CMDE411

Session 1

Introduction

Chinese Medicine Dept.
Medicine and food [share] the same source. Chinese proverb

Figure 1. Eight treasures tea (George, 2014)
Session 1 aims

- Become familiar with the Subject Outline, course materials and Student Subject Guide.
- Begin to explore the history of Chinese dietetics and where this therapy fits in the modern world.
- Begin to explore the idea of a good diet.
- Be introduced to the key concepts of Chinese dietetics.
- Address Learning Outcome(s) 1-2.
Chinese Dietetics enables students to understand and apply the principles of Chinese dietetic therapy to enhance patient health within the Australian healthcare setting. Students will analyse a range of foods according to their energetic characteristics and key medicinal actions. By subject conclusion students will be able to collect and analyse a patient’s diet, design a diet individualised to a patient’s Chinese medicine diagnosis and prescribe specific foods, cooking methods and recipes to complement other Chinese Medicine treatment for enhanced patient health outcomes.
## Learning Outcomes

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1.</td>
<td>Identify the key principles of Chinese dietary therapy.</td>
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<tr>
<td>2.</td>
<td>Describe how Chinese dietary therapy may be used as an adjunctive therapy with other Chinese Medicine therapies and how it can integrate with broader nutritional and dietetic theory.</td>
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<tr>
<td>3.</td>
<td>Categorise a range of Chinese and western foods (and culinary herbs) according to their Chinese dietetic characteristics, actions and contraindications.</td>
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<td>4.</td>
<td>Record dietary information sufficient to inform patient dietary analysis and prescriptions.</td>
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<td>5.</td>
<td>Analyse diets for their potential benefits and detrimental effects from a Chinese dietary and western nutritional point of view.</td>
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<td>6.</td>
<td>Develop recipes and prescribe dietary plans according to Chinese dietetic principles that can be used in the management of different health conditions.</td>
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</tbody>
</table>
Prescribed readings


There are also some EXCELLENT recommended readings on the Subject Outline.
CMDE411
Chinese Dietetics

SUBJECT STUDY GUIDE

To get the most out of CMDE411 classes, check the SSG for:

- Pre-class readings
- Post-class revision questions, activities, study tips or thoughts to ponder

Lecture materials:
You’ll find 13 sessions of lecture slides on the LMS.
## Assessment tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Week Content Delivered</th>
<th>Week Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food diary (1 week food diary)</td>
<td>4</td>
<td>2</td>
<td>Sunday following Week 4</td>
<td>10%</td>
</tr>
<tr>
<td>Food diary analysis (750 words)</td>
<td>1, 3, 5</td>
<td>1-6</td>
<td>Sunday following Week 7</td>
<td>20%</td>
</tr>
<tr>
<td>Oral presentation (15 minutes)</td>
<td>1-6</td>
<td>1-13</td>
<td>Week 7-13</td>
<td>30%</td>
</tr>
<tr>
<td>Written Assignment (2000 words)</td>
<td>1-2, 3, 5</td>
<td>1-13</td>
<td>Sunday following Week 13</td>
<td>40%</td>
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</table>
1. Food diary (1 week)

<table>
<thead>
<tr>
<th>Learning outcomes assessed</th>
<th>Week content delivered</th>
<th>Week due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>2</td>
<td>Sunday following Week 4 (LMS)</td>
<td>10%</td>
</tr>
</tbody>
</table>

- This assessment item requires you to provide a record of your diet for one week (seven consecutive days). The information you collect will be analysed in the follow up to this assessment, the ‘Food Diary Analysis’.

