

Fengyang Taoist TCM Diet Guide

1. Introduction

Fengyang Taoist TCM diet guide combines the Taoist Chinese medicine dietary therapy and Western nutriology. Chinese medical dietary therapy involves the understanding of the properties of foods and their effects on health as well the use of food for preserving health and preventing and treating illnesses. The nature of food is defined on the same basis as the nature of herbs in Traditional Chinese Medicine (yin, yang, cold, hot, etc.). Western nutriology aims to maintain balanced nutrition through diet.

Fengyang Taoist TCM diet guide considers the yin and yang energy of food and their nutritional values, as well as a person's individual nature of the body, to suggest the best diet suitable for each person.

2. Yin and Yang Body Type

The core belief of traditional Chinese medicine is about the yin-yang balance in the body and its organs. A healthy body needs to be yin yang balanced. When a person's body is out of balance, he/she may be either yang deficient (yin body type) or yin deficient (yang body type). The characteristics of each body type is listed below.

Yin Body Type

– Yang Deficiency

pale light complexion

fatigue & drowsiness

soft & low voice

quiet

shallow respiration
shortness of breath

Yang Body Type

– Yin Deficiency

red to purple tongue, often cracked
excessive thirst, dry mouth, deficient body fluid
crave ice water & cold drinks
frequent urination, nighttime urination
constipation
irritability
red, flushed face, skin eruptions
night sweats
poor sleep, difficult arising in morning
female disorder
difficulty concentrating
mania, nightmare

To balance the body's yin and yang, a person with yang body type should consume more yin food. Vice versa, a person with yin body type should consume more yang food.

3. Food and Yin Yang

3.1 Cool Natured Foods (yin)

American Ginseng	Arhat Fruit
Chinese celery (Water celery)	Chrysanthemum
Cooked water chestnut	
Day lily (golden needle vegetable)	
Dried rehmanniae (gan di huang)	Duck
Fresh fig	Fresh persimmon
German bilberry	Green tea
Jasmine Tea	Lime
Liriope Spicata (mai men dong)	Luffa

Mint
Lemon
Pork bone
Pork brain
Radish
Sea salt
White gourd seed
Wolfberry leaf

Mushroom
Pork
Pork bone marrow
Privet fruit
Rape
Watermelon peel
Wild jujube

3.2 Cold Natured Foods (more yin)

Aloe vera
Bamboo leaf
Banana
Bitter melon
Carambola (star peach)
Citrus
Coptidis
Cucumber
Fermented soybean
Fresh hawthorn (shan zha)
Fresh water chestnut
Grapefruit
Hair like seaweed
Job's Tears (yi yi ren)
Lotus plumule
Miso
Mung bean
Opo
Oyster
Pea
Peony root
Pork Gallbladder
Raw sunflower seed
Red amaranth
Rhubarb

Arrowhead
Bamboo shoot
Beef gallbladder
Bok Choy
Chlorella
Clam
Crab
Egg plant

Laver
Tomato
Honeysuckle
Kumpo
Millet
Mulberry
Murrel fish
Orange
Papaya
Pear
Pomello
Purslane
Razor clam
Red salvia
River snail

Rutabaga
Seaweed
Soybean milk
Soy sauce
Straight ladybell
Sugar cane
Tofu
Turtle meat
Watermelon

Sea cucumber
Sheep gallbladder
Soybean sprout
Spinach
Straw mushroom
Sweet melon
Tomato
Watercress
Water spinach

3.3 Warm and Hot Natured Food for Winter (yang)

Anise seed
Barley
Beef bone marrow
Black bean
Carp
Cherry
Chinese angelica
Chinese prickly ash (cayenne)
Chives
Cilantro
Citron (chayote)
Coconut
Cooked garlic
Cow's milk
Cuttlefish
Deer horn glue
Dried fig
Dried hawthorn
Dried lotus seed
Dried plum
Fennel
Fresh ginger
Green cherries
Green citron fructus

Apricot
Beef
Beef heart
Brown sugar
Celery
Chestnut
Chinese chives
Chinese wolfberry
Chive's seed
Cinnamon twig
Clove
Coffee
Cooked lotus root
Crucian carp
Deer horn
Dove
Dried green plum
Dried longan
Dried persimmon
Eucommia bark
Floated wheat
Fresh mustered leaf
Green chives
Green olive

Green strawberry
Himalaya teasel
Kao lian
Large headed atractylodes
Lotus peduncle
Lychi fruit
Malt
Milk vete
Orange peel
Panax ginseng
Peach

Green orange peel
Human placenta
Korean ginseng
Lin Zhi
Lotus stamen
Macro stem onion
Mandarin
Mussel
Oriental pomegranate
Pangolin

3.4 Neutral Foods

Meats and fish:

Abalone
Blood clam
Horse meat
Loach
Octopus
Quail meat
White eel

Black carp
Goose meat
Jellyfish
Mandarin fish
Pond fish
Swallow's nest
Yellow corvine

Beans, Grains, Nuts, Seeds:

Arborviate nut
Black eye bean
Bran
Brown rice
Brown sesame seed
Cooked soybean sprout
Fox nut
Oat
Pine nut
Sesame seed (brown or black)
String bean

Azuki red bean
Black sesame seed
Broad bean
Brown rice sprout
Buckwheat
Daikon radish seed
Fresh lotus seed
Peanut
Soybean
Sweet rice

Walnut
Wild jujube seed

White bean

Others:

Honey
Sea salt
Tuckahoe

Mother's milk
Solomon seal

4. Cooking methods

- Methods of cooking can affect the food's yin/yang energy
- The higher the cooking temperature, the more yang energy

Yin ←————→ Yang

boiling steaming baking grilling frying

5. Cooking oil

Stir fry (or other high heat cooking methods)

Use cold pressured high heat oil, such as avocado oil, rice bran oil or peanut oil

Soup and Salad (or other low heat cooking methods)

Use cold pressured olive oil

6. Tea

Just as cooking methods can affect the yin yang nature of food, the different production methods used to make tea also affect the yin yang nature of tea.

