TCM Dietary Therapy

Eating your way to health and long life
Chinese Medicine

- Diet
- Exercise
- Rest
- Acupuncture
- Chinese herbal formulas
TCM Food Therapy

- The Art of Cooking and Preparing Food to help maintain optimal health
- Let Food be your Medicine -- Hippocrates
Caloric Rate (BW^{0.75})
## Caloric Requirements

<table>
<thead>
<tr>
<th>Body Weight in Kg</th>
<th>Calories per Kg BW</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>20</td>
<td>2000</td>
</tr>
<tr>
<td>40</td>
<td>4000</td>
</tr>
<tr>
<td>80</td>
<td>6000</td>
</tr>
<tr>
<td>160</td>
<td>8000</td>
</tr>
<tr>
<td>320</td>
<td>10000</td>
</tr>
<tr>
<td>640</td>
<td>12000</td>
</tr>
</tbody>
</table>

The graph shows the relationship between body weight and caloric requirements, with dietary calories plotted against body weight in kilograms.
TCM

- **5 Element Theory**
  - Fire
  - Earth
  - Metal
  - Water
  - Wood

- **8 Principles of Disease**
  - Yin & Yang
  - Interior & Exterior
  - Cold & Hot
  - Deficiency & Excess

- **Zang-Fu Organs**
  - HT/SI -- PC/TH
  - SP/ST
  - LU/LI
  - KID/BL
  - LIV/GB
5 Element Flavors

- Fire -- Bitter
- Earth -- Sweet
- Metal -- Pungent
- Water -- Salty
- Wood -- Sour

Earth element through the stomach-tongue connection rules the taste
## 5 Element Diet

<table>
<thead>
<tr>
<th>Element</th>
<th>Flavor</th>
<th>Meat</th>
<th>Grain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire</td>
<td>Bitter</td>
<td>Lamb</td>
<td>Corn</td>
</tr>
<tr>
<td>Earth</td>
<td>Sweet</td>
<td>Cow</td>
<td>Grain</td>
</tr>
<tr>
<td>Metal</td>
<td>Pungent</td>
<td>Horse</td>
<td>Rice</td>
</tr>
<tr>
<td>Water</td>
<td>Salty</td>
<td>Pig</td>
<td>Bean</td>
</tr>
<tr>
<td>Wood</td>
<td>Sour</td>
<td>Chicken</td>
<td>Wheat</td>
</tr>
</tbody>
</table>
5 Element Meat Sources
5 Element Grain Sources
Use of 5 Element Food

- Balance is the key
- Support constitutional needs, yet provide something from every flavor
- Add heat in summer and cold in winter
- For Deficiency -- Feed organ and parent
- For Excess -- Feed child and grandparent
TCM 8 Food Principles

- Exterior -- Interior
- Hot -- Cold
- Excess -- Deficiency
- Yang -- Yin
TMC Food Directions

- Outward and Upward tend to be Yang
- Inward and Downward tend to be Yin
<table>
<thead>
<tr>
<th>Outward</th>
<th>Upward</th>
<th>Neutral</th>
<th>Downward</th>
<th>Inward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepper</td>
<td>Asparagus</td>
<td>Tofu</td>
<td>Barley</td>
<td>Bitter Gourd</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Beef</td>
<td>Mushroom</td>
<td>C. Egg White</td>
<td>Clam</td>
</tr>
<tr>
<td>Clove</td>
<td>Sugar</td>
<td>Duck Egg</td>
<td>Duck</td>
<td>Crab</td>
</tr>
<tr>
<td>Fennel</td>
<td>Carrot</td>
<td>Eggplant</td>
<td>Pork Kidney</td>
<td>Hops</td>
</tr>
<tr>
<td>Garlic</td>
<td>Chicken/Egg</td>
<td>Grape</td>
<td>Sheep Liver</td>
<td>Kelp</td>
</tr>
<tr>
<td>Ginger</td>
<td>Corn</td>
<td>Mung Bean</td>
<td>Mussel</td>
<td>Lotus Plumule</td>
</tr>
<tr>
<td>Green Onion</td>
<td>Honey</td>
<td>Radish Greens</td>
<td>Pork</td>
<td>Oyster Shell</td>
</tr>
<tr>
<td>Mustard</td>
<td>Kidney/Liver</td>
<td>Spinach</td>
<td>Sweet Potato</td>
<td>Salt</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Rice</td>
<td>Wheat</td>
<td>Vinegar</td>
<td>Seaweed</td>
</tr>
</tbody>
</table>
Use of Food Directions