- It is recommended that you collect your diet information in the application, Myfitnesspal, as it is free and available on both Android and Apple devices.
1. Food diary (1 week)

For this assessment item you will need to provide a document with the following information:

1. Daily breakdown of the foods and drinks you have consumed for one week (seven days). This should be a list of foods (including the type of meal/cooking method) and the quantity of each food. (Table)

2. Chart of weekly ‘macros’ carbohydrate, protein and fats for the week of your diet diary. (Screenshot)

3. Chart of weekly ‘nutrients’ for the week of your diet diary. (Screenshot)

See Assessment Guide for full details and marking rubric.
2. Food diary analysis (750 words)

<table>
<thead>
<tr>
<th>Learning outcomes assessed</th>
<th>Week content delivered</th>
<th>Week due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, 3, 5</td>
<td>1-6</td>
<td>Sunday following Week 7 (LMS)</td>
<td>20%</td>
</tr>
</tbody>
</table>

- This assessment involves the Chinese dietetic analysis of the Food Diary that you submitted in week 4. Include your initial Food Diary assessment as an appendix.
- Write this analysis in the third person (so that you are the patient).
- You may use tables to elaborate on your points with further detail but be mindful to use and present tables appropriately.
2. Food diary analysis (750 words)

TITLE PAGE
TABLE OF CONTENTS
1.0 DIET DIARY SUMMARY
2.0 MACROS AND NUTRITION
3.0 DIET STRENGTHS AND WEAKNESSES
4.0 DIET SUITABILITY FOR THE INDIVIDUAL
5.0 DIETARY RECOMMENDATIONS
6.0 REFERENCE LIST
APPENDIX

See Assessment Guide for full details and marking rubric.
3. Oral presentation (15 minutes)

- In this assessment you are required to share an original recipe that you have developed using Chinese dietetic principles to benefit one of the patients you have treated in the Wellnation Clinic.
- Your recipe could be a breakfast, lunch, main meal, entrée, snack or drink. *(This isn’t masterchef though!)*
- Both your powerpoint slides and hand out will need to be submitted onto the LMS on the day of your presentation.
3. Oral presentation (15 minutes)

- **Oral presentation**
  - Briefly describe the case and what role Chinese dietetic therapy will play in the overall treatment plan for the patient.
  - Give Chinese dietetic recommendations for the patient.
  - Explain your original recipe including the ingredients and cooking methods from a Chinese dietetic point of view.

- **Food tasting**
  - Bring the dish, prepared according to your recipe, to class to share with your peers and lecturer so that they can experience the Chinese dietetic properties of the dish.

- **Patient handout**
  - Develop a one-page handout (the reference list may be on a second page) for your peers and lecturer.

See Assessment Guide for full details and marking rubric.
### 3. Oral presentation ROSTER

<table>
<thead>
<tr>
<th>Session</th>
<th>Student name</th>
<th>Student name</th>
<th>Student name</th>
<th>Student name</th>
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<tr>
<td>Session 7</td>
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<td>Session 9</td>
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<td>Session 10</td>
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<td>Session 11</td>
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<td>Session 12</td>
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<tr>
<td>Session 13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Written assignment (2000 words)

<table>
<thead>
<tr>
<th>Learning outcomes assessed</th>
<th>Week content delivered</th>
<th>Week due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3, 5</td>
<td>1-13</td>
<td>Sunday following Week 13 (LMS)</td>
<td>40%</td>
</tr>
</tbody>
</table>

- This assessment requires students to write an essay that explores and analyses a diet style according to Chinese dietetic principles, general nutritional principles and health effects. What is the role of this diet style in Chinese dietetic therapy? (Eg. What benefits does it have and to who?)

- Common diet styles you may choose for your assignment include: vegan, vegetarian, Mediterranean, paleo, Atkins, low carbohydrate, low fat, raw food and intermittent fasting.
4. Written assignment (2000 words)

In this essay (with headings as per the marking rubric):

- Introduce the diet style.
- Review the western literature on the diet style in terms of health benefits or detrimental effects.
- Analyse the diet style from a Chinese dietetic perspective.
- What is the overall role of this diet in Chinese medicine? Discuss how this diet may be beneficial to the health of some types of people. Identify Chinese medicine diagnostic patterns that this diet would not be beneficial for and develop Chinese dietetic modifications to this diet.

