Session 5
Grains, food herbs & condiments
Chinese Medicine Dept.
Mindful eating activity

Figure 1. cook-366875_960_720 (Comfreak, 2014)
Session 5 aims

- Understand several food herbs, grains and condiments according to their Chinese dietetic properties
- Analyse food herb, grain and condiment recipes
- Address Learning Outcome(s) 1, 3
GRAINS

“The five grains are used to nourish.”

(Huangdi Neijing Suwen cited in Goldsmith, 2017)
Grains v seeds – getting technical

- **Seed** – an encapsulated plant embryo that can be sown. Includes all grains and pseudo-grains, sunflower seeds, pumpkin seeds, etc.

All grains are seeds but technically...

- **Cereal grains** are *only* the edible seeds of the Poaceae (Gramineae) family. Includes wheat, oats, rice, rye, barley, corn, triticale, millet, sorghum, spelt.

- **Pseudo-cereal grains** include amaranth, buckwheat and quinoa which are seeds from other species of plants but are used as cereal grains.

  (Grains & Legumes Nutrition Council, 2018)

- In this subject we’ll be grouping grains and pseudo-grains together.
Know your gluten grains

- People with coeliac disease must avoid foods that contain gluten:
  - Wheat (including spelt)
  - Rye
  - Barley (Note: The seed known as Chinese pearl barley, coix seeds or yi yi ren is not a gluten grain – it is a different plant)
  - Oats (Coeliac Australia’s position statement on oats)

Glutinous rice is not a gluten grain (it’s just starchy).

Further information is on Coeliac Australia’s website and their app is useful.

Medibank Private also have a useful patient booklet.
Most grains are...

- **FLAVOUR:**
  - Sweet

- **TEMPERATURE:**
  - Warm, Neutral or cool

- **EFFECT:**
  - Supply the body with strength and endurance, promote emotional stability, mental calm and balance.
  - A diet rich in grains ensures a good balance between qi, yin and yang formation.

- **ORGAN NETWORK:**
  - Spleen & Stomach

(Kastner, 2009)

There are always exceptions to the rule…
# Grain comparison

<table>
<thead>
<tr>
<th></th>
<th>Chinese barley* (yi yì ren – coix seed)</th>
<th>Wheat</th>
<th>Barley</th>
<th>Buckwheat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Cold</td>
<td>Cool</td>
<td>Cool</td>
<td>Cool</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Sweet</td>
<td>Sweet</td>
<td>Salty, sweet</td>
<td>Sweet</td>
</tr>
<tr>
<td><strong>Organ</strong></td>
<td>SP, ST, LU, KI</td>
<td>HT, LR, SP, KI</td>
<td>SP, ST</td>
<td>ST, SP, LI</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Downbearing</td>
<td>Downbearing</td>
<td>Downbearing</td>
<td>Downbearing</td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Promotes urination, drains damp, clears damp heat, cools heat, disinfects &amp; detoxifies, harmonises &amp; tonifies MJ, disperses swelling</td>
<td>Clears heat, supplements SP &amp; KI, nourishes HT yin, builds qi &amp; Blood when combined with warm foods, relieves thirst, diuretic</td>
<td>Clears heat, moistens dryness, nourishes yin, harmonises ST, removes digestive obstructions, detoxifies, increases diuresis</td>
<td>Downbears qi, supplements SP, loosens hardness, dispels dampness</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td>Use with caution in pregnancy</td>
<td>Excess produces damp &amp; phlegm</td>
<td></td>
<td>Cool – ST/SP xu Warm - excess heat</td>
</tr>
</tbody>
</table>
## Grain comparison

<table>
<thead>
<tr>
<th></th>
<th>Spelt</th>
<th>Rye</th>
<th>Rice</th>
<th>Corn (maize)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Neutral to cool</td>
<td>Neutral to cool</td>
<td>Neutral</td>
<td>Neutral</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Sweet</td>
<td>Bitter</td>
<td>Sweet</td>
<td>Sweet</td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>SP, ST, LR</td>
<td>GB, LR, SP, HT</td>
<td>SP, ST, LU</td>
<td>KI, LI, ST</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Downbearing</td>
<td>Upbearing</td>
<td>Upbearing</td>
<td></td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Similar to wheat but slightly warmer (less tendency to phlegm/damp).</td>
<td>Dispels dampness, diuretic</td>
<td>Supplements qi &amp; Blood, harmonises ST, strengthens SP, regulates &amp; produces body fluids, relieves diarrhoea, diuretic</td>
<td>Supplements MJ, KI, qi and blood; balances body fluids, harmonises ST, strengthens diuresis</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Kastner, 2009)
## Grain comparison