- For exterior conditions - Outward and upward moving food
- For internal problems - Inward and downward moving food
TCM Food Energies
## TCM Food Energies

<table>
<thead>
<tr>
<th>Hot</th>
<th>Warm</th>
<th>Neutral</th>
<th>Cool</th>
<th>Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black pepper</td>
<td>Brown sugar</td>
<td>Abalone</td>
<td>Apple</td>
<td>Bamboo shoots</td>
</tr>
<tr>
<td>Cinnamon bark</td>
<td>Chicken</td>
<td>Beef</td>
<td>Barley</td>
<td>Banana</td>
</tr>
<tr>
<td>Ginger</td>
<td>Fennel</td>
<td>Carrot</td>
<td>Tofu</td>
<td>Clams</td>
</tr>
<tr>
<td>Green pepper</td>
<td>Garlic</td>
<td>Peanuts</td>
<td>Chicken egg</td>
<td>Crab</td>
</tr>
<tr>
<td>Red pepper</td>
<td>Green onion</td>
<td>White sugar</td>
<td>Eggplant</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>Shrimp</td>
<td>Oyster</td>
<td>Wheat</td>
<td>Kelp</td>
</tr>
<tr>
<td>Lamb</td>
<td>Pork</td>
<td>Mushroom</td>
<td>Seaweed</td>
<td></td>
</tr>
<tr>
<td>Ginseng</td>
<td>Rice</td>
<td>Spinach</td>
<td>Sugar cane</td>
<td></td>
</tr>
<tr>
<td>Raspberry</td>
<td>Egg Yolk</td>
<td>Mung bean</td>
<td>Watermelon</td>
<td></td>
</tr>
</tbody>
</table>
Use of Food Energies

- Treat hot conditions with cooling foods
- Treat cold conditions with warming foods
# TMC Food Tonics

<table>
<thead>
<tr>
<th>Qi</th>
<th>Blood</th>
<th>Yin</th>
<th>Yang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Beef</td>
<td>Abalone</td>
<td>Kidney</td>
</tr>
<tr>
<td>B. Liver</td>
<td>Blood Clam</td>
<td>Cheese</td>
<td>Chestnuts</td>
</tr>
<tr>
<td>Chicken</td>
<td>Chicken Eggs</td>
<td>Eggs</td>
<td>Chive seeds</td>
</tr>
<tr>
<td>Fish</td>
<td>Cuttlefish</td>
<td>Crab/Clams</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>Eel</td>
<td>P. Gallbladder</td>
<td>Duck</td>
<td>Clove</td>
</tr>
<tr>
<td>Ginseng</td>
<td>P. Testes</td>
<td>Liver</td>
<td>Dillseeds</td>
</tr>
<tr>
<td>Red Beans</td>
<td>Seaweed</td>
<td>Rice</td>
<td>Fennel</td>
</tr>
<tr>
<td>Spinach</td>
<td>Tofu</td>
<td>Green Onion</td>
<td></td>
</tr>
<tr>
<td>String Beans</td>
<td>Sugar</td>
<td>Marrow</td>
<td></td>
</tr>
</tbody>
</table>
# TCM Zang-Fu Foods