See Assessment Guide for full details and marking rubric.
Getting the most out of this class

- Attend classes
- Bring Kastner text to class.
- Participate in classes including discussion and mindful eating activities
- Support your peers during their oral presentations
- Use the Subject Study Guide (SSG)
- Session 7-13 include tutorial time allowed for student oral presentations and/or activities, discussion topics and case study analysis.
- If you have any special dietary needs/allergies please make your lecturer and fellow students aware of them, and be sure to check ingredients before ingesting.
But most of all…

Apply the learnings from this class into your own life.

Share your cooking and eating adventures with your class.

Enjoy this class because what’s not to love about food (glorious, food)? 😊
Anyone who takes medicine and neglects diet wastes the skills of the physician.  Chinese proverb
Yang Shen – Nurturing Life

According to Sun Simiao, ‘A person who is skilled at preserving life will not encounter ferocious tigers.’

- Physical cultivation: advice on ‘nurturing one’s nature’
  - Moderation & regularity in lifestyle, living with the seasons
  - Breathing techniques (Robertson, 2015)
  - Therapeutic gymnastics - Avoiding overexertion and emotional excess

- Sexual cultivation: supplementing & boosting in the bedroom

- Dietetics: ‘healing with food’ (shi zhi)
  - Do not recklessly ingest medicinals
  - To secure the body at the root you must provide it with food
  - Food is able to expel evil and stabilise the viscera and bowels, and to please the spirit and clear the will, thereby protecting Blood and qi.
  - Treat disease before it arises, first use least invasive tools (eg. food) (Wilms, 2010)
Mindful eating activity

Figure 12. cook-366875_960_720 (Comfreak, 2014)
There’s a long, rich history of Chinese dietetics…

Figure 3. Ladle with Handle in the Shape of a Dragon’s Head, 3rd Century, gilt bronze (Weber, 1994)
History of Chinese dietetics  
(Han dynasty 150 BCE)

Su Wen (Plain Questions):

- “Medicinals are used to fight evils, [while] grains are used to nourish the body, and fruits, meats and vegetables aid in this effort – all [five] flavours working together to supplement qi and Essence.”
- “Grains, meats, fruits, and vegetables must all be eaten to provide nutrition.”

(Flaws, 1998)
History of Chinese dietetics  
(Han Dynasty 220 CE)

Shang Han Lun/Jin Kui Yao Lue (Treatise on Damage [Due to] Cold/Essentials of the Golden Coffer) by Zhang Zhong-Jing:

- Formulae include ginger, cinnamon, red dates, licorice, Job’s tears barley, malt syrup, malted bean sprouts, rice, fermented soybeans, vinegar, honey, alcohol, mandarin, orange peel, lard, gelatin, egg yolk, lamb, seaweed, Sichuan pepper and scallions.

- Last few chapters of Jin Kui Yao Lue are specifically dedicated to dietary therapy

(Flaws, 1998)
History of Chinese dietetics
(Three Kingdoms period 220-265 CE & Jin dynasty 265-420 CE)

Zhu Hou Bing Ji Fang (Formulas [to Keep] Behind the Elbow for Emergencies) by Ge Hong

- Included dietary recommendations for health and longevity techniques (Daoist)
- “Don’t overemphasise any of the five flavours when eating, for too much sour damages the Spleen, too much bitter damages the Lungs, too much acrid damages the Liver, too much salt damages the Heart, and too much sweet damages the Kidneys.”
  
  (Flaws, 1998)
History of Chinese dietetics  
(Southern & Northern period 420-589 CE)

*Shen Nong Ben Cao Jing (The Divine Husbandman’s Materia Medica Classic)* by Tao Hong-jing (Daoist)

- Includes 365 substances (vegetable, animal, mineral) including Job’s tears barley, jujubes, chicken meat, honey, lotus rhizomes and seeds, sesame seeds, kelp, kombu, pears, carp, adzuki beans, cow’s milk, wheat and grapes.
- Each ingredient classified by five flavours and four natures.

(Flaws, 1998)
History of Chinese dietetics
(Tang dynasty 618-907 CE)


- Categorised a large number of fruits, vegetables, grains, fish, fowl, insects etc
- Emphasised the importance of dietary therapy
- Sun Si-miao is considered the father of Chinese dietary therapy (and King of Medicinals)
- He lived to 101 years of age!

