WHAT IS TRADITIONAL CHINESE MEDICINE?
- A safe and effective natural and holistic medical system, which originated in ancient East Asia and recognized worldwide today
- Includes Acupuncture, Chinese Herbal medicine, Food therapy, massage and Qi Gong
- Healing system with 3000 year history of continuous use
- Relies on sensory awareness and contemplation to understand human condition and health

YIN AND YANG

The Qi in the body and all energies in the cosmos alternate between phases of activity, YANG, and phases of passivity, YIN.

YANG
- Inhale
- Light
- Heat
- Nourishes
- Exterior of body
- Acute
- Function

Used to recognize and describe patterns in person’s health including emotions and behavior similar to a meteorological outlook.
FIVE ELEMENT THEORY

- Human beings as microcosm of nature
- Health understood as a dynamic self-regulating ecosystem
- FET used to explain interconnectedness of our internal environment with all external factors
- Internal organs, musculoskeletal system, emotions, food, and seasons all inter-related and integral to wellness

"To administer medicines to diseases which have already developed...is comparable to the behavior of those persons who begin to dig a well after they have become thirsty..."

The Yellow Emperor's Classic, circa 250 B.C.E.
“When heaven and earth had already been separated, the creation of all things was due solely to the five qi [this is like the six qi of hot, cold, wind, damp, etc.]. After the five qi had been determined, the five tastes arose. Following the genesis of the five tastes, the thousand transformations and ten thousand changes continued without end. Thus it is said that the qi bring forth things, and the tastes complete them.

(See Cao Yi, 12th Century)

“Each of the diseases of the four seasons and the five viscera react to that of the five flavors to which they correspond.” (Yellow Emperor’s Classic, circa 250 B.C.E.)

TCM concept of organ related to function, not location and structure. Organs represent entire domains of influence in health including emotions. Flavors or tastes or are not an effect of substance on the tongue but rather a specific therapeutic function.
FIVE ELEMENTS - ORGANS

- Heart
- Lungs
- Spleen
- Kidneys
- Liver

FIVE ELEMENTS - TASTES

- Bitter
- Sweet
- Pungent
- Sour
- Salty

Majority are rich in essential oils.

Direct energy to surface of body
Promote circulation
Encourage expectoration, thin mucous and expel gas
1/sporty are rich in essential oils.
Pungent foods include:
- All types of chilies
- All members of the onion family including onion, garlic, leeks and shallots
- Cruciferous vegetables that are spicier like cabbage, mustard greens, radish, horseradish and turnips
- Culinary spices and herbs like black and white pepper, ginger, wasabi mustard, basil, peppermint, chamomile and cinnamon

Other seasonal foods include:
- Nuts, especially walnuts, almonds, and pecans
- Root vegetables
- In season fruits

Cooking methods should shift in the Autumn away from raw and steamed to baking and sautéing. By using less water, lower temperatures over longer periods of time we conserve and contain the energy of the foods, which we need in preparation for the Winter.

1. Sinuses, bronchioles, nose and throat
2. Our skin including mucous membranes
3. Frequency of allergies, acute colds, flus, sinus and upper respiratory infections
4. Bowel regularity
“...But in winter if you move and rest as if you are startled, one’s spirit and breath of life will become unstable.”

Yellow Emperor’s Classic, circa 250 B.C.E.

**BALANCING WATER – DEEP NOURISHMENT**

- Unrefined salt such as Celtic or Himalayan salt and foods with sea salt including sea vegetables, miso, or naturally fermented tamari
- Sea vegetables like kelp or wakame that we can add to soups, beans, and broths or crumbled toasted nori and kelp used as a snack or condiment
- Many herbs such as slinging nettle, peppermint, red clover blossoms, and salvia are great mineral sources if brewed as herbal infusions (one ounce dried herbs steeped overnight in a quart of boiled water in a tightly sealed jar). Nettles are a kidney/adrenal system tonic and contain 300 mg of calcium per gram.
- Bone broths are the most readily available source of all the macro minerals.
- Bone broths are the most readily available source of all the macro minerals.
- Longer cooking methods make the mineral content of all food more available to the body. Winter is the time for broths, herbal infusions, soups, stews, roasts, and baking and minimizing cold and raw foods.

Traditional foods that strengthen the Kidneys include:

- Whole Grains: millet, wild rice, and quinoa
- Vegetables: parsley, sea and root vegetables
- Fruits: berries, especially dark
- Beans: particularly kidney and black
- Animal products: bone broths, fish, organ meats

**HEALTHY KIDNEY SYSTEM INDICATORS**

1. Problems with impotence, libido, fertility, conception, pregnancy and menopause
2. Disorders of the central nervous system, bones, teeth, spinal column, and joints
3. Urinary and prostate issues
4. Issues of fluid metabolism i.e. lower body edema
5. Signs of aging including premature bone, hearing, eyesight, hair and teeth loss
6. Chronic fatigue, apathy, fear, insecurity and lack of will

**Contracting**
- Astringes fluids i.e. perspiration, sputum, semen, vaginal fluids, and blood.
- Moistens and relaxes viscera, muscles, tendons, and ligaments
- Gathers and dispense stagnation in the LR system.
...Every thing starts anew with the first season, which is the beginning of Spring. The three months of Spring are called the period of the beginning and development of life.
Yellow Emperor’s Classic, circa 250 B.C.E.