<table>
<thead>
<tr>
<th>HT/SI--PC/TH</th>
<th>SP/ST</th>
<th>LU/LI</th>
<th>KID/BL</th>
<th>LIV/GB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bitter Gourd</td>
<td>Barley</td>
<td>Tofu</td>
<td>C. Egg Yolk</td>
<td>Brown Sugar</td>
</tr>
<tr>
<td>C. Egg Yolk</td>
<td>Chicken</td>
<td>Carrot</td>
<td>Cinnamon</td>
<td>Chive</td>
</tr>
<tr>
<td>Mung Bean</td>
<td>Chive</td>
<td>Mushroom</td>
<td>Duck</td>
<td>Crab/Clam</td>
</tr>
<tr>
<td>Mushroom</td>
<td>Clove</td>
<td>Corn</td>
<td>Kidney</td>
<td>Clove</td>
</tr>
<tr>
<td>R./G. Pepper</td>
<td>Garlic</td>
<td>Honey</td>
<td>Mussel</td>
<td>Eel</td>
</tr>
<tr>
<td>Red Bean (small)</td>
<td>Ginger</td>
<td>Peanut</td>
<td>Lamb</td>
<td>Liver</td>
</tr>
<tr>
<td>Salt</td>
<td>Lettuce</td>
<td>Rice</td>
<td>Pork</td>
<td>Oyster</td>
</tr>
<tr>
<td>Spinach</td>
<td>Licorice</td>
<td>Spinach</td>
<td>Salt</td>
<td>Yam</td>
</tr>
<tr>
<td>Wheat</td>
<td>Lamb</td>
<td>Vinegar</td>
<td>Wheat</td>
<td>Wine</td>
</tr>
</tbody>
</table>
Therapeutic Food

- Prepared much like TCM herbal products
- The basic character of the food is the combination of ingredients with which it is prepared
Principles of Using TCM Diet

- Identify constitutional type
- Determine whether Excess or Deficient
- In Excess, Feed the Grandparent (Ko cycle)
- For Prevention, Feed the Constitutional Grandchild

- In Deficiency, Feed the Zang-Fu and the Mother (Shen cycle)
- Balance the ingredients for each flavor, direction and energy
Purina Puppy Chow

- ground yellow corn
- chicken bi-product meal
- corn gluten meal
- brewer’s rice
- soybean meal
- beef tallow
- pearled barley
- animal digest
- a bunch of chemicals
- 27% protein, 12% fat, 61% CHO
Basic Canine Diet

- 2 oz Pork Chop
- 4 oz Tofu
- 8 oz Brown Rice
- 2 tsp Virgin Olive Oil
- ½ cup Honey
- 2 Whole Carrots
- 1 cup Spinach
- 4 Tbs Green Pepper
- 4 Broccoli Spears
- ¼ tsp Dry Ginger
- 1 Raw Garlic Cloves
- ¼ tsp Dry Mustard
- 1 tsp Bone Meal
Cancer Food (low carbs)

- 4 Strips Bacon
- 4 Large Eggs
- 8 oz Tofu
- 1 tbs Virgin Olive Oil
- 1 Whole Carrots
- $\frac{1}{2}$ cup Spinach
- $\frac{1}{4}$ cup Green Pepper
- $\frac{1}{2}$ cup Broccoli
- $\frac{1}{4}$ tsp Dry Ginger
- 1 Raw Garlic Cloves
- $\frac{1}{4}$ tsp Dry Mustard
- 1 tab Flintstones plus Calcium

Contains 1370 Calories with a 23/12/65 percent protein/carbohydrate/fat content
Cancer Food (Earth Dog)

- 1 oz Beef Tallow
- 4 Large Eggs
- 8 oz Tofu
- 1 tbs Virgin Olive Oil
- 1 Whole Carrots
- ½ cup Spinach
- ¼ cup Green Pepper
- ½ cup Broccoli
- ¼ tsp Dry Ginger
- 1 Raw Garlic Cloves
- ¼ tsp Dry Mustard
- ½ tab Flintstones plus Calcium

Contains 1479 Calories with a 20/11/69 percent protein/carbohydrate/fat content
Cancer Food (Fish Diet)

- 8 oz Catfish
- 8 oz Tofu
- 2 tbs Virgin Olive Oil
- 2 Whole Carrots
- ½ cup Spinach
- ¼ cup Green Pepper
- ½ cup Broccoli
- ¼ tsp Dry Ginger
- 1 Raw Garlic Cloves
- ¼ tsp Dry Mustard
- 2½ tab Flintstones plus Calcium

Contains 1355 Calories with a 27/13/60 percent protein/carbohydrate/fat content