(Flaws, 1998)
History of Chinese dietetics  
(Song dynasty 960-1129 CE)

According to Liu Shi-lin

- Foods were commonly used to prevent and treat disease
  *Tai Ping Hui Min He Ji Ju Fang (Imperial Grace Formulary of the Tai Ping [Era])* and *Sheng Ji Zong Lu (Complete Collection for Holy Relief)* - Imperial Medical Department

- Separate chapters on dietary therapy with over 100 recipes
  *Yao Lao Feng Qin Shu (A Book on Nourishing the Elderly)* by Chen Zhi

- Specifically geriatric dietary therapy with many recipes
  (Flaws, 1998)
History of Chinese dietetics
(Yuan dynasty 1206-1368 CE)

Yin Shi Xu Shi (A Handbook of Dietetics) by Hu Si-hui
- Chinese doctor (Muslim) at imperial court
- Primarily adjusted diet of imperial family for health
- Special emphasis on combining daily foods and adding herbs to the diet for prevention and treatment of disease

Pi Wei Lun (Treatise on the Spleen & Stomach) by Li Dong-yuan
- Emphasis away from externally contracted pathogens to chronic disease caused by internal factors: emotional stress and diet/lifestyle.
- Important of a clear, bland diet (Flaws, 1998)
History of Chinese dietetics
(Ming dynasty 1368-1644 CE)

*Ben Cao Gang Mu (Detailed Outline of Materia Medica)* by Li Shi-zhen

- Described over 500 individual foods and medicinal effects

Also many other works dedicated specifically to dietary therapy in this dynasty:

- *Shi Wu Ben Cao (A Materia Medica of Foodstuffs)* by Lu He
- *Shi Pin Ji (A Collection of Foods & Drinks)* by Wu Lu
- *Yin Zhuan Fu Shi Jian (Notes on the Use of Foods & Drinks)* by Gao Lian.

(Flaws, 1998)
History of Chinese dietetics  
(Qing dynasty 1616-1911 CE)

- All high class practitioners of Chinese Medicine accepted the role and practice of Chinese dietetic therapy.
- As this was a time of scholarship many books on Chinese Medicine were produced including those on dietary therapy, some of particular note:
  - Shi Wu Ben Cao Hui Zuan (A Compendium of Foodstuff Materia Medica) by She Li-long
  - Sui Xi Ju Yin Shi Pu (The Food & Drink Recipes of Sui Xi-ju) by Wang Shi-xiong
  - Tiao Ji Yin Shi Bian (A Study of Food & Drink [for] Regulating Diseases) by Zhang Mu
  - Sui Yuan Shi Dan (Food Elixers [from] Sui Yuan [Garden]) by Yuan Mei.  
    (Flaws, 1998)
Practicing dietetic therapy in the modern world

- We are blessed with so many old and new texts including manuals, dictionaries and specialised books including areas such as:
  - Tea therapy
  - Medicinal wines and tinctures
  - Medicinal porridges (congee)

- We have access to ingredients from around the globe (including local produce). (Flaws, 1998)

- We can also incorporate basic western nutritional therapy and understanding of disease (within our training and scope of practice). Refer when necessary.
Chinese dietetic basic concepts

Figure 4. Asian soup (InterContinental Hong Kong, 2010)
What is a good diet?

- Low carbohydrate?
- High fibre?
- High fat?
- High protein?
- Low calorie?
- High protein?
- Raw?
- Cooked?
- Vegan?
- Paleo?
- Low sugar?
- Low fat?
- Low carb?
Which of the following foods do you think are **good** or **bad** according to Chinese dietetics?

- Dairy
- Meat
- Goji berries
- Shiitake mushrooms
- Soy
- Sugar
Chinese dietetics v western nutrition

Figure 5. Optical illusion of a duck or a rabbit head (Unknown, 1899)
How is Chinese dietetics different?

Energetic properties not macro and micro nutrients. Individual to the patient (eg. diagnosis, climate etc). Not one size fits all.