<table>
<thead>
<tr>
<th></th>
<th>Millet</th>
<th>Oats</th>
<th>Quinoa*</th>
<th>Glutinous rice**</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal</strong></td>
<td>Neutral to warm</td>
<td>Neutral to warm</td>
<td>Warm</td>
<td>Warm</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Sweet, salty</td>
<td>Sweet</td>
<td>Sweet, sour</td>
<td>Sweet</td>
</tr>
<tr>
<td><strong>Organ</strong></td>
<td>ST, SP, KI</td>
<td>ST, SP, KI</td>
<td>Whole body?, KI</td>
<td>SP, ST, LU</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Downbearing</td>
<td>Upbearing</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Supplements, strengthens and harmonises MJ, strengthens KI, supplements qi &amp; Blood, dispels damp, transforms Phlegm, downbears counterflow ST qi, diuretic, detoxifying</td>
<td>Supplements qi &amp; Blood, moves qi, strengthens nerves, muscles and sinews; dispels dampness</td>
<td>Generally strengthening for the whole body, specifically tonifies KI yang and pericardium functions.</td>
<td>Reinforcing SP, ST and LU qi.</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td></td>
<td></td>
<td></td>
<td><em>(Kastner, 2009)</em></td>
</tr>
</tbody>
</table>
Wheat indications  (spelt is similar)

- **General heat**
  (dry mouth, fever, sweating)
  - Boil 500mL water with 2 tbsp. coarsely ground wheat for 30 mins. Sweeten with licorice if needed; drink warm

- **Internal heat with disturbed Shen**
  (agitation anxiety, restlessness)
  - Decoct 220g wheat, 50g Chinese dates, 18g licorice; drink warm, 2/day

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**Preparation method:** cooked coarsely ground, finely milled, as porridge or decoction

**Western nutritional value:**
Carbohydrate, protein, starch, fat, lecithin, vitamin B-complex, E, beta-carotene, biotin, folic acid, selenium.

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(Kastner, 2009)
Barley indications

- **Heat symptoms** *(agitation, insomnia, dry mouth)*
  - Porridge of freshly ground and cooked barley

- **Middle jiao disharmony** *(nausea, vomiting, abdominal pain due to food stagnation)*
  - Porridge of freshly ground and cooked barley with slightly warming ingredients, eg. raisins and cinnamon.

**Preparation method:** cooked whole, ground, as flakes, as a decoction, as porridge.

**Western nutritional value:** Protein, starch, fat, calcium, vitamins B1, B2 & B6, pantothenic acid, folic acid, calcium, potassium, magnesium, iron, copper, zinc.

(Kastner, 2009)
Buckwheat indications

- **Food stagnation in St, LI**
  (abdominal fullness or pain)
  - Take roasted and powdered buckwheat, or in a decoction made with turnips.

- **Spleen xu with damp heat**
  (diarrhoea, profuse leukorrhoea)
  - Take powdered buckwheat with white sugar.

- Preparation method: powdered, decocted or made into pills.
- Western nutritional value: protein, fat, sugars, calcium, phosphorus, iron, vitamins B1, B2 and niacin.

(Liu, 1995)
Rye indications

- Phlegm and fluid accumulation
  (Kastner, 2009)

- Migraine
  - Rye broth or congee
  (Pitchford, 2002)

Preparation method: decoction, porridge, flour.

Western nutritional value: protein, starch, fat, calcium, phosphorus, potassium, zinc, lysine, B-vitamins.
## Rice comparison

<table>
<thead>
<tr>
<th></th>
<th>Rice (white &amp; brown)</th>
<th>Rice (sticky/sweet/glutinous)*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Neutral</td>
<td>Warm</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Sweet</td>
<td>Sweet</td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>SP, ST, LU</td>
<td>SP, ST, LU</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Upbearing</td>
<td></td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Supplements qi &amp; Blood, harmonises ST, strengthens SP,</td>
<td>Reinforces SP, ST and LU qi</td>
</tr>
<tr>
<td></td>
<td>regulates &amp; produces body fluids, relieves diarrhoea,</td>
<td>Supplements qi &amp; Blood</td>
</tr>
<tr>
<td></td>
<td>diuretic</td>
<td></td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td></td>
<td>Phlegm heat.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eat in moderation.</td>
</tr>
<tr>
<td><strong>Preparation</strong></td>
<td>Porridge, steamed, decoction</td>
<td>Boiled, powdered, decocted</td>
</tr>
<tr>
<td><strong>Nutritional</strong></td>
<td>Carbohydrates, protein, fat; brown rice contains vitamin</td>
<td>Same as rice with more phosphorus</td>
</tr>
<tr>
<td></td>
<td>B1, B2, B3 and E, iron, potassium</td>
<td></td>
</tr>
</tbody>
</table>

(Kastner, 2009) 
(Liu, 1995)
Other rice comparisons

- Short vs long grain – short grain is nuttier and chewier, and better for nervous people and cool seasons.
- Basmati – Slightly more aromatic and lighter than other rice; more appropriate for damp or stagnant conditions.
- Sprouted rice (gu ya) – neutral, sweet, used for weak digestion and poor appetite (SP qi xu) and for resolving food stagnation.
- Wild rice – not a true rice, cooling, sweet and bitter, diuretic, benefits KI & BL. More protein than other rice.

