

Food Nature Summary

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

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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Traditional Chinese Medicine
Food for Healing

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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.