The basic principles include:
- Four directions
- Temperature properties
- Five tastes
- Organ networks
- Actions and indications
- Cooking and food preparations methods

It’s not just what we eat but also how we eat.
A general rule...

“The way things are outside the body is the way they will act inside the body.” (Bussell, 2009)
The four directions

Upbearing
Yang upward
Sweet, acrid, warm-neutral

Floating
Qi upward & outward
Expels EPF, cold & wind
Warm-hot, sweet, acrid

Falling
Moves downward, laxative, diuretic
Cooling-cold
Strong salty or bitter

Downbearing
Qi downward & inward
Retains Qi & body fluids on inside
Cooling-neutral
Sour, partly bitter & salty

What food examples can you think of for each?

(Kastner, 2009)
Temperature properties

- Cold
- Cool
- Neutral
- Warm
- Hot

Yin → Cool → Neutral → Warm → Hot → Yang
Which do you think is warmer and which is cooler in TCM?

Steaming hot peppermint tea?

Fresh ginger straight out of the fridge?

Figure 7. Pfefferminz Tee (Thomas, 2009)

Figure 8. Ginger (Ishikawa Ken, 2009)
Mindful eating activity: 5 temperatures

Figure 9. cook-366875_960_720 (Comfreak, 2014)
Temperature guide

General guidelines:

- **Growth time**: If it grows quickly (more warm) eg. carrot or ginseng; if grows slowly (more cool) eg. lettuce, cucumber.

- **Preparation**:
  - Raw food is more cooling than cooked food.
  - Finer cutting, pounding stirring adds heat.

- **Temperature**: Food and drinks that are consumed cold are more cooling.

- **Colour**: blue, green or purple (more cooling); red, orange or yellow (more warming). Eg. Green apple is cooler than a red apple.  
  (Pitchford, 2002)
<table>
<thead>
<tr>
<th>Nature</th>
<th>Part of plant</th>
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<tbody>
<tr>
<td>Hot and warm foods</td>
<td><em>Flowers and leaves</em> (spring &amp; summer) tend to float – they are <em>light</em></td>
</tr>
<tr>
<td>Cold and cool foods</td>
<td><em>Roots, fruits and seeds</em> (autumn &amp; winter) tend to sink – they are <em>heavy</em></td>
</tr>
</tbody>
</table>

(Liu, 2002)

Figure 10. An apple tree engraving by William Miller for William Archibald 1818 (Miller, 1814)
Cold

Properties

- Creates Cold
- Cool internal Heat
- Calm the shen

- **Excess** damages qi and yang, and thoroughly cools down the body

(Kastner, 2009)

What other examples can you think of?

Figure 7. Watermelon (Rafael Moreno, 2008)
Cool

Properties

- Supplement body fluids (jin ye) and Blood
- Slow down qi
- Clear heat

What other examples can you think of?

(Kastner, 2009)

Figure 8. Celery (Rafael Moreno, 2008)
Neutral

Properties

- Build up qi and body fluids
- Stabilise and harmonise the body

What other examples can you think of?

(Kastner, 2009)
Warm Properties

- Strengthen yang and qi
- Warm the body, bowels and zang fu
- Warm and strengthen the middle burner

- **Excess** creates yang excess

(Kastner, 2009)

What other examples can you think of?

Figure 10. Oats (Catherine Day, 2013)
Hot

Properties
- Increase yang
- Speed up qi, activate, disperse, move upward & outwards
- Warm the zang fu
- Eliminate external & internal cold
- Mobilise wei qi
- Excess creates heat (yang excess), injures yin, dries out body fluids

What other examples can you think of?

(Kastner, 2009)
Five tastes (wu wei)

- Bitter
- Sweet
- Pungent (or acrid)
- Salty
- Sour

What food examples can you think of for each?
Five tastes: Sweet (EARTH)

EFFECT:
- Warming
- Strengthening
- Harmonising
- Relaxing
- Moistening

GENERAL APPLICATION:
*Sweet has the strongest supplementing effect on the body.* (Eg. Sweet cravings after exertion.)
- Builds SP qi

EXCESS:
- Harms SP qi
- Produces Dampness (can lead to Phlegm)
- Weakens the KI (controlling cycles) eg. bone & teeth disorders.