(Pitchford, 2002)
Rice indications

- SP & ST xu

  (general lack of strength, anorexia, nausea, vomiting, diarrhoea)

- Cook glutinous rice in desired amount of water. At first drink only the boiled rice liquid, later eat the rice, possibly sweetened with honey or licorice.

(Liu, 1995)
Congee

Figure 9. congee (Kington, 2018)
Basic congee recipe (from session 2)

**Ingredients**
- 1 cup of rice
- 5-10 cups water or broth (use more rather than less).

**Method**
1. Combine ingredients in pot with a lid and cook over low heat for 4-6 hours. (You can use a slow cooker.)

Other ingredients may be added as required during or after cooking.

Can be sweet or savoury. You can also add toppings.

The longer a congee cooks for the more powerful it is said to be.

(Pitchford, 2002)
Medicinal congees (from session 2)

- Savoury chicken to build qi
- Chicken egg congee to build qi and Blood
- Savoury millet and vegetable to build qi and Blood
- Apricot and almond congee to nourish Blood
- Cherry and cinnamon congee to warm and move qi
- Tropical congee to nourish and cool Blood

(Erlewein, 2010)

Grounding ginger & green onion congee

**Ingredients (serves 4)**
- 1 (1 inch) piece fresh ginger, peeled and grated
- ¼ cup sticky/glutinous rice
- 2½-3 cups water
- 3 green onions, sliced thinly
- Condiments (rice vinegar, soy sauce, salt, sesame oil)

**Method**
1. Combine ginger, sticky rice, water in medium size pot; bring to boil, then lower heat to low & simmer with lid ajar for 30-40 mins.

**Method cont’d**
2. Add a little extra water if congee is drying out, sticking to the bottom or becoming too thick for your taste.
3. Turn off the heat and add green onion to congee.
4. Season with condiments of your choice and serve warm.

(Wang, 2010)
Millet indications

- **MJ deficiency**
  (Lack of appetite, general weakness, fatigue, diarrhoea)
  - Millet muesli (or porridge) for breakfast, with raisins, nuts, cinnamon and fruits in season.  
  (Kastner, 2009)

Preparation method: porridge, decoction, steamed

Western nutritional value: carbohydrate, protein, starch, fat, calcium, phosphorus, iron, fluoride, magnesium, vitamin B1 and B6, lecithin.

Figure 10. Millet (Rootytootoot, 2010)
Oats indications

- General qi, Blood, yang xu
  (Exhaustion, recovery from chronic illness, lack of strength, weak children, elderly)
  - Freshly cooked oat porridge daily, or cooked oatmeal with raisins.

Preparation method: decoction, ground, porridge, rolled oats

Western nutritional value: protein, fat, vitamin B1 and B2, calcium, iron, manganese, silicon, zinc

(Kastner, 2009)
FOOD HERBS, CONDIMENTS & BEVERAGES

Figure 12. Herbs & spices (Ali Eminov, 2010)
Condiments & food herbs

“Eating is a sensory experience. We smell aromas, we see colours, we feel the texture and taste the flavours of foods we eat, amplifying the joys eating can bring. Without the senses, eating does not satisfy or hold our interest. This is where condiments come in.”

(Goldsmith, 2017)
Most herbs and spices are...

- **FLAVOUR:**
  - Pungent, sweet

- **TEMPERATURE:**
  - Cool to Warm

- **ACTION:**
  - Scatters the cold while warming & activating digestion
  - Warms the centre
  - Pungent & warming as well as cooling herbs and spices can disperse qi, hot or cold

*There are always exceptions to the rule…*

(Goldsmith, 2017)
## Herb and spice comparison

<table>
<thead>
<tr>
<th></th>
<th>Cinnamon</th>
<th>Chilli</th>
<th>Pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Warm to hot</td>
<td>Hot</td>
<td>Hot</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Pungent</td>
<td>Pungent</td>
<td>Pungent</td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>ST, SP, LR, KI</td>
<td>ST, SP, HT</td>
<td>ST, SP, LI, LU</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Upbearing</td>
<td>Upbearing</td>
<td>Upbearing</td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Warms MJ, dissipates cold, moves Blood, loosens stagnation, can promote secretion of digestion juices, alleviates bloating</td>
<td>Dissipates cold, warms MJ, dissolves food stagnation, sweat producing, dries dampness</td>
<td>Warm MJ, dissipates cold, regulates qi, dispenses qi &amp; blood stasis, reduces counterflow qi, eliminates Phlegm, relieves pain, produces sweat, dispels wind-cold.</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td>Heat symptoms due to yin xu Restricted during pregnancy</td>
<td>Restraint for patients with yin xu and heat symptoms.</td>
<td>Heat symptoms due to yin xu (Kastner, 2009)</td>
</tr>
</tbody>
</table>
Cinnamon indications

