

# Chinese Nutrition Simplified: Quick Foods for over 50 Common Syndromes

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## Wood

### Liver Qi stagnation

<b>Biomedical explanation</b>	Inadequate movement in the body's blood reservoir
<b>Common symptoms</b>	Distension, chest oppression, change in mood, worsened premenstrual symptoms, sensation of lump in throat
<b>Remedies</b>	Regulate Liver Qi

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Coffee, spirits and wine
<b>Have more of</b>	Aniseed, artichoke, black and green tea, broccoli, carrot, chamomile tea, chive, fennel, fennel seed, garlic, lavender tea, leek, lemon, lime, lychee, mint, onion, orange, oregano, plum, vinegar, rye berries, turmeric

### Orange-limeade

10 limes

2 oranges

½ cup honey

Juice the citrus. Stir the honey into two quarts of water until dissolved. Combine with the juice and chill.

## Liver Qi invading the Spleen

<b>Biomedical explanation</b>	Inadequate movement in the body's blood reservoir affecting the digestive system
<b>Common symptoms</b>	Irritability, abdominal pain, constipation and diarrhea, flatulence, tiredness
<b>Remedies</b>	Harmonize Liver, tonify Spleen

<b>Avoid</b>	Raw, cool and fatty foods
<b>Have in moderation</b>	Coffee, spirits, wine
<b>Have more of</b>	Artichoke, beans, black and green tea, broccoli, carrot, chive, fennel, garlic, lavender tea, leek, lemon, lime, lychee, mint, onion, orange, oregano, plum, vinegar, turmeric; <b>especially</b> aniseed, chamomile tea, fennel seed, leek, rye berries

## Slow Cooker Vegetable Soup with Rye Berries

1 cup rye berries  
 1 quart chicken stock  
 2 leeks  
 2 carrots  
 3 tablespoons olive oil  
 1 small head of broccoli  
 Salt  
 Black pepper

Combine one cup of rye berries with a quart of chicken stock. Cook in a slow cooker for six hours. Slice the leeks and carrots and saute in olive oil until the leeks are soft. In a pot, combine everything with a head of roughly chopped broccoli and simmer until broccoli is tender, about five to ten minutes. Taste for salt and pepper.

## Stagnant Liver Qi turning into Heat

<b>Biomedical explanation</b>	Inadequate movement in the body's blood reservoir causing inflammation
<b>Common symptoms</b>	Distension, chest oppression, change in mood, worsened premenstrual symptoms, sensation of lump in throat, sensation of heat, red face, thirst, menorrhagia
<b>Remedies</b>	Regulate Liver Qi, dispel Heat

<b>Avoid</b>	Hot and spicy foods; fried, grilled and broiled foods
<b>Have in moderation</b>	Raw foods; beer
<b>Have more of</b>	Cool, boiled, steamed and braised foods; aloe, artichoke, apple cider vinegar, black and green tea, broccoli, carrot, celery, chamomile tea, cider, eggplant, lemon, lime, mint, orange, plantain, plum, sage, sesame, spinach, strawberry, rye berries, tomato, water chestnut; <b>especially</b> broccoli, carrot, Belgian endive, lemon, lime, zucchini

### Smothered Zucchini

5 zucchini  
 2 tablespoons olive oil  
 3 tablespoons diced onion  
 3 tablespoons shredded cheese  
 3 tablespoons chopped parsley  
 Salt  
 Pepper

Cut five zucchini into round slices and put in a large pot with two tablespoons of olive oil. On top, scatter the onion, cheese and parsley. Cover and cook at medium-low heat until zucchini is tender and cheese has browned, about ten to fifteen minutes. Taste for salt and pepper.

## Liver Blood deficiency

<b>Biomedical explanation</b>	Anemia affecting the eyes, the extremities and the reproductive system
<b>Common symptoms</b>	Dizziness, numbness of the extremities, vision issues, amenorrhea, pale complexion, depression, unhealthy nails, hair and skin, muscle weakness
<b>Remedies</b>	Tonify Liver, nourish Blood

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Beef
<b>Have more of</b>	Artichoke, avocado, black soybean, dairy (cow), date, egg, fish, grape, green tea, lychee, molasses, mussel, oyster, quail, sesame, shiitake mushroom, spinach; <b>especially</b> whole liver or pate

### Chicken Liver Pate

3 cups water  
 1 pound chicken liver  
 1 red onion,  $\frac{3}{4}$  sliced,  $\frac{1}{4}$  chopped  
 3 tablespoons sherry  
 $\frac{3}{4}$  cup butter, softened  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon black pepper  
 $\frac{1}{8}$  teaspoon ground mace  
 Olive oil  
 Celery sticks

In a medium saucepan, combine water, chicken livers, and sliced onion. Bring to a boil, reduce heat to low, and cover. Simmer for about 20 minutes, or until liver is cooked and tender. Remove from heat, drain, and discard onions. Also remove and discard any hard portions of the liver. Place cooked livers in a blender or food processor, and process until smooth. Add chopped onion, sherry, butter, salt, black pepper and mace; pulse to blend. With hands lightly oiled, form pate mixture into a mound, and place on a serving platter. Chill for 1 hour before serving. Serve with celery.

## Liver Yin deficiency with Liver Yang rising

<b>Biomedical explanation</b>	Weakness in the structure of the body's blood reservoir with high blood pressure
<b>Common symptoms</b>	Tremors, facial tics, dizziness, tinnitus, headache, dry throat and eyes, blurred vision, numbness and tingling, poor memory
<b>Remedies</b>	Nourish Liver Yin, subdue Liver Yang, subdue Wind

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Beef, white wine
<b>Have more of</b>	Artichoke, avocado, black soybean, cheese (cow), egg, fennel seed, flax seed, lima bean, liver, orange, shellfish, pine nut, plum, pork, rabbit, raspberry, sesame, spinach, strawberry, tomato, yogurt; <b>especially</b> green tea

### Green Tea, Japanese Style, for Two

#### Kettle

Green tea, loose leaf (This must be a product of Japan. Check your grocer for the Ito-En brand; Costco carries it in teabags.)

Two teacups

Tea infuser

Small shallow bowl

Fill the cups with boiling water and set aside. Fill the infuser with three tablespoons of tea leaves. (If you use tea bags, use three in place of the infuser.) When the cups are cool enough that you can hold them against your palm for five seconds, put the infuser in the first cup and move it very gently for thirty seconds. Remove the infuser immediately and place it in the second cup for forty-five seconds. Remove the infuser immediately and place it in the shallow bowl. Serve immediately. (You can alter the steeping time if you would like it stronger.)



## Liver Blood stasis

<b>Biomedical explanation</b>	Poor circulation in the reproductive system
<b>Common symptoms</b>	Dark and clotted menstrual blood, abdominal masses, migraines, hypochondrial pain, dysmenorrhea, metrorrhagia, infertility, purple color, dry skin
<b>Remedies</b>	Move Blood, regulate Liver Qi

<b>Avoid</b>	Processed foods
<b>Have in moderation</b>	Brown sugar, spirits, wine
<b>Have more of</b>	Black soybean, cayenne pepper, eggplant, egg, garlic, lemon, leek, lime, mustard greens, nutmeg, peach, pine nut, safflower, shrimp, star anise, turmeric, turnip; <b>especially</b> chive, garlic, leek, lemon, lime, lychee, onions, turmeric, vinegar

## Roasted Onions with Vinegar

4 pounds mixed small and medium onions (such as Vidalia and yellow)  
 2 tablespoons olive oil  
 2 tablespoons red wine vinegar  
 Salt and pepper

Preheat oven to 400°F. Arrange onions on a sheet pan and roast, shaking sheet halfway through, until the innermost layers of largest onions are just tender (some of the onions will be jammy and others will have some bite to them), 30 to 40 minutes. Transfer onions to a clean surface and let cool slightly. Halve through root ends and remove papery layers. Separate layers into individual petals and transfer to a platter or a large bowl. Drizzle with oil and vinegar and toss gently to coat; season with salt and pepper.