“Sweet flavour adds flesh” – Nei jing (Kastner, 2009)

- Helps with acute weakness
- Nourishes body fluids
- Relieves inner tension
- Stabilises one’s centre
Five tastes: Pungent/Acrid (METAL)

EFFECT:
- Moves qi
- Invigorates energy circulation
- Loosens stagnation
- Disperses
- Opens pores
- Frees surface of exogenous disease factors
- Produces perspiration

GENERAL APPLICATION:
- Strengthens LU
- Banishes exogenous pathogens

SWEET PRODUCING IN ACUTE EPF
- In winter protects against cold
- Loosens emotional stagnation
- Upward movement benefits LU emotions: sadness, melancholy.

EXCESS:
- Causes heat symptoms & impairs skin
- Damage LR & GB (controlling cycle) eg. LR Yang Rising
- Disperse shen (eg. Insomnia)
- Overheat KD (generating cycle)
- Weaken muscle tone & dry LI

(Kastner, 2009)
Five tastes: Salty (WATER)

**EFFECT:**
- Cools
- Moistens
- Downbears
- Softens
- Loosens

**GENERAL APPLICATION** (in moderation):
- Supplements KD function
- Promotes urine & stool excretion (eg. Epsom salt)
- Dissolves congestions & hardened areas (eg. Phlegm nodules)

**EXCESS:**
- Dehydrates body, damages fluids, blood and vascular system (eg. Hypertension)
- Hardens muscles
- Damages bones
- Inhibits HT & shen (controlling cycle) eg. decreased mental function & rigid thinking

(Kastner, 2009)
Five tastes: Sour (WOOD)

**EFFECT:**
- Astringent
- Gathers
- Preserves fluids

**GENERAL APPLICATION:**
- Refresh the body
- Reduce excess perspiration
- Promote creation of fluids
- Soothe ‘heated’ tempers by cooling emotional LR/GB ‘heat’
- Supplements yin

- "Sour makes happy" – in times of emotional stress & anger, sour supplements LR yin (HT – generating cycle)

**EXCESS/ADVERSE:**
- Contraindicated in acute EPF (esp. Wind-cold as sour constricts and moves inward)
- Damages muscle tone and sinews (constriction)

(Kastner, 2009)
Five tastes: Bitter (FIRE)

EFFECT:
- Drying
- Hardening
- Downbearing

GENERAL APPLICATION:
Bitter-cool:
- Downbears & supports digestion & excretion (eg. digestive bitters)
- Supplements HT yin, calms (eg. beer)

Bitter-warm:
- Stimulate digestion eg. Aperitif

Generating cycle:
- Fire supplements Earth – drying out damp
- Bitter is a SP qi tonic (moist-cold weather) eg. Coffee, red wine

EXCESS:
- Strong laxative effect
- Bitter-warm – dehydrates skin and damages fluid/Blood (eg. coffee), heats HT, inhibits spirit
- “Bitter spreads to the bones” – Nei jing (Kastner, 2009)
Organ networks & Five elements

“Sourness enters the Liver, bitterness enters the Heart, sweetness enters the Spleen, acridity enters the Lungs, saltiness enters the bones.”

“Sourness enters the Sinews, bitterness enters the Blood, acridity enters qi, sweetness enters the Flesh, saltiness enters the Bones.”

Huang di Nei Jing
(The Yellow Emperor’s Classic of Medicine)