**BALANCING WOOD – SOOTHE AND SMOOTH**

Examples of sour foods include lemons, limes, pickles, rose hips, sauerkraut and sour apples.

Sour foods also often have other prominent flavors such as sour and sweet found in citrus, cheese, nightshades, olives, sourdough bread and yogurt or sour and bitter found in vinegars.

The detoxification system of the Liver is clearly overloaded by our diets, environments, and stress. A very simple 14-day Spring cleanse consists of consuming one tablespoon of lemon juice and one tablespoon of olive oil first thing upon waking prior to ingestion of anything else and waiting 20-30 minutes before eating or drinking. Try to reduce caffeine and sugar at this time and increase daily activity, even a short brisk walk.

Shorter cooking temperatures and times using less oil and an increase in fresh and raw food are also appropriate for Spring.

**IMBALANCES IN LIVER SYSTEM**

1. Allergies including skin rashes and breakouts
2. Spasms, tightness, numbness and stiffness in muscular skeletal system, especially tight neck and shoulders
3. Headaches especially tension, migraines, and one-sided
4. Blurry vision, poor night vision, itchy, red or “gritty” eyes
5. Abdominal gas and bloating, poor appetite, constipation, loose stools, belching, acid regurgitation
6. PMS, menstrual cramps, irregular periods
7. Mood swings, restlessness, irritability, or anger
8. Meridian pathway disorders including hypochondriac pain and swelling and discomfort in breasts and genitals
9. Symptoms worsen with wind
10. Difficulty with planning or finding direction in life

**BITTER HE/SI**

Descending and centering

Remove toxic heat i.e. anti-bacterial + anti-inflammatory

Drain and dry dampness

High in alkaloids and glycosides
The three months of Summer are called the period of luxurious growth. Everything is in bloom and begins to bear fruit. People should enable the best parts of their body and spirit to develop, they should enable their breath to communicate with the outside world; and they should act as though they love everything outside.” Yellow Emperor’s Classic, circa 250 B.C.E.

The most common bitters are found in all leafy greens like arugula, romaine, dandelion, mustard greens, kale, collards, spinach and chard as well as onions, chives, quinoa, amaranth, red lentils, sesame and sunflower seeds, pistachios and almonds.

Cooling foods such as many of our summer crops of fruits and vegetables can provide the bulk of our dietary intake and grains, beans, and animal products are used more as condiments (Bliss, p.65). Cooking techniques such as sautéing, stir-frying, steaming, and fermenting as well as eating more foods raw and marinating rather than grilling are also more cooling to the body.

Many of the seasonal foods of summer are high in anti-oxidants and flavonoids which help inhibit coagulation and platelet aggregation, reduce atherosclerosis, lower blood pressure, reduce oxidative stress, improve endothelial and capillary function, modify blood lipid levels, reduce inflammation, improve immune system, and modify mechanisms of aging (Weed, 6/2015).

These are found in high concentrations in berries, edible flowers, and fresh culinary herbs and spices. One half to one teaspoon of culinary herbs per day is a simple way to protect your Heart health.

1. Palpitations, poor memory, insomnia
2. Dizziness, low energy, shortness of breath
3. Tongue ulcerations, restlessness, night sweats, blushing
4. Incessant activity, chatter, uncontrollable laughter, scattered mind
5. Speech problems including stuttering, confused or inappropriate speech
6. Anxiety, especially situational

“Medicine designates practices thought to enhance a person’s aliveness.”

Hsu, Elizabeth. Pulse Diagnosis in Early Chinese Medicine, 2010.
RESOURCES + INFLUENCES

Sandy Canzone, Master Zhenzhan Dao, Jeffrey Yuen, Susun Weed, Jim Ventresca, Subhuti Dhammananda
Chinese Medical Herbology and Pharmacology by John Chen
The Energetics of Western Herbs by Peter Holmes
Real Food All Year by Nishanga Bliss
Healing with Whole Foods by Paul Pitchford
Nourishing Traditions by Sally Fallon
The Yellow Emperor’s Classic of Internal Medicine translated by Ilza Veith
Wood Becomes Water- Chinese Medicine in Everyday Life by Gail Reichstein
The Web That Has No Weaver by Ted J. Kaptchuk
Between Heaven and Earth by Harriet Beinfield and Efrem Korngold