- **SP & ST xu**
  (anorexia)

- **Cold symptoms, cold in ST, SP**
  (sensitive to cold, abdominal pain, nausea, vomiting, diarrhoea)

- **Pain (cold or wind-cold or blood stasis)**
  (abdominal pain after birth, rheumatic pain)

- **Wind cold**
  (Kastner, 2009)

- **SP & KI Yang xu**

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**Preparation method:** seasoning, in seasoning mix, powder, decoction, pill

**Western nutritional value:** 2% cinnamon oil, 90% cinnamon aldehyde and resins

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Figure 13. cinnamon (anuandraj, 2013)
Chilli indications

- **Wind cold**
  (Flu, common cold)

- **Cold obstructions**
  (Rheumatic disorders)

- **Cold stagnation in MJ**
  (Anorexia, fatigue)

- **Cold in ST/SP**
  (Decreased appetite, sensation of cold in ST, diarrhoea, nausea, vomiting)

Preparation method: Seasoning, raw, fried, in soups

Western nutritional value: capsaicin, essential oils, vitamin A, C & E, phosphorus, calcium

Figure 14. Heap of Dried Red Chili Peppers (Iwan Gabovitch, 2012)

(Kastner, 2009)
Pepper indications

- **SP & ST xu**
  (Anorexia, indigestion, bloating)
  - Increase use of pepper as seasoning.

- **ST & SP Cold**
  (Cold & pain in abdomen. Pain worsens with cold.)
  - Decoction of pepper & ginger. Simmer a pinch of freshly ground pepper with 30g fresh ginger in water for 10 mins. Drink while warm.

Preparation method: decoction, ground, porridge, rolled oats

Western nutritional value: protein, fat, vitamin B1 and B2, calcium, iron, manganese, silicon, zinc

Figure 15. Black peppercorns (George, 2018)
## Herb and spice comparison

<table>
<thead>
<tr>
<th></th>
<th>Parsley*</th>
<th>Coriander</th>
<th>Fennel seeds** (xiao hui xiang)</th>
<th>Clove** (Ding xiang)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermal nature</td>
<td>Slightly warm</td>
<td>Warm</td>
<td>Warm</td>
<td>Warm</td>
</tr>
<tr>
<td>Flavour</td>
<td>Pungent, bitter, salty</td>
<td>Pungent</td>
<td>Pungent</td>
<td>Pungent</td>
</tr>
<tr>
<td>Organ network</td>
<td>BL, KI, GB</td>
<td>LU, SP</td>
<td>LR, KI, SP, ST</td>
<td>KI, SP, ST</td>
</tr>
<tr>
<td>Direction</td>
<td>Upbearing</td>
<td>Descending</td>
<td>Descending</td>
<td>Descending</td>
</tr>
<tr>
<td>Effect</td>
<td>Improves digestion, detoxifies meat / fish poisoning, promotes urination, dries watery mucoid conditions, good for kidney &amp; urinary problems</td>
<td>Warms foods, dissipates cold, produces sweat, balances qi, disperses blood stasis, loosens digestive obstruction, reverses counterflow qi</td>
<td>Moves and regulates qi, relieves pain, warms cold, warms the channels</td>
<td>Warms cold, transforms dampness, descends counterflow qi, relieves pain, tonifies KI, tonifies &amp; harmonises SP</td>
</tr>
<tr>
<td>Contraindication</td>
<td>Not during lactation (*Pitchford, 2002)</td>
<td>Qi xu or foul smelling sweat (Kastner, 2009)</td>
<td>Yin xu with heat symptoms (**Hempen, 2009)</td>
<td>Febrile disorders, yin xu</td>
</tr>
</tbody>
</table>
## Herb and spice comparison

<table>
<thead>
<tr>
<th></th>
<th>Turmeric*</th>
<th>Ginger (fresh &amp; dry)</th>
<th>Garlic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Warm</td>
<td>Warm (dry is warmer)</td>
<td>Warm (cooked), hot (raw)</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Pungent, bitter</td>
<td>Pungent</td>
<td>Acrid (raw), Cooked (sweet acrid)</td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>LR, SP</td>
<td>LU, ST, SP</td>
<td>LU, ST, SP</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Upbearing</td>
<td>Upbearing</td>
<td>Upbearing</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td><em>(Geng, 1991)</em></td>
<td>Yin xu with heat, high blood pressure</td>
<td>Heat symptoms, yin xu. (Kastner, 2009)</td>
</tr>
</tbody>
</table>
Coriander indications

- **Cold & SP ST disharmony**
  (anorexia, nausea, indigestion, stagnation due to cold)
  - Add coriander as a seasoning to dishes.

