



## Chinese Nutritional Therapy

It may seem unusual for your licensed acupuncturist to make nutritional suggestions, but it's actually part of a bigger picture to support your wellness in & out of the treatment room. Chinese medicine has viewed food & drink for thousands of years on a medicinal level. It's not just about what you eat but additionally how you eat. Here's a few basic tips to get you started to have more energy.

### **Make breakfast your biggest meal. Eat like the King.**

Why? your digestive system is at it's metabolic peak between 9 to 11 am. **Eat before 9:00 am to get the benefit.**

### **Make lunch a substantial size. Eat like the Queen.**

Why? by eating a big breakfast and getting through the mornings activities (hopefully some exercise) you will be ready to have big lunch. This is in place of eating a big dinner/ tea/ supper. **13:00 onward**

### **Have a rest after lunch. Yes a 30 minute lie down!**

Why? to let the mind have a break after a busy morning and midday and to digest your food.

### **Eat dinner like the pauper.**

Why? **your digestive system is weakest from 7 to 11 pm** (opposite to the time it's strongest in the morning). Heavier meals after 7 pm will take much longer to digest. Try lighter foods before 7 pm.

# How to eat

## **When your attention is being diverted so is your digestion!**

Watching television while you are eating causes mindless eating. Before you know it your plate is empty and you might be looking for a second helping. Watching the news causes stress which directly impacts the digestive system. Especially be mindful if you are on any gastro medications (Gaviscon, Omeprazole etc.).

## **Eating lunch in front of the laptop during the day?**

This habit is awful for your digestive system and movement of your energy (Qi). Move away from the screen when eating your lunch. Take a break and relax. You will be more productive in the afternoon if you can follow this practice.

## **Eat slowly & chew your food**

Eating slowly and chewing strengthens your digestive system. The process of chewing creates more saliva, food becomes more macerated before entering your gastro tract, therefore your stomach and intestines have to do less work to process food.

## **Portion size issues?**

Find a soup bowl which is a bit bigger than the size of your fist. This will help with portion size. Of course, when it comes to vegetables up the proportions.

## **Avoid overeating**

Stop before you get full, eating slowly helps to prevent overeating.

## **Don't chill your digestive system**

Our digestive system needs a level of heat to digest our food. Eating foods directly from the fridge or cold beverages with ice requires the stomach to heat up the food instead of digesting it. Over time, eating cold raw foods weakens the stomach and digestive system. Which then causes a weak gut micro biome.



**Your eating environment is as important as what you eat!**

# Qi Boosting Foods

**Veg:** peas, sweet potato, pumpkin, carrots, parsnips, peas, broad beans, carrot, chestnut, cabbage, celery, celeriac, corn, parsnip, squash & yam

**Grains:** light grains esp. congee, white rice, rice porridge, oats, roasted barley, sweet rice, spelt

**Fruits:** Figs, cherries, dates, small amounts of cooked fruits (esp. apples)

**Protein:** chicken, beef, lamb, liver, kidney, mackerel, tuna & anchovy

**Condiments:** barley malt, molasses, honey

**Add pungent flavours to meals:** onion, leek, garlic, turnip, pepper, fresh ginger, cinnamon, nutmeg, fennel & kitchen spices (add in small amounts)

**Nuts:** walnuts

## **Cooking methods to avoid**

Cold natured, uncooked and raw foods. Avoid a salad based or raw food diets and smoothies as your main source of cooking style.

## **Avoid cold dairy**

Ice cream, dairy pudding's, refined sugar & wheat products, milk chocolate, peanuts, and processed nut butters.

## **Seems a bit restrictive, why?**

Eating cold & raw foods takes a large amount of the body's energy to process. The body is around 37.5°C, foods directly from the fridge are around 4 to 6 °C. The digestive system has to work much harder to heat and process cold food & drink.

If your feeling tired after eating this is a clear symptom of a weakened digestive system.

In warmer weather, salads and some raw fruits are fine to consume. If you love your smoothie each day, set out fruit & veg to room temperature prior to mixing.

## **What about milk, butter and yogurt?**

Consider trying milk alternatives such as oat, rice and goat milk (avoid soya, it's usually always genetically modified). Cow dairy products tend to be phlegm & damp forming causing tiredness & lethargy. Butter & yogurt in moderate amounts is fine.

Craving a slice of cheese? Try goats cheese, there are some amazing products available.

## **Bread**

*If it's white just remember it's not right!* Processed bread causes long term digestion issues. Ever wonder why you feel awful after a ready made sandwich? Often it's not gluten causing issues, it's the additives put in bread for shelf life. Try rye bread, there are some fantastic options.



**There's more free guides available to support your wellness, ask Kim next time your in for a treatment.**