## Damp Heat in the Gallbladder

<b>Biomedical explanation</b>	Inflammation and excess fluid affecting the biliary (fat digestion) system
<b>Common symptoms</b>	Hypochondriac pain, fullness and distension, nausea, trouble digesting fats, yellow complexion and sclera, scanty and dark urine, fever, thirst without desire to drink, bitter taste in the mouth, dizziness, tinnitus, irritability, feeling of heat, heaviness or alternating heat and cold, numbness in the extremities, swollen feet, diarrhea, constipation, headache
<b>Remedies</b>	Dispel damp heat, regulate Liver Qi

<b>Avoid</b>	Hot and spicy foods; fried, grilled and broiled foods
<b>Have in moderation</b>	Raw foods
<b>Have more of</b>	Cool, boiled, steamed and braised foods; barley, carrot, lemon, lime, mint, rye berries; <b>especially</b> artichoke

## Braised Artichokes

4 medium artichokes  
 4 tablespoons butter, olive oil or mixture of the two  
 1 cup chicken stock  
 Zest and juice of 1 lemon  
 Salt  
 Black pepper

Cut each of the artichokes in half; remove the tough outer leaves, use a spoon to remove the fuzz, and trim the bottom. Melt 3 tablespoons of the butter in a deep skillet over medium heat. Add artichokes, cut side down. Cook until lightly browned, about 5 minutes. Add stock (it should come about halfway up the sides of the artichokes; add more water if needed), boil and cover; turn heat to medium-low. Cook for 20 minutes. Check to make sure there is enough liquid in the pan, adding more stock as necessary. Add salt and pepper, and put artichokes on a platter. Raise heat to medium-high and reduce liquid to a sauce. Stir in lemon zest and juice and remaining tablespoon butter; taste and adjust seasoning. Serve artichokes drizzled with sauce.

## Phlegm Heat in the Gallbladder

<b>Biomedical explanation</b>	Inflammation and excess mucus in the biliary (fat digestion) system
<b>Common symptoms</b>	Irritability, nervousness, easily frightened, bitter taste in the mouth, nausea, tinnitus, blurred vision, chest distension
<b>Remedies</b>	Dispel Phlegm Heat

<b>Avoid</b>	Hot and spicy foods; fried, grilled and broiled foods
<b>Have in moderation</b>	Raw foods
<b>Have more of</b>	Cool, boiled, steamed and braised foods; aniseed, black tea, grapefruit, fennel seed, garlic, green tea, jasmine tea, mandarin orange, mushroom, onion, pear, plantain, radish, turmeric, turnip, water chestnut, watercress; <b>especially</b> lemon, lime, mint

## Mint Lemonade Ice Cubes

8 lemons  
 ½ cup water  
 ½ cup honey  
 1 bunch mint

Juice the lemons, add the water, stir in the honey. Chop the mint, crush it slightly in a mortar or under a heavy mug, and combine with the juice. Stir, pour into ice cube trays and freeze. To use, stir into soda water, cool black tea or your favorite drink.

# Fire

## Heart Qi deficiency

<b>Biomedical explanation</b>	Inadequate energy in the circulatory system
<b>Common symptoms</b>	Palpitations, shortness of breath, pale complexion, tiredness, depression, spontaneous sweating
<b>Remedies</b>	Tonify Heart Qi

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Coffee
<b>Have more of</b>	Aniseed, apple, chickpea, cinnamon, cocoa, coconut meat, ginger, milk, oats, pepper, rye berries, sage, thyme, wheat germ; <b>especially red lentils</b>

## Curried Beans and Swiss Chard Stew

2 tablespoons olive oil  
 5 teaspoons curry powder  
 ¼ teaspoon cayenne pepper  
 3 cups chicken stock  
 1 bunch Swiss chard, tough stalks removed, coarsely chopped  
 1 pound red lentils  
 1 15 ounce can chickpeas, drained and rinsed  
 Salt  
 Black pepper  
 Yogurt

Heat oil in heavy, large saucepan over medium-high heat. Add onion; sauté until golden, about 10 minutes. Mix in curry and cayenne. Add broth and chard. Bring to boil. Add lentils and garbanzos; reduce heat to medium. Cover; simmer until lentils are tender, stirring occasionally, about 10 minutes. Salt and pepper to taste. Divide stew among bowls. Top with yogurt.

## Heart Qi stagnation

<b>Biomedical explanation</b>	Inadequate movement in the circulatory system
<b>Common symptoms</b>	Palpitations, shortness of breath, pale complexion, depression, chest discomfort, feeling of lump in throat, sighing, poor appetite, dislike of lying down, weak and cold extremities, purple lips
<b>Remedies</b>	Regulate Heart Qi

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Coffee, spirits, wine
<b>Have more of</b>	Aniseed, black tea, cayenne pepper, chili peppers, cinnamon, coriander, garlic, ginger, green tea, lavender tea, lemon zest, marjoram, oats, oregano, pepper, rye berries, thyme, turmeric; <b>especially</b> cocoa

## Hot Spiced Cocoa for Two

3 cups soy milk  
 5 tablespoons cocoa powder  
 ½ teaspoon cinnamon powder  
 Cayenne pepper  
 2 tablespoons sugar

Over low heat, heat everything in a pot until steam just appears. (Don't let it bubble.) Whisk vigorously until dissolved. Serve immediately

## Heart Blood deficiency

<b>Biomedical explanation</b>	Anemia affecting mental activity
<b>Common symptoms</b>	Palpitations, dizziness, difficulty sleeping, poor memory, anxiety, pale complexion, tendency to be easily startled
<b>Remedies</b>	Nourish Blood

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Red meat
<b>Have more of</b>	Cheese, chicken, duck, egg, fish, liver, milk, mussel, poultry, shellfish, turkey; <b>especially</b> azuki beans, cayenne pepper, cocoa, egg, lotus root, milk, oats, wheat germ

## Azuki Bean Milk for Two, Japanese Style

3 ½ ounces canned azuki, drained and rinsed; if using dry beans, soak ½ cup beans overnight

3 tablespoons water

3 cups milk

If using dry beans, boil the beans in a pot of water until tender and drain. Next, or if using canned azuki, put the azuki and water in a small pot. Turn heat to low and crush the beans with a heavy spoon until water is gone. Add milk and turn heat to low. When steam appears over the milk, remove from heat. Serve immediately.

## Heart Blood stasis

<b>Biomedical explanation</b>	Poor circulation affecting the upper body
<b>Common symptoms</b>	Palpitations, chest discomfort, blue lips or nails, cold hands
<b>Remedies</b>	Move Blood

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Coffee, spirits, wine
<b>Have more of</b>	Cayenne pepper, chili pepper, cinnamon, egg, garlic, green onion, lemon zest, safflower, turmeric, wheat germ

## North African Style Deviled Eggs

1 dozen eggs  
 ½ cup Greek yogurt  
 4 tablespoons harissa  
 1 small lemon, ½ teaspoon zested and reserved, then juiced  
 ¾ cup cilantro, chopped  
 ½ teaspoon salt  
 2 green onions, finely chopped  
 1 tablespoon paprika

Boil the eggs. Place in ice water, wait five minutes, and peel. Half the eggs and remove the yolks. Mash or puree the yolks with the yogurt, harissa, lemon zest and juice, cilantro and salt until smooth. Put puree in a resealable plastic bag. Snip off one corner of the bag and pipe into the egg whites. Garnish with green onions and finally paprika.

## Heart Yin deficiency

<b>Biomedical explanation</b>	Weakness in the structure of the circulatory system affecting mental activity
<b>Common symptoms</b>	Palpitations, difficulty sleeping, poor memory, anxiety, tendency to be easily startled, dry mouth
<b>Remedies</b>	Nourish Heart Yin

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	
<b>Have more of</b>	Apple, cocoa, coconut milk, egg, marjoram, milk, mung beans, oats, wheat berries, whole wheat pasta; <b>especially</b> green tea

## Green Tea, Japanese Style, for Two

### Kettle

Green tea, loose leaf (This must be a product of Japan. Check your grocer for the Ito-En brand; Costco carries it in teabags.)

Two teacups

Tea infuser

Small shallow bowl

Fill the cups with boiling water and set aside. Fill the infuser with three tablespoons of tea leaves. (If you use tea bags, use three in place of the infuser.) When the cups are cool enough that you can hold them against your palm for five seconds, put the infuser in the first cup and move it very gently for thirty seconds. Remove the infuser immediately and place it in the second cup for forty-five seconds. Remove the infuser immediately and place it in the shallow bowl. Serve immediately. (You can alter the steeping time if you would like it stronger.)