- **Wind cold disorders**
  (Colds, flu with aversion to cold, chills)
  - Decoction of green onions, coriander seeds and ginger.

Preparation method: leaves, stems, roots, dried seeds in soups, salads or as seasoning.

Western nutritional value: essential oil, bioflavonoids, protein, vitamin C and calcium.

(Kastner, 2009)
Ginger indications

○ Wind cold invasion (flu, cold)
  • Decoction of fresh ginger and green onions simmer thumb sized pieces of ginger and green onions on 2 cups water for 10 mins. Drink warm at first sign of cold.

○ Indigestion
  • Freshly grated ginger as a tea

○ Cold or Cold-phlegm in LU
  • Decoction of (50g) fresh ginger with (30g) malt sugar.

Preparation method: fresh, dried, flakes, chips, powder, juice, decoction
Western nutritional value: essential oil, starch & amino acids, amaroids (bitters), gingereol,
Garlic indications

- **Cold & obstruction in MJ (Epigastric & abdominal pain)**
  - Garlic cloves picked in vinegar, ½ clove/day

- **Nausea, vomiting, diarrhoea**
  - Garlic raw or braised.

- **Intense watery diarrhoea**
  - Garlic syrup: mix 1 chopped clove of garlic with 1 tbsp. lemon juice & 1 tbsp. honey.
  - Take 3-5 times/day
  - (Kastner, 2009)

**Cold, cough, bronchitis**

Garlic, ginger, sugar decoction

Preparation method: raw, gently braised, juice, decoction

Western nutritional value: essential oil, allicin, protein, calcium, vitamin B1 & C, carotene,
Warmed golden milk

Ingredients (serves 4)
- 2 tbsp. ghee, butter or coconut oil
- 1 tsp. turmeric powder
- ½ tsp. ginger powder
- Pinch of finely ground pepper
- 2 cups of milk (of your choice)
- 1 tsp. honey (optional)

Method
1. Melt ghee in a small saucepan over medium-high heat. Add the spices and stir continuously for 30 seconds or until fragrant.
2. Add the milk and stir constantly until steaming hot.
3. Remove from heat and add honey. Stir to dissolve honey.
4. Place the liquid in a blender. Blend on high allowing the steam to escape, for 30 seconds. The mixture should now be blended with the oils from the ghee and be golden and frothy. (Blending helps to get the right consistency.)
5. Pour and enjoy immediately.

(de la Floret, 2017)
# Condiment comparison

<table>
<thead>
<tr>
<th></th>
<th>Salt</th>
<th>Soy sauce</th>
<th>Vinegar</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Cold</td>
<td>Cold</td>
<td>Warm</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Salty</td>
<td>Salty, sweet</td>
<td>Sour, bitter</td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>ST, KI, SI, LI</td>
<td>SP, ST, KI</td>
<td>ST, LR,</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Downbearing</td>
<td>Downbearing</td>
<td>Upbearing</td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Clears heat, cools Blood, moistens dryess, downbears qi, strengthens KI, loosens phlegm</td>
<td>Clears heat, harmonises MJ, detoxifies</td>
<td>Stops bleeding, disperses Blood and qi stagnation, detoxifies, promotes digestion</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td>SOB, oedema, diabetes mellitus, high blood pressure</td>
<td>Formation of phlegm with excessive consumption</td>
<td>MJ stagnation due to damp</td>
</tr>
</tbody>
</table>

(Note. Tamari is a Japanese wheat-free soy sauce.)

(Kastner, 2009)
Salt indications

- **KI yin & yang xu**
- **Fire due to yin xu**
  (dizziness, headaches, red eyes, mouth & tongue ulcers, bleeding gums, constipation, hoarseness, sore throat)
  - $\frac{1}{2}$ tsp. salt dissolved in warm water, taken before meals.
- **Phlegm accumulation or hardness in body**

Preparation method: seasoning, dissolved in warm or hot water

Western nutritional value: sodium

(Kastner, 2009)
Vinegar indications

- **Blood stasis**
  (Pain in abdomen, palpable hardness in abdomen)
  - Healing herbs brewed with vinegar.

