

# Fengyang Taoist TCM

## Diet Guide



# 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 pressed high heat oil, such as avocado oil, rice bran oil, or organic lard or ghee

##### **Soup and Salad (or other low heat cooking methods)**

Use cold pressed 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