## Heart Fire blazing

<b>Biomedical explanation</b>	Severe inflammation in the circulatory system affecting mental activity
<b>Common symptoms</b>	Palpitations, difficulty sleeping, oral ulcers, restlessness and agitation, feeling of heat, red complexion, dark or bloody urine, bitter taste in the mouth, thirst
<b>Remedies</b>	Dispel Heart Fire

<b>Avoid</b>	Hot and spicy foods; fried, grilled and broiled foods
<b>Have in moderation</b>	Raw foods
<b>Have more of</b>	Cool, boiled, steamed and braised foods; apple, cantaloupe, coconut meat, endive, lemon zest, milk, mung beans, sage, watermelon, wheat berries, wheat germ, whole wheat pasta

## Creamy Macaroni with Sage

½ pound whole wheat macaroni  
 ½ tablespoon unsalted butter  
 2 tablespoons fine bread crumbs  
 3 tablespoons sage, finely chopped  
 ½ cup mascarpone  
 ½ cup grated Parmesan  
 Salt  
 Pepper

Fill a 4-quart kettle three fourths full with salted water and bring to a boil for macaroni. Cook macaroni in boiling water only until al dente and drain in a colander. While macaroni is cooking, in a skillet heat butter over moderate heat until foam subsides and add bread crumbs, sage, and salt and pepper to taste. Cook bread crumb mixture, stirring, until golden brown, about 3 minutes. In a large bowl stir together mascarpone and Parmesan. Add macaroni and salt and pepper to taste, tossing to combine. Divide macaroni between 2 bowls and sprinkle with seasoned bread crumbs.

## Heart Yang deficiency

<b>Biomedical explanation</b>	Inadequate pressure within the circulatory system
<b>Common symptoms</b>	Palpitations, shortness of breath, tiredness, depression, spontaneous sweating, discomfort around heart, feeling of cold, cold hands, pale complexion with dark lips
<b>Remedies</b>	Warm and tonify Heart Yang

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Red wine
<b>Have more of</b>	Aniseed, cayenne pepper, chili pepper, cinnamon, cocoa, garlic, green onion, pepper, rosemary

## Cider-Mulled Wine

1 bottle red wine, preferably a young and fruity one such as Beaujolais  
 4 ounces brandy  
 2 cups fresh apple cider  
 2 anise pods  
 6 cloves  
 2 cinnamon sticks, plus 6 more for serving

Bring wine, brandy, apple cider, star anise, cloves, and 2 cinnamon sticks to a boil in a medium saucepan. Reduce heat to low and simmer until flavors are infused, about 15 minutes. Divide among 6 mugs and garnish each with a cinnamon stick.

## Small Intestine Qi pain

<b>Biomedical explanation</b>	Lack of movement within the small intestine causing pain
<b>Common symptoms</b>	Abdominal discomfort, borborygmus, flatulence, testicular pain
<b>Remedies</b>	Warm the Small Intestine channel, regulate Qi

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Coffee, red wine
<b>Have more of</b>	Cocoa, black and green tea, coriander, marjoram, mushroom; <b>especially</b> cinnamon, cumin, paprika, peach, rosemary, turmeric

## Peaches Poached with Rosemary

1 cup port  
 Peel of half a lemon  
 2 teaspoons vanilla extract  
 2 bay leaves  
 ½ bottle of Pinot Noir or other red wine  
 6 sprigs rosemary  
 2 tablespoons honey  
 6 ripe peaches

In a large saucepan, combine the port, lemon peel, vanilla, bay leaves, wine, rosemary and bring to boil. Stir in the honey and remove the saucepan from the heat. Cover the saucepan and set aside. Half fill large saucepan with water and bring to boil. Plunge peaches into boiling water and let them sit there for two minutes, then rinse them under cold water and peel them. Place them in the warm wine over medium high heat and bring to simmer. Simmer for 10 minutes. Remove from heat and cover. Remove fruit from syrup and place it in shallow bowl. If possible, pick out rosemary sprigs and stick them in fruit at stem where leaves would be. Serve while still warm.

## Small Intestine deficiency with Cold

<b>Biomedical explanation</b>	Weakness and insufficient temperature in the digestive system
<b>Common symptoms</b>	Abdominal pain, desire for hot drinks, borborygmus, diarrhea, polyuria, cold limbs
<b>Remedies</b>	Warm and tonify the Small Intestine and Spleen

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods
<b>Have in moderation</b>	Coffee, red wine
<b>Have more of</b>	Hot and spicy foods; grilled and broiled foods; beans, cocoa, coriander, marjoram, paprika, peach, wheat germ; <b>especially</b> cinnamon, rosemary

## Grilled Green Beans with Ricotta and Lemon

1 ½ pounds green beans, trimmed  
 2 cups ricotta  
 3 tablespoons olive oil, plus more for drizzling  
 ¾ teaspoon kosher salt, plus more  
 1 teaspoon lemon zest  
 Black pepper  
 Lemon wedges

Prepare a grill for medium-high heat or heat a grill pan over medium-high. (If not using a grill, use an iron skillet on the stove, on medium heat.) If using a grill, arrange green beans in a grill basket and place on hot grill. Cover and grill, turning once halfway through, until beans are lightly charred and crisp-tender, about 8 minutes. If using a grill pan, cook green beans directly on pan, tossing occasionally, until lightly charred, about 10 minutes. Meanwhile, whip ricotta, 3 tablespoons olive oil and ¾ teaspoons salt in a large bowl until smooth and fluffy. Spread whipped ricotta on a serving platter and arrange charred green beans over. Drizzle with oil and sprinkle with lemon zest; season with salt and pepper. Serve with lemon wedges alongside.

## Earth

### Spleen Qi deficiency and Spleen Qi sinking

<b>Biomedical explanation</b>	Inadequate energy in the digestive system
<b>Common symptoms</b>	Poor appetite, abdominal discomfort, tiredness, pale complexion, diarrhea, depression, obesity
<b>Remedies</b>	Tonify Spleen Qi

<b>Avoid</b>	Raw, cool and fatty foods
<b>Have in moderation</b>	Beef, brown sugar, maple syrup, pork
<b>Have more of</b>	Almonds, amaranth, aniseed, apple, barley, basil, beans, cabbage, dairy, cardamom, chamomile tea, cherry, chicken, cinnamon, coconut meat, curry, dates, fennel seed, fig, ginger, grape, hazelnut, honey, leek, millet, molasses, oats, papaya, peanut, pineapple, pistachio, potatoes, pumpkin, rice, rosemary, rye berries, alaskan salmon, sardines, shiitake mushroom, shrimp, soy milk, sunflower seed, sweet potato, thyme, tofu, turkey, watercress, yams, yogurt

### Baked Sweet Potatoes, Japanese Style

1 Japanese sweet potato per person (large is best)

Heat the oven to 375. Scrub and rinse the sweet potatoes. Bake for 50 minutes for large ones and 40 minutes for medium ones. Remove from oven and by hand, break open and eat while still steaming. (This recipe can also be used for Spleen not Controlling Blood.)

## Spleen Blood deficiency

<b>Biomedical explanation</b>	Anemia affecting the digestive system
<b>Common symptoms</b>	Poor appetite, abdominal distension, tiredness, lassitude, pale complexion, weak limbs, diarrhea, depression, thin body, scanty periods, insomnia, joint ache
<b>Remedies</b>	Nourish Blood

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Beef, pork
<b>Have more of</b>	Alfalfa sprouts, avocado, barley, cayenne pepper, chard, coconut meat, dairy (cow), dates, egg, fresh fig, grape, hazelnut, kidney bean, lychee, miso, molasses, oats, peanut, rice, salmon, sesame, shiitake mushroom, soybean, watercress, yogurt; <b>especially</b> chicken

## Charcuterie Plate for Two

½ cup dried dates

½ cup grapes

4 fresh figs

½ cup toasted hazelnuts

6 ounces each of Manchego, Pecorino Romano, and Parmigiano Reggiano, sliced

1 tablespoon honey

6 ounces baby carrots, sliced in half lengthwise

8 ounces chicken liver pate (see recipe for Liver Blood deficiency)

Arrange the food on a wide wooden platter or cutting board, and enjoy with a bottle of red.