- **Qi & Blood stasis**
  (Digestive obstruction from too much fatty food or protein)

- **Bleeding**
  (Nosebleeds, bloody stool, bloody sputum)
  (Kastner, 2009)

Preparation method: seasoning, diluted in water, decoction

Western nutritional value: acetic acid, acetal, oxalic acid, acetaldehyde, minerals, acids, alcohols or higher quality
Most nut and seed (oils) are…

- **FLAVOUR:**
  - Bland, _sweet_

- **TEMPERATURE:**
  - Neutral

- **ACTION:**
  - Lubricates
  - Moistens Lungs & Large Intestine
  - Eases constipation
  - Tonifies Spleen qi
  - When oils are heated (eg. Deep fry) they change to _warm to hot_.
  - Excessive consumption causes damp & phlegm (or damp/ phlegm heat)

_There are always exceptions to the rule…_

(Goldsmith, 2017)
## Nut & seed oil comparison

<table>
<thead>
<tr>
<th></th>
<th>Sesame oil</th>
<th>Peanut oil</th>
<th>Soybean oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermal nature</td>
<td>Cool</td>
<td>Neutral</td>
<td>Warm</td>
</tr>
<tr>
<td>Flavour</td>
<td>Sweet</td>
<td>Sweet</td>
<td>Pungent, sweet</td>
</tr>
<tr>
<td>Organ network</td>
<td>LI, LR, KI</td>
<td>LI, LU, ST</td>
<td>LI</td>
</tr>
<tr>
<td>Direction</td>
<td>Downbearing</td>
<td>Upbearing</td>
<td>Upbearing</td>
</tr>
<tr>
<td>Effect</td>
<td>Moistens intestines, laxative, detoxifies</td>
<td>Tonifies MJ, moistens LU &amp; LI, antiparasitic</td>
<td>Moistens intestines, disperses blood stasis, laxative, antiparasitic</td>
</tr>
<tr>
<td>Preparation</td>
<td>Seasoning, salads, sparing for occasional frying</td>
<td>Frying and deep frying</td>
<td>Frying and deep frying</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Unsaturated fatty acids lecithin, vitamin E</td>
<td>High quality essential fatty acids (including linoleic acid), B vitamins</td>
<td>Unsaturated fatty acids, linoleic acid, oleic acid, vitamin E.</td>
</tr>
<tr>
<td>Contraindication</td>
<td>Excess weakens SP &amp; can cause diarrhoea</td>
<td>Excess leads to Phlegm</td>
<td>(Kastner, 2009)</td>
</tr>
</tbody>
</table>
Other notable oils

- Coconut oil
- Olive oil
Most sweeteners are…

- **FLAVOUR:**
  - Sweet

- **TEMPERATURE:**
  - Neutral to Warm

- **ACTION:**
  - Supports MJ, ST & SP,
  - calms, relaxes muscle tension & spasm

*There are always exceptions to the rule…*

(Goldsmith, 2017)
## Sweetener comparison

<table>
<thead>
<tr>
<th></th>
<th>Honey</th>
<th>White sugar</th>
<th>Brown / whole cane sugar</th>
<th>Maltose /malt syrup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermal nature</td>
<td>Neutral</td>
<td>Neutral-warm</td>
<td>Warm</td>
<td>Warm</td>
</tr>
<tr>
<td>Flavour</td>
<td>Sweet</td>
<td>Sweet</td>
<td>Sweet</td>
<td>Sweet</td>
</tr>
<tr>
<td>Organ network</td>
<td>SP, LU, LI</td>
<td>ST, SP, LU</td>
<td>SP, ST, LR</td>
<td>SP, ST, LU</td>
</tr>
<tr>
<td>Direction</td>
<td>Upbearing</td>
<td>Upbearing</td>
<td>Upbearing</td>
<td>Upbearing</td>
</tr>
</tbody>
</table>
Honey indications

- **ST & SP xu**
- **Dryness of LU**
  (Dry cough, little sputum, hoarseness)
  - Steamed pear with honey
- **Dryness in LI with yin xu due to heat**
  (Constipation)
  - Mix honey with roasted black sesame; grind into porridge; dissolve in warm water & drink
- **Stomach heat**

Preparation method: raw, as seasoning, dissolved in warm water

Western nutritional value: 70% fructose & glucose, protein, citric acid, pectin, vitamin B1, B2, B6, C & D, magnesium, calcium, potassium, sodium, phosphorus, iron, copper, manganese

Figure 21. Honey (Tomaž Štolfa, 2010)
White sugar indications

- Dryness in LU
- Stomach yin xu
- ST & SP xu
  (Epigastric pain or after alcohol excess)
  - Dissolve 30g of sugar in water.

Preparation method: Dissolved in water

Western nutritional value: Sucrose

(Kastner, 2009)
Brown / whole cane sugar indications

- **ST & SP Xu**
  (Abdominal pain, for example with Blood stasis, nausea & vomiting)
  - Decoct brown sugar (100g), fresh ginger & dried tangerine peels

- **Blood stasis caused by Cold**
  (Painful menses, persisting and congesting lochia after childbirth)

**Preparation method:** Dissolves in warm liquids, in alcoholic beverages, as decoction.

**Western nutritional value:** Sucrose, calcium, vitamin B2, iron

Figure 23. Brown sugar examples: Muscovado (top), dark brown (left), golden brown (right) (Moe Rubenzahl, 2010)
Maltose, malt sugar/syrup indications

- **ST & SP xu**
- **Dryness & LU xu**
  (throat pain, hoarseness, cough with little sputum, SOB)
  - Steam white radish (500g) mixed with malt sugar (1 tbsp.); eat while warm.

