The Nature of Foods







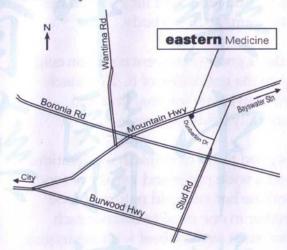


Cold		Cool	Neutral	tral	Warm	THE PERSON NAMED IN	Hot
Cabbage, Chinese	Alfalfa Sprout	Millet	Almond	Papaya	Aniseed	Onion	Cinnamon
	Apple	Mint	Azuki Bean	Pea	Basil	Papaya, dried	Pepper, black
	Apricot	Mung Bean	Barley Malt	Rice, brown	Beef	Parsley	Garlic
	Asparagus	Mushroom, Button	Buckwheat	Rice Bran	Black Bean	Parsnip	Ginger, dried
	Bamboo Shoot	Orange	Corn Meal	Rice Malt	Cardamon	Pepper, Bell	Lamb
Soldenseal Root	Beetroot	Peach	Dairy Products	Rye	Cherry	Pine Nut	Scallion
	Bok Choy	Pearl Barley	Date, Chinese	Sesame Seed,	Chestnut	Pineapple	Chilli
	Broccoli	Persimmon	Fish, Saltwater	black	Chicken	Plum	Curry
	Burdock Root	Potato	Fungus, Black	Sunflower	Chive	Prune	Nuts
Motherwort Leaf	Cabbage	Pumpkin	Fungus, White	Seed	Coffee	Raspberry	Chocolate
	Carrot	Raddish, Daikon	Gelatin	Sweet Potato	Coconut	Shrimp	Capsicum
	Cauliflower	Rice, white	Honey	Taro Root	Fennel Seed	Rice, Sweet	Deep fried
Mushroom, white	Celery	Soy Bean	Kidney Bean	Yam, Chinese	Fish, freshwater	Rice Vinegar	foods
	Cilantro	Soy Bean Sprout	Lettuce		Ginger, fresh	Sugar, brown	Spicy Foods
	Clam	Spinach	Licorice Root		Grape	Sesame Seed	Oven bake
	Corn Silk	Squash	Loquat		Green Bean	Tangerine	spooj
	Crab	Strawberry	Lotus Seed		Hawthorn Berry	Turkey	BBQ foods
Reed Root	Cucumber	Tea	Lychee Berry		Kale	Walnut	
	Chicken Egg	Tofu	Mango		Leek	Wheat Bran	Y
	Eggplant	Tomato	Mushroom, Poria		Lentil	Wheat Germ	1
	Fig	Turnip	Mushroon,		Litchi (lychee)	Wine	
	Lemon	Watercress	Shitake		Molasses		
	Lettuce	Wheat	Olive		Mushroom		
Nater Chestnut	Lotus Root	Winter Melon Seed	Oyster		Mustard, Green		
	Melon Seed	Zucchini			Oats		

Disclaimer

This leaflet intends to introduce the healing aspects of foods. It is the author's intention to help those who are open to natural alternatives to healing.

The information provided is to the author's best knowledge and experience and is to be used by readers at their own discretion. For serious conditions we advise you consult a Traditional Chinese Medicine practitioner.



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Nature of Foods

Traditional Chinese Medicine categorizes foods into groups based on their effect to our body such as hot, cold or damp.

We believe if one consume one type of food too much or too often can cause imbalance internally which will lead to illnesses.

Eat too much hot foods such as chili, curry, nuts or chocolate will make our body too hot could bring pimples, headache, migraine, psoriasis, eczema or stroke in some extreme cases.

Eat too much damp and cold foods such as milk, cheese, yogurt, banana or grapes will generate dampness in our body can lead to excess mucus, sinusitis or diarrhea.

Combination of heat and damp can leads to IBS (irritable bowel syndrome), UTI (urine tract infection), Prostate enlargement or cancer and many other illnesses.

Consume too much cold food and cold drink such as salad, raw foods and cold drink - straight from the fridge can

damages the digestive system which leads to diarrhea, abdominal pain, tired, sleepy after eating or chronic fatigue syndrome in severe cases.

The way we cook can change the nature of foods. Deep fried, BBQ and roast create heat regardless the original nature of the foods.

Good or bad foods are relative to the person who consumes them. Eat too much good food for a long period can cause damage to the body.

Garlic is good to prevent common cold due to the hot nature of it. Too much garlic can create internal heat and eventually lead to illnesses.

It is good to eat or drink in moderation, select a wide range and variety of foods. Combine hot and cold nature of food together in one meal to balance each other, such as roast beef with asparagus, etc.

We also categorize foods into Yin and Yang group. Yin foods are acidic foods and Yang foods are alkaline foods.

Eat too much Yin foods can leads to Gout.

Yin Foods (acidic)

Tomato and tomato products such as tomato sauce, ketchup, tomato paste, etc. Many type of fish such as tuna, salmon, mackerel, etc.

Egg white, orange, grapes, apple, pineapple.

Pork and pork products such as ham. Beef.

Chicken.

Beer and wine

Yang Foods (alkaline)

Tea, seaweed, carrot, lotus root, cauliflower, mushrooms, pumpkin, green beans, cucumber, eggplant, lettuce, asparagus, potato, bamboo shoot, arrowhead, onion, soybean, red bean, bean curd, water melon, fig.

Damp Foods

Milk, butter, yogurt, banana, grapes, cheese, beer and wine.

Hot Foods

Deep fried foods, baked foods, BBQ foods, pepper, capsicum, chili, curry, cashew nuts, chocolate, mango and most tropical fruits, garlic, ginger, mint, chives.