## Cold in the Spleen

<b>Biomedical explanation</b>	Inadequate temperature in the digestive system
<b>Common symptoms</b>	Diarrhea, abdominal pain relieved by warmth
<b>Remedies</b>	Warm Spleen, dispel Cold

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods; fatty foods
<b>Have in moderation</b>	Ham
<b>Have more of</b>	Grilled and broiled foods; basil, butter, cardamom, cheese (goat or sheep), chicken, cinnamon, clove, fennel, fennel seed, ginger, horseradish, jasmine tea, leek, lychee, nutmeg, pumpkin, rosemary, shrimp, sunflower seed, thyme

## Broiled Shrimp with Ginger-Basil Butter

6 tablespoons butter, room temperature  
 ¼ cup (packed) basil, chopped  
 6 garlic cloves, minced  
 2 tablespoons chives, chopped  
 2 teaspoons ginger, minced  
 2 teaspoons olive oil  
 24 uncooked large shrimp, peeled and deveined  
 Lime wedges, salt and pepper

Preheat broiler. Mix first 6 ingredients in small bowl until well blended; season to taste with salt and pepper. Brush a sheet pan with some seasoned butter. Place shrimp in single layer in pan; sprinkle lightly with salt and pepper. Spread all of butter mixture over shrimp. Broil shrimp just until opaque in center, about 2 minutes. Transfer shrimp to plates. Spoon butter from pan over shrimp. Serve with lime wedges.

## Heat in the Spleen

<b>Biomedical explanation</b>	Inflammation in the digestive system
<b>Common symptoms</b>	Burning pain, hunger, red nose, dry lips, mouth ulcers, thirst, dry stools, feeling of heat, dark or scanty urine, yellow complexion
<b>Remedies</b>	Dispel Heat

<b>Avoid</b>	Fried, grilled and broiled foods; fatty foods
<b>Have in moderation</b>	Raw foods; salty foods (such as soy sauce)
<b>Have more of</b>	Cool, boiled, steamed and braised foods; alfalfa sprout, apple, asparagus, banana, barley, blueberry, broccoli, buckwheat, buttermilk, chard, coconut meat, cucumber, edamame, eggplant, fresh fig, grapefruit, kidney beans, kiwi, lemon, lime, mandarin orange, mango, millet, pear, pineapple, plum, pomegranate, potato, sesame, soy milk, squash, strawberry, tangerine, tofu, water chestnut, watercress, watermelon, whole wheat pasta, yellow soybeans

## Banana Soy Milk

2 quarts water  
 1 cup yellow soybeans, soaked overnight  
 2 bananas  
 5 tablespoons sugar

Puree the soybeans with some of the water and the bananas, and add to a large pot with the rest of the water. Simmer for 25 minutes and strain through cheesecloth. Stir in sugar and gently chill before serving.



## Spleen Yang deficiency

<b>Biomedical explanation</b>	Inadequate pressure in the digestive system
<b>Common symptoms</b>	Poor appetite, abdominal discomfort, tiredness, pale complexion, weak limbs, diarrhea, depression, obesity, feeling of cold, cold limbs, edema
<b>Remedies</b>	Warm and tonify Spleen Yang

<b>Avoid</b>	Raw, cool and fatty foods
<b>Have in moderation</b>	
<b>Have more of</b>	Aniseed, basil, beans, cayenne pepper, chili pepper, cinnamon, cloves, fennel seed, garlic, ginger, horseradish, jasmine tea, nutmeg, pistachio, rosemary, shrimp, star anise

## Gochujang Shrimp and Green Beans

- 3 tablespoons gochujang
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 2 teaspoons honey
- 1 pound shrimp, peeled and deveined
- 1 pound green beans

Preheat broiler and place the oven rack as high as possible. In a large bowl, whisk together the seasonings. Add the shrimp and beans and stir to coat. On a sheet pan, place the shrimp and beans in a single layer. Broil for 3 minutes, rotate the pan, and broil until the beans begin to char and the shrimp is cooked through, about 2 more minutes.

## Dampness in the Spleen and Stomach

<b>Biomedical explanation</b>	Excess fluid in the digestive system
<b>Common symptoms</b>	Recent cold, epigastric discomfort, poor appetite, diarrhea, feeling of heaviness
<b>Remedies</b>	Dispel Dampness

<b>Avoid</b>	Raw, cool and fatty foods
<b>Have in moderation</b>	
<b>Have more of</b>	Alfalfa sprout, aniseed, barley, basil, beans, blueberry, buckwheat, cardamom, garlic, horseradish, kohlrabi, orange zest, oyster mushroom, papaya, parsnip, pumpkin, turnip, watercress

## Buckwheat and Blueberry Pancakes with Cardamom

$\frac{3}{4}$  cup buckwheat flour mixed with  $\frac{3}{4}$  cup whole wheat flour, plus  
 2  $\frac{1}{2}$  teaspoons baking powder mixed with 1 teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
 1 tablespoon cardamom powder  
 2 large eggs  
 1  $\frac{1}{2}$  cups buttermilk  
 1 tablespoon honey  
 1 teaspoon vanilla extract  
 3 tablespoons butter or olive oil, plus butter for serving  
 1  $\frac{1}{3}$  cup blueberries  
 Maple syrup

Mix dry ingredients together in a medium-size bowl. In a separate bowl, mix eggs, buttermilk, honey and vanilla. Add egg mixture to dry ingredients and mix gently with a wooden spoon. Add more buttermilk if mixture is too thick. Gently fold in blueberries. Heat a griddle, adding a small pat of butter. Ladle batter onto hot griddle. Cook until tops are dimpled with tiny bubbles, then flip and finish cooking for a minute longer. Serve with butter and maple syrup.

## Cold in the Stomach

<b>Biomedical explanation</b>	Inadequate temperature in the stomach
<b>Common symptoms</b>	Epigastric pain, feeling of cold, cold limbs, vomiting of clear fluid, nausea, discomfort after swallowing cold liquids
<b>Remedies</b>	Warm Cold, Regulate Stomach Qi

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods
<b>Have in moderation</b>	Coffee, liqueur, spirits, wine
<b>Have more of</b>	Broiled and grilled foods; aniseed, bell pepper, black tea, broccoli, brussel sprout, buckwheat, butter, chamomile tea, cheese (goat or sheep), chicken, chili pepper, chive, cilantro, dried fig, garlic, ginger, grapefruit, green onion, green tea, guava, kohlrabi, lemon, lettuce, mango, marjoram, mushroom, oats, orange, plum, poppy seed, pumpkin, radish, red cabbage, shrimp, tangerine, taro root, turnip; <b>especially</b> basil, caraway seed, cardamom, carrot, cayenne pepper, clove, coriander, fennel, fennel seeds, horseradish, leek, lychee, mustard greens, nutmeg, onion, peach, pepper, vinegar, watercress

## Alabama Mustard Greens with Chili Vinegar

Two slices bacon, sliced  
 1 tablespoon olive oil  
 1 medium white onion, minced  
 1 bunch mustard greens, chopped  
 Salt and pepper  
 Chili pepper vinegar, such as Trappey's

In a large iron skillet, cook bacon with the oil over medium heat until fat is released. Add onion and cook until soft. Add mustard greens and saute, stirring often, until wilted. Taste for salt and pepper. Serve with chili pepper vinegar on the side, to be used liberally.

## Stomach Qi deficiency

<b>Biomedical explanation</b>	Inadequate energy for stomach function
<b>Common symptoms</b>	Poor appetite, epigastric discomfort, poor sense of taste, diarrhea, tiredness, weak limbs
<b>Remedies</b>	Tonify Stomach Qi

<b>Avoid</b>	
<b>Have in moderation</b>	Beef, brown sugar, honey, maple syrup, pork
<b>Have more of</b>	Aniseed, apple, barley, basil, cabbage, caraway seed, cardamom, carrot, chamomile tea, cheese (cow), cherry, chicken, coconut meat, coriander, corn, curry, fennel seed, fig, ginger, grape, hazelnut, leek, milk, millet, molasses, oats, onion, papaya, peach, peanut, pepper, pineapple, pistachio, potato, pumpkin, rice, alaskan salmon, sardine, shiitake mushroom, shrimp, soymilk, sweet potato, tofu, turkey, watercress, yogurt

## Roasted Corn on the Cob

4 cornhusks, not shucked  
 4 tablespoons butter  
 Salt and pepper  
 Juice of ½ a lime

Preheat oven to 350. Combine other ingredients in a small bowl. Place cornhusks on the rack and roast for 25 minutes. (The husk will brown.) Peel off husks and brush on butter mixture.