Yin ←————→ Yang

Green oolong red black puer

7. Soup for Tonify Yin and Yang

7.1 Soup to tonify the yang energy

Shitake mushroom or wood ear mushroom (0.5oz), sliced ginger (0.5oz) , ox tail or goat feet (1 -2

pounds), 4 to 6 cups of water, cook together on low heat for 2-3 hours.

7.2 Soup to tonify the yin energy

Shitake mushroom or wood ear mushroom (0.5oz), sliced ginger (0.5oz) , pork feet (1 -2 pounds), 4 to 6 cups of water, cook together on low heat for 2-3 hours.

8. NO food (food one should not eat)

- Dairy and soybean products
- GMO foods
- Fried foods (because the cooking oil is genetically modified, and the extraction process uses chemicals)

9. YES food (food one should eat)

- Organic brown rice noodles

Cooking instruction: Put one bag noodles in ¼ gallon cold water, cook for 20 min or until the noodles are tender. Eat the noodles and drink the broth. The broth is better than store bought rice milk.

10. Case Study

10.1 Skin carbuncle

Patient: Mr. Wu

Food therapy: soup made with pig's feet + wood ear mushroom (30g)+ginger (0.5oz).

Note: Mr. Wu's skin carbuncle disappeared after one week of drinking the soup.

10.2 Severe yang deficiency

This patient was a vegetarian for 20 years. She gained 150 pounds. She had kidney and liver weakness, and high cholesterol level.

Food therapy: soup made with ox tail + wood ear mushroom

10.3 Bleeding due to kidney tumor

Celery + dandelion juice

11 Examples of commonly used herbal food tonic formulas

11.1 Mushrooms & Cordyceps Chicken Soup

Therapeutic Benefits

Tonify kidney Qi and improve immune system. Good tonic for patients with cancer, asthma, HIV, and Arthritis.

Ingredients

4 OZ Chicken
4 pc Mushrooms
4 slices Ginger root, finely chopped.
4 g Cordyceps
4 g (1 pc) American Ginseng
8 g (2 pc) Astragalus
To taste, 1 teaspoon salt, 5 cups of water.

Recipe

1. Wash well the herbs.
2. Chop entire chicken into 2 cm (1 in) chunks. Wash well; place in a pot with 5 cups of water.
3. Add mushrooms, Ginger Root, cordyceps, American Ginseng, Astragalus; then bring to rolling boil,

cover, lower heat, and simmer for 1 hour or until chicken is tender.

4. Add salt to taste then serve.

11.2 Wild Yam & Lycium Soup

Therapeutic Benefits

Tonic for yin energy, promotes hormone secretions; enhances strength, good for patient with menopause, hypoglycemia, hypertension, eating disorders, depression, diabetes, impotence, eyes problems, fatigue, low back problems, hot flashes.

Ingredients

- 4 OZ pork cut into 2 cm (1 in) cubes.
- 1 Large carrots cut into 1 cm (½ in) chunks.
- ½ OZ Chinese Wolfberry (*Lycium Chinese*)
- ½ OZ Chinese Yam (*Dioscoreaceae*)
- 5 cups water
- To taste, 1 tea spoon salt.

Recipe

1. Wash the herb and port well.
2. Place in a pot with 5 cups of water
3. Bring to rolling boil, lower heat, and simmer for 1 hour or until port is tender
4. Add salt to taste then serve.

11.3 Foti and Angelica Soup

Therapeutic Benefits

Tonify kidney yang energy, enhances strength, promotes hormone secretions; promotes blood circulation, enhances metabolism, good for patients with impotence, fatigue, fertility, abdomen and back pain, PMS, cold hand, cold foot.

Ingredient

4 OZ chicken
½ OZ Foti (polygonum multiflorum)
½ OZ Angelica (Dang Gui)
¼ OZ Horny Goat weed (Epimedium Sagittatum)
4 pc Red date
4 slices ginger root
4 g (1 pc) Chinese Red Ginseng
5 cups of water
1 teaspoon salt.

Recipe

Same as Wild Yam & Lycium Soup.

11.4 Noto Ginseng & Hawthorn soup

Therapeutic Benefits

Promotes blood circulation, balance cholesterol, heart problems, pain in the chest.

Ingredient

4 OZ chicken
¼ OZ Notoginseng
¼ OZ Hawthorn

4 g (1 pc) American Ginseng
½ OZ seaweed
4 slices Ginger root
1 teaspoon salt
5 cups of water

Recipe

Same as Wild Yam & Lycium Soup