(cited in Kastner, 2009)
## Organ networks & Five elements

### Table 1. Examples of foods

<table>
<thead>
<tr>
<th>Spleen</th>
<th>Lungs</th>
<th>Kidney</th>
<th>Liver</th>
<th>Heart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Almond</td>
<td>Lamb</td>
<td>Celery</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Carrots</td>
<td>Duck</td>
<td>Oats</td>
<td>Liver</td>
<td>Black tea</td>
</tr>
<tr>
<td>Chicken</td>
<td>Garlic</td>
<td>Oyster</td>
<td>Lemon</td>
<td>Chilli</td>
</tr>
<tr>
<td>Honey</td>
<td>Radish</td>
<td>Plum</td>
<td>Rye</td>
<td>Coffee</td>
</tr>
<tr>
<td>Rice</td>
<td>Watercress</td>
<td>Walnuts</td>
<td>Wheat</td>
<td>Dandelion</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stomach</th>
<th>L. Intestine</th>
<th>Bladder</th>
<th>Gallbladder</th>
<th>S. Intestine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Banana</td>
<td>Caraway seed</td>
<td>Mung bean</td>
<td>Green lettuce</td>
</tr>
<tr>
<td>Chamomile tea</td>
<td>Corn</td>
<td>Fennel</td>
<td>Peach</td>
<td>Mushroom</td>
</tr>
<tr>
<td>Corn</td>
<td>Spinach</td>
<td>Parsley</td>
<td>Rye</td>
<td>Snail</td>
</tr>
<tr>
<td>Fennel</td>
<td>Tofu</td>
<td>Squid</td>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td>Pork</td>
<td>Wheatgerm</td>
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</tr>
</tbody>
</table>

*Note. Adapted from *Chinese Nutrition Therapy* (p.29) by Kaster, J. (2009)*
Foods by Five Element colour

Nourish Blood, improve circulation, reinforce Yang

Usually rich in fibre, vitamins & chlorophyll, dispel toxins from body

Boost urinary tract & circulation, dispel toxins & nourish hair

Remedy throat dryness, relieve coughing, constipation and nourish skin

Reinforce & protect the digestive system

What food examples can you think of for each?

(Mager, 2009)
Actions/effects & indications

- Just like acupuncture points and Chinese herbs, each food has actions/effects and indications.

For example:

**Pine nuts**

**Action/effect:**
- Moistens Lung & Large Intestine, creates body fluids, expels wind and cold

**Indications:**
- Dryness and Lung deficiency (dry throat, cough, no phlegm)
- Dryness in Large Intestine (constipation)
- Wind Bi or internal wind (rheumatism or dizziness)

(Kastner, 2009)
Cooking & food preparation methods

- **Boiling with plentiful water**
- **Salting (pickling in brine)**
- **Cooking with cooling ingredients (e.g., Fruit, sprouts)**
- **Blanching**
- **Steaming**
- **Boiling**
- **Baking**
- **Frying**
- **Roasting**
- **Simmering (soups/stews)**
- **Cooking with alcohol**
- **Smoking**
- **Seasoning (with spice)**
- **Blanching**
- **Grilling**
- **Broiling**
- **BBQ**

< < < More cooling

More warming > > >

**Cooling cooking methods:** increase cooling nature of foods, cools down warm/hot foods and yin potential of meals.

**Warming cooking methods:** support warming effect of foods, reduces cooling nature of foods, increase yang potential of meals. *(Kastner, 2009)*
Cooking & food preparation methods

Heatless cooking methods:

- Fermenting
- Marinating
- Sprouting

Most cooling

(Pitchford, 2002)
"While I have read much about mindful eating, I have not found much on mindful cooking. When I cook I am absorbed in the simple rituals of chopping, stirring, tasting, losing myself in the world of flavour, sensation and straightforward practicalities."

Nigella Lawson

#stonesoupquotes
Kastner’s Basic recommendations of Chinese dietetics

- Eating with enjoyment & in a relaxed atmosphere
- Chew food well
- Stop when it tastes best
- Choose a cooking method to ‘unlock’ foods.
  - Protect middle burner and support transformation
- Eat in the right ratios
  - 50-80% grains, 30-40% cooked vegetables, 5% meat, 5% raw foods, limited fluids with meals.
- Eat local, seasonal, fresh to preserve qi
- Sometimes cravings are okay
- Balanced thermal nature (warm, neutral, cool) is the good basis of a diet.

(Kastner, 2009)
How we eat is more important than what we eat: Peter Deadman (video)

https://www.youtube.com/watch?v=6VwqxqnDG54
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