## Stomach Qi rebelling

<b>Biomedical explanation</b>	Reversed movement in the stomach
<b>Common symptoms</b>	Nausea, difficulty swallowing, belching, hiccups
<b>Remedies</b>	Descend Stomach Qi

<b>Avoid</b>	
<b>Have in moderation</b>	Coffee, spirits, wine
<b>Have more of</b>	Aniseed, basil, black tea, broccoli, buckwheat, caraway seed, cardamom, carrot, cayenne pepper, chamomile tea, chili pepper, chive, cilantro, cinnamon, clove, coriander, fennel, fennel seed, garlic, ginger, grapefruit, green tea, horseradish, kohlrabi, leek, lemon zest, lettuce, lychee, mango, marjoram, mushroom, mustard greens, nutmeg, oats, onion, orange, peach, pepper, plum, radish, red cabbage, spearmint, tangerine, vinegar, watercress

## Oatmeal and Apricot Cookies

3 ripe bananas  
 2 cups oatmeal  
 1 ½ cups dried apricot, minced  
 1 teaspoon vanilla extract  
 ¼ teaspoon nutmeg

Preheat the oven to 350 degrees. Mash the bananas in a large bowl. Add the other ingredients; mix. Drop by spoonfuls on an ungreased cookie sheet. Bake for approximately 20 minutes.

## Stomach Yin deficiency

<b>Biomedical explanation</b>	Weakness in the structure of the stomach
<b>Common symptoms</b>	Poor appetite without desire to eat, epigastric pain, dry mouth and throat, feeling of fullness after eating
<b>Remedies</b>	Nourish Stomach Yin, nourish Fluids

<b>Avoid</b>	
<b>Have in moderation</b>	Beef, honey, pork
<b>Have more of</b>	Alfalfa sprout, apple, bananas, barley, cherry, currant, dairy, egg, fennel seed, hemp seed, mango, marjoram, millet, mung beans, oats, pear, pineapple, plum, pomegranate, potato, rice, sardine, soy milk, spinach, squash, strawberry, sunflower oil, tangerine, tofu, tomato; <b>especially</b> apricot, orange, sesame

## Peach Oatmeal Muffins

1 cup oatmeal mixed with 1 cup cake flour  
 1 tablespoon baking powder  
 1 teaspoon cinnamon  
 1/3 cup brown sugar  
 1 tablespoon grated ginger  
 2 eggs  
 1 cup buttermilk  
 1/2 cup diced peaches

Preheat oven to 400 degrees. Oil a 12-cup regular-size muffin tin. Combine dry ingredients in one bowl. Mix ginger, eggs, buttermilk and peaches in another bowl and stir this mixture into dry mixture, only enough to blend. Divide batter among cups and bake 20 minutes, until toothpick inserted in center comes out clean. Remove from oven and loosen from sides of pan. Cool and serve. (This recipe can also be used for Stomach Qi stagnation and Retention of food in the Stomach.)

## Heat in the Stomach

<b>Biomedical explanation</b>	Inflammation in the stomach
<b>Common symptoms</b>	Burning epigastric pain, thirst, sour regurgitation, nausea, hunger, foul breath, feeling of heat
<b>Remedies</b>	Dispel Heat, nourish Stomach Yin

<b>Avoid</b>	Hot and spicy foods; fried, broiled and grilled foods
<b>Have in moderation</b>	Raw foods; salty foods (such as soy sauce); beef, honey, pork
<b>Have more of</b>	Cool, boiled, steamed and braised foods; alfalfa sprout, apple, banana, barley, mango, millet, mung beans, orange, pear, pineapple, plum, pomegranate, potato, sauerkraut, sesame, soy milk, yellow soybeans, spinach, squash, strawberry, tofu, tomato, zucchini

## Barley, Feta and Fruit Salad

⅔ cup pearl barley, rinsed  
 5 tablespoons walnuts  
 ½ cup parsley, chopped  
 1 celery rib, diced  
 ½ firm pear, cored and diced  
 5 strawberries, stems and leaves removed, halved  
 ⅓ cup pomegranate arils  
 ⅓ cup crumbled feta  
 4 tablespoons fresh lemon juice  
 1 ½ tablespoons olive oil  
 Salt and pepper

In a large pot, boil barley, partially covered, until tender, about 30 minutes. While barley is cooking, in a small saucepan over low heat, toast walnuts until browned and fragrant. Drain barley in a sieve and transfer to a bowl. Combine everything and salt and pepper to taste.

# Metal

## Lung Qi deficiency

<b>Biomedical explanation</b>	Inadequate energy in the respiratory system
<b>Common symptoms</b>	Shortness of breath, cough, weak voice, spontaneous sweating, dislike of speaking, white complexion, tendency to catch colds, tiredness, dislike of cold
<b>Remedies</b>	Tonify Lung Qi, warm Yang

<b>Avoid</b>	Processed foods
<b>Have in moderation</b>	Brown sugar, honey
<b>Have more of</b>	Almond, amaranth, aniseed, apple, carrot, dairy, dates, fresh fig, ginger, grape, leek, molasses, oats, onion, papaya, peanut, pine nut, pumpkin, sage, red cabbage, thyme, watercress, yam; <b>especially</b> cinnamon, fennel seed, pepper, walnut

## Walnut and Cinnamon Ice Cream for Two

Two mason jars

2 cups heavy cream

3 tablespoons brown sugar

1 teaspoon vanilla extract

Kosher salt

½ cup walnuts, toasted and broken

1 tablespoon cinnamon

Divide the cream, sugar and vanilla between the two jars. Add a pinch of salt to each. Seal the jars and shake vigorously until the cream thickens considerably, just over 5 minutes. Stir in walnuts and cinnamon. Freeze for 3 hours. Remove from freezer ten minutes before serving.



## Lung Qi stagnation

<b>Biomedical explanation</b>	Inadequate movement in the respiratory system
<b>Common symptoms</b>	Feeling of lump in the throat, difficulty with swallowing, chest discomfort, breathlessness, sighing, sadness, anxiety, depression
<b>Remedies</b>	Regulate Lung Qi

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Coffee, spirits, wine
<b>Have more of</b>	Basil, black tea, caraway seed, cardamom, cayenne pepper, chamomile tea, chili pepper, cilantro, cloves, garlic, grapefruit, green onion, green tea, horseradish, lemon, lime, mango, marjoram, mint, mushroom, mustard, mustard greens, nutmeg, orange, radish, spearmint, tangerine, turnip; <b>especially</b> almond, aniseed, carrots, cinnamon, fennel seed, ginger, leek, red cabbage, oats, onion, pepper, thyme, watercress

## Carrot and Toasted Almond Soup

- 1 cup sliced shallots
- 1 bay leaf
- 1 teaspoon each of grated ginger, curry powder and chopped thyme
- ¼ cup butter, olive oil or a mixture
- 1 3 ounce potato, scrubbed or peeled, and cubed
- 1 ½ pounds carrots, uncracked, scrubbed or peeled, and sliced crosswise
- 2 cups chicken broth, mixed with 1 cup apple cider and 1 ½ cups water
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ cup sliced almonds, toasted

Saute shallots and spices in butter over low heat until shallots soften. Add potato, carrots, broth, cider, water, salt and pepper and boil. Reduce heat and simmer covered until tender, about 20 minutes. Discard bay leaf, puree soup, and serve sprinkled with almonds.

## Lung Yin deficiency

<b>Biomedical explanation</b>	Weakness in the structure of the respiratory system
<b>Common symptoms</b>	Cough, weakness or hoarse voice, dry mouth and throat, tiredness, dislike of speaking, thin body, night sweating
<b>Remedies</b>	Tonify Lung Yin, nourish Fluids, dispel Empty Heat

<b>Avoid</b>	
<b>Have in moderation</b>	Honey
<b>Have more of</b>	Apples, apricot, banana, cheese, mango, melon, milk, pear, pomegranate, squash, strawberry

## Minty Fruit Salad

4 ½ pounds chopped fresh stone fruit (such as apple, apricot, mango and pear)

¼ fresh orange juice

½ cup fresh mint leaves, chopped

1 tablespoon honey

Combine, stir and serve.

## Wind Cold in the Lungs

<b>Biomedical explanation</b>	Pathogens and inadequate temperature in the respiratory system
<b>Common symptoms</b>	Runny nose with clear mucus, sneezing, cough, aversion to wind or cold
<b>Remedies</b>	Dispel Wind Cold

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods
<b>Have in moderation</b>	
<b>Have more of</b>	Hot and spicy foods; grilled and broiled foods; basil, caraway seed, cilantro, cinnamon, garlic, green onion, fresh ginger, sage, thyme

## Roasted Garlic Herb Sauce

1 head of garlic, separated into cloves, unpeeled  
 3 cups cilantro  
 1 cup sesame oil  
 1 teaspoon grated ginger  
 1 ½ tablespoons green onions, thinly sliced  
 1 teaspoon red pepper flakes  
 1 tablespoon rice vinegar  
 ¾ teaspoon kosher salt

Heat a medium, dry, heavy skillet (preferably cast iron) over medium. Roast garlic, stirring occasionally, until skins have darkened on all sides and cloves inside are soft, 12–15 minutes. Let cool. Peel away skins and discard; transfer cloves to a blender. Add cilantro, oil, ginger, green onions, red pepper, vinegar and salt. Blend until a pesto-like sauce forms.

