

BE HAPPY AND HEALTHY THIS HOLIDAY SEASON WITH CHINESE NUTRITIONAL PRINCIPLES

In Classical Chinese Medicine, there were 8 Limbs of Wellbeing:

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| 1.Meditation | 5.Geomancy (Fung Shui) |
| 2.Exercise | 6.Massage |
| 3.DIET | 7.Herbology |
| 4.Astrology | 8.Acupuncture/Moxibustion |

The Earth Element School of Thought states:

“All illness can be treated by strengthening the digestion (spleen and stomach) with food.”

Chinese Medicine is holistic, based on the idea that no single part can be understood except in relation to the whole. A person who is well, or in harmony, expresses mental, emotional and physical balance. When a person is ill, a symptom is only part of a complete bodily imbalance that can be seen in other aspects of his or her life. The underlying theory of Yin and Yang explains how things function in relation to each other and the universe. Thus, Yin and Yang contain within themselves the possibility of opposition and change to maintain this functional balance.

In Taoist philosophy, the ancient masters astutely observed Nature around them and applied these observations to the human body. Yin is seen as the shady side of the mountain, and is associated with qualities such as cold, rest, responsiveness, passivity, downwardness, inwardness, and decrease. It is the feminine aspect of nurturing and substance. Yang is the sunny side of the mountain and is associated with heat, movement, vigor, light, upwardness, outwardness and increase. It is the masculine aspect of activity and stimulation. Just as Yin and Yang are constantly in a state of flux to achieve balance in the natural world, so too, are our bodies constantly shifting between the qualities of Yin and Yang to achieve homeostasis or perfect balance.

Nutrition is an important part of the balance of Yin and Yang in our bodies because food is a main link between the inner and outer worlds. Health is balance. A balanced diet is eating foods in harmony with the outer world.

Factors of Balance:

- 1.Eating food in balance with each other
- 2.Eating foods in balance with one's particular constitution
- 3.Eating food in balance with the season
- 4.Eating foods in balance with the therapeutic actions of the body

HELPFUL HINTS

DRINK LOTS OF PURE WATER. Drink at least 1/2 your weight in ounces of pure water every day. For example, if you weigh 130 lbs., drink 65 oz. of water. Carry a quart bottle with you to keep track easily (this amount needs to be adjusted for persons with cardiac or kidney impairment). Avoid drinking lots of water with your meals as it dilutes the digestive enzymes in your stomach.

BE MINDFUL AND PRESENT WHEN YOU PREPARE AND EAT YOUR FOOD

Your body is a temple and eating is a sacred act.

RELEASE NEGATIVE EMOTIONS BEFORE YOU PREPARE OR EAT FOOD.

BREATHE IN GRATITUDE for the simple treasures of your life; for instance, having food to eat and being able to choose organic, wholesome foods. If something is troubling you, take a few moments to breathe consciously. Breathe in the universal life force which is truly just a conscious breath away.

SIT DOWN TO EAT. Standing or driving keeps the blood in your arms and legs rather than directing it to the stomach where it is needed for optimal digestion.

BLESS YOUR FOOD. A child dies of starvation every 7 seconds.

CHEW YOUR FOOD VERY WELL. Chew each bite until it becomes “soup” in your mouth. Enzymes are released in the mouth as you chew well to begin the digestive process. A rule of thumb is to chew each bite 30 times. Children love to play a counting game with chewing.

EAT A WELL-BALANCED DAILY DIET

40 to 60% whole grains (vegetarian diet- add 10% beans, legumes)

30 to 40% vegetables

10 to 20% meats, nuts, dairy, beans

10% (winter) to 20% (summer) fruit

FOOD COMBINING is also an important key to increase digestibility and assimilation and to decrease food allergies, gas, belching, indigestion, and food stagnation in the stomach.

EASY TO DIGEST

Grain with vegetables

Pasta with vegetables

Beans with vegetables

Fish with vegetables

Cooked local fruit (alone)

Melons (alone)

MOST GAS-FORMING

Fruit or sweets with beans

Fruit with vegetables

Fruit with grains, dairy, or meat

Grains with dairy or meat

Melons with anything else

DON'T EAT PAST 7 PM FOR OPTIMAL DIGESTION AND WEIGHT.

The biological clock of the stomach is at it's lowest at 7PM and in a regeneration phase throughout the night, and reaches it's optimal functioning at 7AM.