**Preparation method:** Syrup or powder, dissolve in water, as powder or decoction.

**Western nutritional value:** Maltose, vitamin B, iron

(Kastner, 2009)
Most fragrant flowers are...

○ FLAVOUR:
  • Pungent, sweet, slightly bitter

○ TEMPERATURE:
  • Cool, neutral, Warm

○ ACTION:
  • Dissolves dampness
  • Assists in regulating digestion
  • Activates blood circulation and qi
  • Lifts the spirit

There are always exceptions to the rule…

(Goldsmith, 2017)
# Fragrant flower & leaf comparison

<table>
<thead>
<tr>
<th></th>
<th>Mint (bo he)</th>
<th>Chrysanthemum (ju hua)</th>
<th>Honeysuckle (jin yin hua)</th>
<th>Rose bud (mei gui hua)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal</strong></td>
<td>Cold</td>
<td>Cold</td>
<td>Cold</td>
<td>Warm</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Pungent</td>
<td>Sweet, bitter</td>
<td>Sweet</td>
<td>Sweet, bitter</td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>LU, LR</td>
<td>LR, LU</td>
<td>LU, ST, HT, LI, LR</td>
<td>LR, SP, GB, TE</td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>Lifting</td>
<td>Sinking</td>
<td>Lifting</td>
<td>Lifting</td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td>Exterior xu, spont. sweat, yin xu heat</td>
<td>SP qi xu, anorexia, diarrhoea</td>
<td>SP xu with diarrhoea</td>
<td>(Hempen, 2009)</td>
</tr>
</tbody>
</table>
# Cocoa

<table>
<thead>
<tr>
<th></th>
<th>Cocoa powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermal nature</td>
<td>Neural to warm</td>
</tr>
<tr>
<td>Flavour</td>
<td>Bitter, sweet</td>
</tr>
<tr>
<td>Organ network</td>
<td>Unknown</td>
</tr>
<tr>
<td>Direction</td>
<td>Downbearing</td>
</tr>
<tr>
<td>Effect</td>
<td>Induces urination; stimulates energy; can support reduction of cholesterol levels and lower blood pressure</td>
</tr>
<tr>
<td>Contraindication</td>
<td></td>
</tr>
<tr>
<td>Preparation</td>
<td>Beverage, sweetened to make candy, desserts</td>
</tr>
</tbody>
</table>

(Goldsmith, 2017)
“Tea is a miraculous medicine for the maintenance of health. Tea has an extraordinary power to prolong life. Anywhere a person cultivates tea, long life will follow.”

How to stay healthy by drinking tea, Zen monk Eisai, 1211 (cited in Deadman, 2016)
The history of tea

( watch TED Ed video )
Tea (cha)

- True tea is only from the leaves of *camellia sinensis*.
  - Rooibos, rosehip, peppermint etc are not true ‘tea’.

- **Types of tea**:
  - White (unoxidised ‘tips’ - bud and first two leaves)
  - Green (unoxidised)
  - Oolong (semi-oxidised)
  - Black (oxidised)
  - Puerh – oxidised green tea, fermented with microbes, it can be raw or baked and is aged for years to decades.

Figure 26. Oolong tea (George, 2014)

Brewing different types of tea video
Kombucha tea

What is kombucha tea?
There aren’t many references to kombucha, however since kombucha has returned to popularity here is one view on it:

- “CM considers kombucha to be sour, bitter and warming. The sour flavour in TCM herbology and nutrition is used to cleanse the Liver and Gall Bladder.”
- “Being warming in its thermal nature, kombucha helps the Spleen system which prefers Yang (warming) food and drink.”
- “Kombucha, which has similar properties to vinegar in TCM, is used to remove stagnation by moving Qi and Blood.”

(Gentle Zen, 2014)
## Hot beverage comparison

<table>
<thead>
<tr>
<th></th>
<th>Green &amp; white tea</th>
<th>Black tea</th>
<th>Coffee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thermal nature</strong></td>
<td>Cool to cold</td>
<td>Warming</td>
<td>Warm to hot</td>
</tr>
<tr>
<td><strong>Flavour</strong></td>
<td>Bitter, sweet</td>
<td>Bitter, sweet</td>
<td></td>
</tr>
<tr>
<td><strong>Organ network</strong></td>
<td>ST, LU, HT, KI</td>
<td>Fire network</td>
<td></td>
</tr>
<tr>
<td><strong>Effect</strong></td>
<td>Clears heat (especially from the head), quenches thirst, diuretic, downbears qi, disperses digestive obstruction, refreshes the mind, transforms phlegm &amp; damp, detoxifies, harmonises ST</td>
<td>Warms &amp; strengthens HT, stimulant, stimulates mental capacities, diuretic, detoxifies after excessive alcohol consumption, dries out body fluids</td>
<td></td>
</tr>
<tr>
<td><strong>Contraindication</strong></td>
<td>Stomach cold &amp; xu, sleep disturbances, excess dries out body fluids, especially Blood. Caution in Blood xu.</td>
<td>Coffee dries out body fluids, can lead to Blood xu, in excess may damage KI.</td>
<td></td>
</tr>
</tbody>
</table>