## Wind Heat in the Lungs

<b>Biomedical explanation</b>	Inflammation and pathogens in the respiratory system
<b>Common symptoms</b>	Fever, aversion to wind, sore throat, colored mucus, thirst
<b>Remedies</b>	Dispel Wind Heat

<b>Avoid</b>	Hot and spicy foods; fried, broiled and grilled foods
<b>Have in moderation</b>	Raw foods
<b>Have more of</b>	Cool, boiled, steamed and braised foods; marjoram, mint, oregano, sage

## Persian Sabzi Salad

3 cups baby spinach  
 1 cup arugula  
 6 celery leaves  
 ¼ cup mint leaves  
 ¼ cup parsley leaves  
 ¼ cup marjoram leaves  
 ¼ cup oregano leaves  
 2 green onions, thinly sliced  
 Salt and pepper  
 2 tablespoons olive oil  
 3 teaspoons lemon juice

Wash and dry well all the greens. Tear the arugula, celery and mint into bite size pieces. Toss the greens with the green onions and a pinch of salt. Drizzle the oil and juice over the salad, toss, taste for salt and pepper and serve.

## Dryness in the Lungs

<b>Biomedical explanation</b>	Inadequate water in the respiratory system
<b>Common symptoms</b>	Dry cough, dry skin, dry throat, dry mouth, thirst, hoarse voice
<b>Remedies</b>	Nourish and moisten Lungs

<b>Avoid</b>	Canola oil
<b>Have in moderation</b>	Healthy fats (dairy, nuts, oils, seeds)
<b>Have more of</b>	Cheese, milk, peanuts; <b>especially</b> pistachio

## Goat Cheese and Pistachio Spread

10 ½ ounces mild, soft goat cheese, such as Montrachet  
 1 stick unsalted butter, softened  
 1 large garlic clove, minced and ground to a paste with 1 teaspoon salt  
 ½ cup chopped and toasted pistachios  
 ¼ cup sliced chives  
 1 loaf French bread, cut into thin slices and toasted  
 Salt and pepper

In a bowl, beat together the goat cheese, the butter, the garlic paste, the pistachios, most of the sliced chives, and salt and pepper to taste until the mixture is combined well. Spoon the spread into a serving dish, and chill it, its surface covered with plastic wrap, overnight. The spread may be made 2 days in advance and kept covered and chilled. Garnish the spread with the remaining chive and serve it with the toasts.

## Damp Phlegm in the Lungs

<b>Biomedical explanation</b>	Excess fluid and mucus in the respiratory system
<b>Common symptoms</b>	Abundant expectoration, recent cold, chest discomfort, dyspnea, feeling of heaviness, poor appetite, white complexion, dislike of lying down
<b>Remedies</b>	Dispel Damp and Phlegm, descend Lung Qi

<b>Avoid</b>	Fatty foods
<b>Have in moderation</b>	
<b>Have more of</b>	Aniseed, basil, cardamom, garlic, horseradish, lemon zest, onion, orange zest, pepper, turnip, watercress; <b>especially</b> radish

## Braised Radishes

20 radishes (reserve the stems)  
 2 tablespoons butter, olive oil or a mixture  
 1 shallot, diced  
 3 garlic cloves, minced  
 1 tablespoon fresh thyme leaves  
 Zest of 1 lemon  
 Salt and pepper

If radish tops are in good condition, trim off (leaving a short length of stem attached to radish), wash and set aside. Leave small radishes whole, and cut large ones in half. In a medium-size pot melt 2 tablespoons butter over medium-high heat. Add shallots, garlic and thyme, and stir until softened, about 2 minutes. Add radishes, a sprinkling of salt and pepper and just enough water to cover radishes. Bring to a simmer, and cook until tender, 3 to 5 minutes. If using, add radish tops, and simmer 1 minute more. Remove radishes (and tops, if using) to a serving dish, and boil liquid in pot until reduced to about 1/3 cup. Stir in remaining tablespoon butter and the lemon zest, season to taste with salt and pepper, and pour over radishes. Garnish with thyme leaves, and serve.

## Phlegm Cold in the Lungs

<b>Biomedical explanation</b>	Pathogens and excess mucus in the respiratory system
<b>Common symptoms</b>	Expectoration of watery sputum, feeling of cold, cold hands, dizziness, chest discomfort
<b>Remedies</b>	Dispel Phlegm and warm Cold

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods; fatty foods
<b>Have in moderation</b>	
<b>Have more of</b>	Hot and spicy foods; broiled and grilled foods; basil, caraway seed, cardamom, fennel seed, ginger, horseradish, mustard greens, onion, pumpkin, radish, rosemary, thyme; <b>especially</b> cumin, turmeric, walnuts

### Okinawan Turmeric Tea for Two

2 teaspoons turmeric powder

3 cups water

Combine both in a small pot and boil. When it reaches a strong boil, turn off the heat and wait one minute for the turmeric to sink to the bottom. Pour or ladle carefully, taking care to avoid the solids at the bottom. Serve immediately.

## Phlegm Heat in the Lungs

<b>Biomedical explanation</b>	Inflammation and excess mucus in the respiratory system
<b>Common symptoms</b>	Expectoration of colored sputum, recent cold, chest discomfort, feeling of heat, fever, thirst, dyspnea, feeling of heaviness, irritability, nausea, agitation, insomnia
<b>Remedies</b>	Dispel Phlegm and Heat, descend Lung Qi

<b>Avoid</b>	Hot and spicy foods; fried, broiled and grilled foods; fatty foods
<b>Have in moderation</b>	Raw foods
<b>Have more of</b>	Cool, boiled, steamed and braised foods; grapefruit, lemon, lime, mandarin orange, mushroom, pear, peppermint, plantain; <b>especially</b> radish

## Fennel, Mushroom and Radish Salad

1 garlic clove, ground to paste with a pinch of salt  
 2 tablespoons lemon juice  
 ½ teaspoon lemon zest  
 Salt and pepper  
 4 tablespoons olive oil  
 3 fennel bulbs, trimmed  
 4 ounces white mushrooms, wiped clean  
 6 radishes  
 Parmesan

Put the garlic in a small bowl. Add the lemon juice and zest, a good pinch of salt and a little freshly ground pepper. Whisk in the olive oil. Thinly slice the fennel bulbs, mushrooms and radishes. Put them in a salad bowl and season lightly with salt and pepper. Add about 3/4 of the dressing and toss gently. With a vegetable peeler, shave curls of Parmesan over the salad. Drizzle with the remaining dressing.



## Dampness in the Large Intestine

<b>Biomedical explanation</b>	Excess fluid in the large intestine
<b>Common symptoms</b>	Abdominal discomfort, dysuria, oliguria, diarrhea, borborygmus, sticky taste in the mouth, nausea, mucus in the stool
<b>Remedies</b>	Dispel Dampness

<b>Avoid</b>	Fatty foods
<b>Have in moderation</b>	
<b>Have more of</b>	Alfalfa sprout, kidney beans, lettuce, onion, pepper, pumpkin, tea, wheat germ

## French Pumpkin Soup

- 1 tablespoon butter, olive oil or a mixture
- 1 small onion, diced
- 4 pounds pumpkin, diced or canned
- 1 small potato, scrubbed or peeled, and diced
- 6 cups water
- Salt and pepper
- 1 cup Comte cheese, grated

Melt the butter in a large heavy saucepan over medium-high heat. Add the onion and cook, stirring, until it begins to turn translucent, about 5 minutes. Add the pumpkin, the potato, and the water; stir and season lightly with salt. Cover and bring to a boil. Reduce the heat to medium and cook, covered, until the pumpkin is so soft that it comes apart, 25 minutes (or less if using canned pumpkin). Remove from the heat and purée the mixture in a food processor or with a wand mixer until smooth and uniformly blended. Taste for seasoning, and serve with the cheese alongside.

