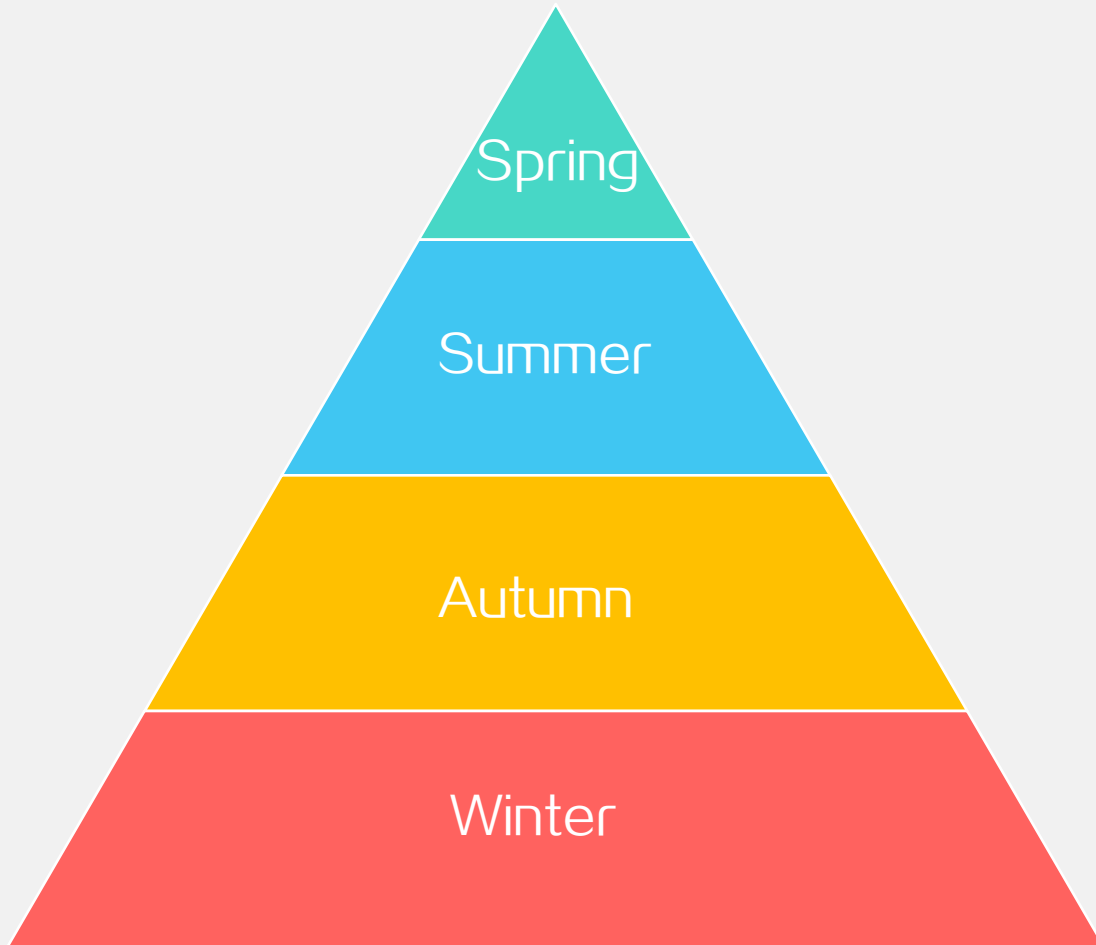
Vitamin C has protective effect on the stomach. Eat more vegetables and fruits containing Vitamin C.

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04 *Part Four* Prohibitions



Prohibition



As suggested by an medical experts in Tang Dynasty: Pungent and sweet are recommended while sour and divergent are prohibited.



Because of the loss of salt due to sweating, we should have more salty food.

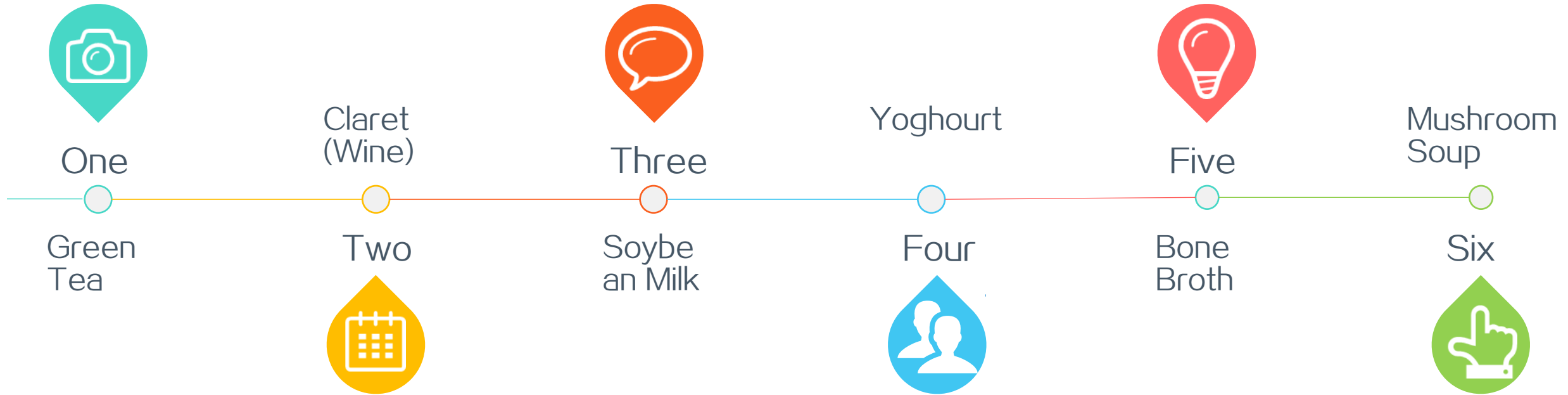


Too much hot food in Autumn may hurt saliva, so cool natured food are recommended.



To preserve energy in such a cold weather, we should neither have hot nor cold food in winter. Mild ones are rather recommended.

Six Globally recognized Healthy Drinks



Thank You!

Credit to: William, Leslie, David, Guido

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