(Kastner, 2009)
“Wine, a beauty bestowed by heaven – drinking a small amount harmonises the Blood and moves the qi, strengthens the Spirit and wards off cold, disperses the worry and dispels moodiness. Drinking a painful amount damages the Spirit and consumes the Blood, causes detriment to the Stomach and death to the Essence, engenders phlegm and stirs up fire.”

Li Shizhen, 1578
(cited in Deadman, 2016)
# Alcohol comparison

<table>
<thead>
<tr>
<th></th>
<th>Beer</th>
<th>Wine</th>
<th>Spirits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermal nature</td>
<td>Cool, esp. wheat beer</td>
<td>Warm</td>
<td>Hot</td>
</tr>
<tr>
<td>(higher alcohol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% more heating)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flavour</td>
<td></td>
<td>Pungent, sweet, bitter</td>
<td></td>
</tr>
<tr>
<td>Organ network</td>
<td></td>
<td>HT, LR, LU, ST</td>
<td></td>
</tr>
<tr>
<td>Direction</td>
<td></td>
<td>Upbearing</td>
<td></td>
</tr>
<tr>
<td>Effect</td>
<td>Moves qi, moves Blood,</td>
<td></td>
<td>Moves qi, moves Blood,</td>
</tr>
<tr>
<td></td>
<td>dispels cold, disperses</td>
<td></td>
<td>dispels cold, disperses</td>
</tr>
<tr>
<td></td>
<td>Liver qi stagnation</td>
<td></td>
<td>Liver qi stagnation</td>
</tr>
<tr>
<td>Contraindication</td>
<td>Liver yin xu, Heat</td>
<td></td>
<td>Liver yin xu, Heat</td>
</tr>
<tr>
<td></td>
<td>symptoms, damp heat.</td>
<td></td>
<td>symptoms, damp heat.</td>
</tr>
<tr>
<td></td>
<td>Regular excessive</td>
<td></td>
<td>Regular excessive</td>
</tr>
<tr>
<td></td>
<td>alcohol consumption</td>
<td></td>
<td>alcohol consumption</td>
</tr>
<tr>
<td></td>
<td>damages qi, destroys</td>
<td></td>
<td>damages qi, destroys</td>
</tr>
<tr>
<td></td>
<td>yin and destroys</td>
<td></td>
<td>yin and destroys</td>
</tr>
</tbody>
</table>

(Kastner, 2009)
Alcohol indications

- **Short-term qi xu**
  - (fatigue, exhaustion)
    - Radix ginseng & alcohol decoction

- **Blood stasis & cold**

- **Blood xu**
  - Red wine in moderation
    - (also strengthens KI)

- **Liver qi stagnation**

- **Invasion of wind cold**

Preparation method: consumed in small amounts, for preserving and seasoning foods.

Western nutritional value: Ethanol, fatty acids, acids, possibly sugar

(Kastner, 2009)
Making medicinal wine/liqueur

- Immerse herbs in clear, high-proof alcohol (e.g. rice wine, gin, vodka) for at least 2 weeks and up to several months.  
  (Kastner, 2009)

- You can find many more recipes online and in texts.
Chrysanthemum & goji berry wine

Ingredients (serves 4)
- 2 cups rice wine (eg. Sake)
- ¼ cup ju hua (dried chrysanthemum flowers)
- 2 tbsp. gou qi zi (goji berries / wolfberries)
- 1 tsp. honey

Method
1. In jar, combine rice wine, chrysanthemum, goji berries and honey. Seal with lid and shake well to combine.

Method cont’d
2. Let stand in a cool, dark place, shaking every 2 to 3 days, for up to a week.
3. Using a fine-mesh sieve, strain into bottle or into sake cups.
4. Drink a small sake cup or shot glass of it once day while symptoms appear.

(Goldsmith, 2017)
Australian guidelines for alcohol consumption

- For **healthy men and women**, drinking **no more than two standard drinks** on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime.

- Drinking **no more than four standard drinks** on a **single occasion** reduces the risk of alcohol-related injury arising from that occasion.

- A **standard drink** contains **10 grams of pure alcohol**

- [Information for health professionals on pregnancy and alcohol](https://www.health.gov.au/)

(Australian Government Department of Health, 2012)
Western nutrition

- For all foods you can search for their nutritional value in greater detail via this link:
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