## Large Intestine deficiency with Cold

<b>Biomedical explanation</b>	Inadequate energy and temperature in the large intestine
<b>Common symptoms</b>	Abdominal pain relieved by pressure or warmth, borborygmus, diarrhea, constipation, cold limbs, pale stools
<b>Remedies</b>	Tonify Qi, dispel Cold

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods
<b>Have in moderation</b>	
<b>Have more of</b>	Hot and spicy foods; grilled and broiled foods; basil, brussel sprout, caraway seed, cardamom, clove, green onion, nutmeg; <b>especially</b> fennel seed, ginger, onion, peach, pepper, pine nut, pumpkin, sunflower seed, thyme, walnut

## Pumpkin with Pine Nut Pesto

3 pounds pumpkin, cubed (about six cups)  
 ¼ cup olive oil, divided  
 ½ cup pine nuts  
 ½ cup packed parsley sprigs  
 1 ½ teaspoons lemon juice  
 Salt and pepper

Preheat oven to 500°F with rack in middle. Toss pumpkin with 2 tablespoons oil and 1/2 teaspoon salt, then arrange in 1 layer in a 17- by 12- by 1-inch baking pan and roast, turning occasionally, until golden brown on edges, 20 to 25 minutes. Meanwhile, heat pine nuts in 1 tablespoon oil in a large heavy skillet over medium-high heat, stirring frequently, until nuts are beginning to brown, 2 to 4 minutes. Transfer to a large plate and cool. Pulse cooled nuts in a food processor with parsley, lemon juice, 1/4 teaspoon each of salt and pepper, and remaining tablespoon oil to a coarse paste (not finely ground). Toss pumpkin with pesto and salt and pepper to taste. Serve immediately.

## Dryness in the Large Intestine

<b>Biomedical explanation</b>	Inadequate water in the large intestine
<b>Common symptoms</b>	Dry stools, constipation, dry mouth and throat, thin body, foul breath, dizziness
<b>Remedies</b>	Moisten Large Intestine

<b>Avoid</b>	Canola oil
<b>Have in moderation</b>	Healthy fats (dairy, nuts, oils, seeds)
<b>Have more of</b>	Green cabbage, peanut, pistachio, sunflower seed

## Olive Oil Granola with Nuts and Seeds

3 cups rolled oats  
 1 ½ cups pistachios  
 1 cup sunflower seeds, hulled  
 1 cup peanuts, toasted  
 ½ cup coconut chips  
 ¾ cup maple syrup  
 ½ cup olive oil  
 ½ cup brown sugar  
 1 teaspoon kosher salt  
 ½ teaspoon each of cinnamon powder and cardamom powder  
 ¼ cup dried apricots  
 Ricotta, for serving

Preheat oven to 300 degrees. In a large bowl, combine oats, pistachios, sunflower seeds, peanuts, coconut chips, maple syrup, olive oil, brown sugar, salt, cinnamon and cardamom. Spread mixture on a sheet pan in an even layer and bake for 45 minutes, stirring every 10 minutes, until golden brown and well toasted. Transfer granola to a large bowl and add apricots, tossing to combine. Serve with ricotta.

# Water

## Deficiency of Kidney Qi

<b>Biomedical explanation</b>	Inadequate energy in the body's water filters
<b>Common symptoms</b>	Diminished hearing, dizziness, tinnitus, backache, polyuria, heavy periods, premature ejaculation
<b>Remedies</b>	Tonify Qi

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Pork
<b>Have more of</b>	Aniseed, chicken, cinnamon, corn, fennel seed, grape, millet, molasses, oats, pepper, pistachio, potato, quinoa, sage, sardine, shrimp, sunflower seed, thyme, walnut, watercress, yam

## Corn Chowder

5 ears of corn  
 1 tablespoon butter  
 1 medium onion, chopped  
 2 medium potatoes, diced  
 Salt and pepper  
 1 cup milk  
 ½ cup parsley, chopped

Use a paring knife to strip kernels into a bowl. Put cobs in a pot with 4 cups water; bring to a boil, cover and let simmer. Put butter in a saucepan and turn heat to medium-high. When butter melts, add onion and potatoes, along with salt and pepper. Cook until onion softens, about 5 minutes. After corn cobs have cooked at least 10 minutes, strain liquid into onion-potato mixture; bring to a boil, then lower heat to a simmer. When potatoes are tender, add corn kernels and milk, and heat through. Taste, and adjust seasonings. Garnish with the parsley, and serve. (This recipe can also be used for Kidney Qi not firm and Kidneys failing to receive Qi.)

## Deficiency of Kidney Yang

<b>Biomedical explanation</b>	Inadequate pressure in the body's water filters affecting the reproductive system
<b>Common symptoms</b>	Lower backache, weak legs, feeling of cold, white complexion, tiredness, lassitude, polyuria, apathy, edema of the legs, infertility in women, diarrhea, depression, impotence, premature ejaculation, decreased libido, unhealthy sperm
<b>Remedies</b>	Warm and Tonify Kidney Yang

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Goat, lamb, mutton, venison
<b>Have more of</b>	Anchovy, aniseed, lobster, mussel, pistachio, quinoa, star anise; <b>especially</b> basil, cinnamon, clove, crayfish, fennel seed, horseradish, jasmine tea, pepper, rosemary, walnut

## Crayfish-Stuffed Avocados

½ pound cooked crayfish tails  
 1 medium carrot, shredded  
 ½ small zucchini, shredded  
 6 tablespoons lime juice  
 ¼ teaspoon Tabasco sauce  
 1 teaspoon kosher salt, plus more to taste, and pepper  
 2 large and ripe avocados, pitted  
 2 tablespoons cilantro, chopped

Place the crawfish, carrot and zucchini in a medium bowl. Add the lime juice, Tabasco sauce, one teaspoon salt and pepper to taste and toss to combine. Sprinkle the avocado halves lightly with salt and divide the crawfish mixture among them. Sprinkle with the cilantro and serve immediately.

## Deficiency of Kidney Yin

<b>Biomedical explanation</b>	Weakness in the structure of the body's water filters
<b>Common symptoms</b>	Dizziness or vertigo, hearing problems, poor memory, night sweating, dry mouth and throat, lower backache, aching bones, constipation, nocturnal emissions, premature ejaculation, tiredness, lassitude, depression, anxiety, scanty or dark urine
<b>Remedies</b>	Nourish Kidney Yin

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Pork
<b>Have more of</b>	Alfalfa sprouts, asparagus, black beans, chicken liver, clams, crab, crayfish, duck, egg, fennel seed, kidney beans, millet, mineral water, oats, octopus, oyster, potato, raspberry, salmon roe, sardine, scallop, sesame seed, strawberry, string bean, sunflower seed, whole wheat pasta, yam

## Tonnato a la Sardine

2 cans (about 4 ounces) sardines in oil, drained

¼ cup mayonnaise

1 tablespoon parsley, finely chopped

2 teaspoons capers, chopped

1 teaspoon lemon zest

2 teaspoons lemon juice

¼ teaspoon black pepper

⅛ teaspoon salt

Mash everything together in a bowl with a fork until combined. This can be traditionally eaten as a pasta sauce, but you can enjoy it with baguette slices or celery sticks as well.

## Deficiency of Kidney Yin with Empty Heat

<b>Biomedical explanation</b>	Progressed weakness in the structure of the body's water filters causing moderate inflammation
<b>Common symptoms</b>	Dizziness or vertigo, hearing problems, poor memory, night sweating, dry mouth and throat, lower backache, aching bones, constipation, nocturnal emissions, premature ejaculation, tiredness, lassitude, depression, anxiety, scanty or dark urine, malar flush, feeling of heat, infertility, insomnia, menorrhagia
<b>Remedies</b>	Nourish Kidney Yin, dispel Heat

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	Pork
<b>Have more of</b>	Black beans, chicken liver, clams, crab, crayfish, duck, egg, fennel seeds, mineral water, oats, octopus, oyster, raspberry, salmon roe, sardine, scallop, string bean, sunflower seed, yam; <b>especially</b> alfalfa sprout, asparagus, kidney beans, millet, potato, sesame seed, strawberry, whole wheat pasta

## Pasta with Asparagus and Parmesan

1 pound asparagus, cut into 1 ½ inch pieces  
 ½ pound whole wheat bow tie pasta  
 3 tablespoons olive oil  
 ½ cup grated Parmesan, plus more for garnishing  
 Salt and pepper

Add asparagus to large pot of boiling salted water. Cook until just crisp-tender. Transfer to bowl of cold water using slotted spoon. Cool asparagus slightly and drain. Add pasta to same pot of water and boil until just tender but still firm to bite. Add asparagus and heat through. Drain well. Return pasta-vegetable mixture to pot. Add oil and toss to coat. Add 1/2 cup cheese. Season with salt and pepper. Serve immediately, passing additional cheese separately.

## Deficiency of Kidney Essence

<b>Biomedical explanation</b>	Weakness in fertility or in the body's development
<b>Common symptoms</b>	Poor bone development, deafness or tinnitus, mental dullness, weak legs, loose teeth, graying or thinning hair, lower backache, infertility, amenorrhea, dizziness, blurred vision, discomfort after sex
<b>Remedies</b>	Nourish Kidney Essence

<b>Avoid</b>	Sweetened and processed foods
<b>Have in moderation</b>	
<b>Have more of</b>	Almond, chicken, egg, goat milk, mussel, oyster, sesame seed, walnut

## Mussels with White Wine and Pesto

1 cup white wine (preferably dry)  
 2 pounds mussels, debearded and scrubbed  
 ½ cup fresh store-bought pesto  
 Kosher salt and pepper

Bring wine to a boil in a large pot. Add mussels, cover, return to a boil, then reduce heat and bring to a simmer. Cook mussels until they open, 3 to 4 minutes. Stir in pesto; season with salt and pepper. Using a slotted spoon, divide mussels among bowls. Top evenly with broth and serve immediately.



## Urinary Bladder deficient with Cold

<b>Biomedical explanation</b>	Inadequate energy and temperature in the urinary system
<b>Common symptoms</b>	Clear polyuria, incontinence, enuresis, lower backache, dizziness, urethral discharge
<b>Remedies</b>	Warm Urinary Bladder, tonify Kidney Qi

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods
<b>Have in moderation</b>	
<b>Have more of</b>	Hot and spicy foods; broiled and grilled foods; amaranth, caraway seed, cinnamon, fennel seed, horseradish, sardine, watercress; <b>especially</b> sunflower seed, thyme, walnut

## Hot Amaranth Porridge

½ cup amaranth  
 1 ½ cups water  
 ½ teaspoon cinnamon  
 ¼ cup milk  
 2 teaspoons maple syrup  
 Pinch of salt  
 3 tablespoons walnuts, toasted

Combine the amaranth, water and cinnamon in a small saucepan, and bring to a boil. Reduce the heat to low, cover and simmer 30 minutes. Stir every once in a while, as the amaranth may stick to the bottom of the pan. Stir in the milk, syrup and a pinch of salt. Stir vigorously until the porridge is creamy. Remove from the heat, garnish with walnuts and serve.

## Damp Cold in the Urinary Bladder

<b>Biomedical explanation</b>	Inadequate temperature and excess fluid in the urinary system
<b>Common symptoms</b>	Polyuria, urinary urgency, difficulty in fully voiding bladder, feeling of heaviness, cloudy urine
<b>Remedies</b>	Warm Urinary Bladder, dispel Damp

<b>Avoid</b>	Raw foods; cool, boiled, steamed and braised foods; fatty foods
<b>Have in moderation</b>	
<b>Have more of</b>	Hot and spicy foods; broiled and grilled foods; caraway seed, cranberry, fennel seed, sunflower seed, thyme, walnut, watercress; <b>especially</b> cinnamon, horseradish

## Potato and Watercress Salad

2 pounds small purple potatoes  
 2 bunches watercress  
 1 cup creme fraiche  
 ½ cup olive oil  
 2 teaspoons lemon zest  
 4 tablespoons grated fresh horseradish  
 Kosher salt and pepper

Preheat oven to 400 and roast potatoes until tender when pierced with fork, about 25 minutes. Meanwhile, trim stalks from watercress; rinse and spin dry the leaves. In a small bowl, whisk together the creme fraiche and oil until mixture is smooth. Blend in lemon zest and horseradish and season to taste with salt and pepper. Place potatoes (which will still be warm) and the watercress in a bowl. Add dressing, toss gently and serve.

## Damp Heat in the Urinary Bladder

<b>Biomedical explanation</b>	Inflammation and excess fluid in the urinary system
<b>Common symptoms</b>	Polyuria, urinary urgency, burning urine, difficulty in fully voiding bladder, dark, turbid or bloody urine, fever, thirst, feeling of heat, hypogastric discomfort
<b>Remedies</b>	Dispel Damp Heat, promote urination

<b>Avoid</b>	Hot and spicy foods; fried, broiled and grilled foods; fatty foods
<b>Have in moderation</b>	Raw foods; salty foods
<b>Have more of</b>	Cool, boiled, steamed and braised foods; broccoli, cantaloupe, cucumber, hibiscus, kiwi, plantain, plum, pomegranate, watermelon, wild rice; <b>especially</b> black eyed peas, broccoli, celery, cranberry, pineapple, water chestnut, watercress

## Black-Eyed Pea and Pineapple Salad

60 ounces canned black-eyed peas, drained and rinsed  
 4 cups diced fresh pineapple  
 7 ounce jar of roasted bell pepper, drained and diced  
 1 ½ cups minced celery  
 1 small red onion  
 ⅔ cup cilantro leaves, minced, stems reserved  
 4 jalapenos  
 ¼ cup Dijon mustard  
 2 tablespoons apple cider vinegar  
 ½ cup olive oil  
 Kale for garnishing

Combine first 7 ingredients in large bowl. Whisk Dijon mustard and cider vinegar in small bowl. Gradually whisk in olive oil. Add to salad and toss to coat. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.) Line large bowl with kale. Fill with salad. Garnish salad with cilantro sprigs and serve.

## For the Practitioner

Regardless of any information provided here, remember to always tailor nutritional guidance to each patient's unique situation.

### Cooking Methods by Element

Wood: grilling (barbeque, smoking, searing, pickling, fermenting, campfire)

Fire: sauteing (frying, flambeing, toasting, dehydrating, mini portions)

Earth: stewing (roasting, baking, mashing, pureeing, jams, caramelizing, desserts)

Metal: garnishing (arranged, condiments, finishing sauces, julienne, mincing, dicing)

Water: boiling (soup, braising, steaming, poaching, curing, freezing, sous vide)

### Balancing the Five Elements

A balanced meal will have one representative from each flavor, color and cooking method. Generally, water methods are the coolest and fire methods are the warmest.

Element	Flavor	Colors	Cooking Methods
<b>Wood</b>	sour	green	grilling
<b>Fire</b>	bitter	red	sauteing
<b>Earth</b>	sweet	yellow, brown, orange	stewing
<b>Metal</b>	pungent	white, gold, silver	garnishing
<b>Water</b>	salty	black, dark blue and purple	boiling

### Further Reading about TCM Nutrition

Below you will find current research to provide to interested patients, health care practitioners and insurance providers. Metabonomics, systems thinking and dynamic complexity theory are the most promising avenues of investigation as of this writing.

Wilson, D., et. al. (2017.) The Role of Food Antioxidants, Benefits of Functional Foods, and Influence of Feeding Habits on the Health of the Older Person: An Overview.

Antioxidants 2017, 6(4), 81. *A diet in which foods are chosen by color and flavor has potential to treat dementia and Alzheimer's disease.*

Pengfei, H., et. al. (2018.) The Sweet Taste Signalling Pathways in the Oral Cavity and the Gastrointestinal Tract Affect Human Appetite and Food Intake: A Review. International Journal of Food Sciences and Nutrition, July 2018. *Sweet taste receptors in the mouth and gut affect hormone balance and the hunger-satiety cycle.*

Freund, J.R., et. al. (2018.) Taste Receptors in the Upper Airway. World Journal of Otorhinolaryngology: Head and Neck Surgery, 4(1) March 2018, pages 67-76. *Drugs targeting taste receptors throughout the body may substitute for antibiotics in the near future.*

## Works Consulted

- Leggett, Daverick. (2014.) *Helping Ourselves: A Guide to Traditional Chinese Food Energetics*. Devon: Meridian Press.
- Maciocia, Giovanni. (2018.) *Diagnosis in Chinese Medicine: A Comprehensive Guide* (2nd edition). London: Churchill Livingstone.
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- Pitchford, Paul. (2002.) *Healing with Whole Foods: Asian Traditions and Modern Nutrition* (3rd edition). Berkeley: North Atlantic Books.