

Nutrition & Diabetes in Chinese & Western Cultures

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This paper addresses the issues surrounding diabetes and the treatment and prevention of this disease.

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*“Let food be your medicine and medicine be your food”
~Hippocrates*

The concept of nutrition according to Chinese tradition has been in effect for 3000 years. At this time, food was often used as medicine, since there was little difference. A 14th century Traditional Chinese Medicine (TCM) physician writes: “Doctors first have to find the cause for an illness and determine which disharmony prevails. To balance this disharmony, *the first and foremost* measure is appropriate diet.” Chinese nutritional therapy follows the same basic diagnostic principles as TCM and food is generally thought of as mild therapeutic agents to help sustain balance or regain balance. Its goal is simply: prevention and general healthy living.

Diseases such as diabetes, in which diet plays a fundamental role in maintaining balance, are a prime example. This is an integrated approach to the study of diet pertaining to diabetes. The first view focuses on the Western Medicine point of view on diabetes and its perspective on diet. The second focuses on the Traditional Chinese Medicine approach to the disease and its outlook on nutrition. Though with an estimated 9 million Canadians living with diabetes or pre-diabetes¹, it is the integrated approach that truly gives us the power to heal ourselves.

Diabetes According to Western Medicine

Diabetes, according to Western Medicine, is a chronic disease that is due to high levels of sugar in the blood. These high sugar levels are a reflection of the dysfunctional metabolism of glucose and the hormone insulin. Glucose is derived from almost all of what we eat and is the main source of fuel for the body. After the digestion of fats and carbohydrates, which are broken down into glucose, the glucose goes into the bloodstream and insulin is released to gather the glucose from the blood to be stored in the liver and muscles in a state that is commonly known as glycogen². Through the processes of glycolysis³ and the citric acid cycle⁴, glucose is oxidized and finally forms CO₂ and water and yields energy sources such as ATP⁵. The primary source of energy for the brain is glucose and thus all physiological processes are influenced by it.

Insulin is a hormone that is produced by the pancreas and the right amounts are automatically released at the right times to relieve the body of the toxic excess glucose. Those with diabetes, however, have a dysfunctional insulin process. This can manifest in different ways such as the pancreas not producing enough insulin – or none at all, or the insulin is not recognized appropriately. This results in the inability to store glucose and the build up of large amounts of glucose in the blood. This overflow of glucose passes out of the body through the urine and the body thus loses its main source of fuel.

There are three basic types of diabetes. Type 1 diabetes is an autoimmune disease in which the insulin-producing beta cells in the pancreas are destroyed by the immune system. Generally, this type of diabetes requires a daily intake of insulin. Type 2 diabetes is by far the most common type. It is associated with old age, obesity, family history, gestational diabetes history, physical inactivity and ethnicity, though the vast majority are over weight. This is due to insulin resistance⁶ resulting in a relative insulin deficiency. Gestational diabetes is a condition in which women exhibit high glucose levels during pregnancy.

Not only are blood glucose levels regulated by insulin, but it also has an effect on cognition and vascular compliance- or blood pressure. Insulin in the brain enhances learning and memory, especially verbal memory, and insulin in the central nervous system seems to contribute to the homeostasis of all energy systems in the human body.

Food & Diabetes according to Western Medicine

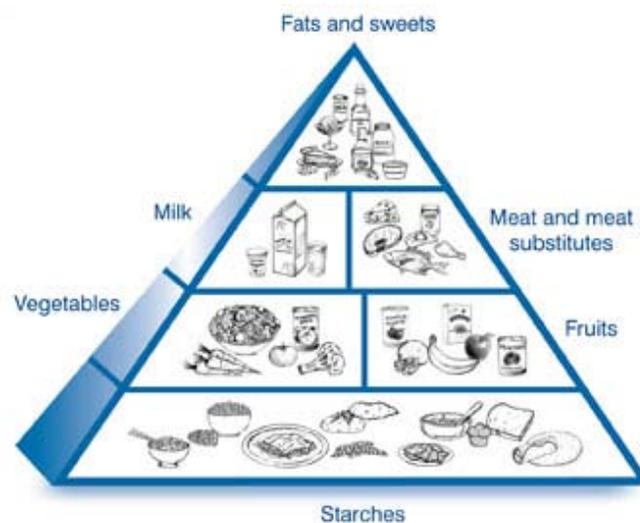
Since glucose is derived from food, especially carbohydrates, fats and proteins, diet is especially important for those with diabetes. According to the Canadian Diabetes Association, there are guidelines that diabetics should follow:

- Eat three meals per day at regular times and space meals no more than six hours apart. Eating a healthy snack is beneficial. Reason: eating at regular times helps the body control blood glucose levels.
- Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam, and honey. Reason: the more sugar ingested, the higher the blood glucose level will be.
- Limit the amount of high fat food eaten such as fried foods, chips and pastries. Reason: these foods can result in weight gain. Keeping a healthy weight helps with blood glucose control and is healthier for the heart.
- Eat more high-fibre foods such as whole grain breads and cereals, lentils, dried beans and peas, brown rice, vegetables and fruits. Reason: these foods increase the sensation of fullness and may lower blood glucose and cholesterol levels.
- If thirsty, drink water. Reason: drinking regular pop and fruit juice will raise blood glucose levels.
- Add physical activity to life. Reason: regular physical activity can improve blood glucose control.
- Eat more vegetables. Reason: they are very high in nutrients and low in calories
- Choose starchy foods such as whole grain breads and cereals, rice, noodles or potatoes at every meal. Reason: starchy foods are broken down into glucose which the body needs for energy. The Help Guide further explains that complex carbohydrates, such as starches, take longer to digest resulting in a feeling of fullness for longer which helps to keep the blood sugar levels more even.
- Include fish, lean meats, low fat cheeses, eggs or vegetarian protein choices as part of your meal.

The Canadian Diabetes Association also recommends paying attention to portion sizes when making meals:

- Fruits/Grains & Starches: choose an amount the size of your fist for each of grains, starches and fruit
- Vegetables: choose as much as you can hold in both hands
- Meat & Alternatives: choose an amount up to the size of the palm of your hand and the thickness of your little finger
- Fats: limit fat to an amount the size of the tip of your thumb.

The National Diabetes Information Clearinghouse adds a food pyramid that outlines which foods should be given priority based on the American Diabetes Association guidelines. It is very high in starches and much lower in fats and sweets: (See Appendix 1 for food lists.)



An interesting note: Wikipedia mentions a variety of controversies regarding the diets suggested for those with diabetes. First, it mentions that table sugar does not contribute to the development of diabetes, that it, in fact produces lower blood glucose levels than other sources of carbohydrates with the same amount of calories. Second, Dr Bernstein, a famous weight loss doctor with Type 1 diabetes drastically reduces carbohydrate intake in his diet compared with that of the American Diabetes Association. Third, transhumanist Ray Kurzweil, a diabetic and Dr. Terry Grossman state that diabetes, especially in its early stages can be controlled through diet with severely reduced carbohydrate ingestion. Wikipedia also outlines studies that have shown that a vegetarian or vegan diet helps to manage type 2 diabetes by lowering hemoglobin A1C and LDL levels, improving blood filterability and lowering advanced glycation endproducts as well as fighting against obesity by cutting down on saturated fats.

There are also many diets that diabetics may choose to follow other than those provided by the Canadian Diabetic Association or American Diabetic Association: the Pritikin diet focuses on fruits, vegetables, and whole grains, and is high in carbohydrates and fiber with an emphasis on diet. The G.I. Diet focuses to lower the glycemic index by avoiding potatoes cooked in certain ways and white breads while recommending foods that are converted to glucose more slowly in the bloodstream. The Low Carb Diet gradually removes carbohydrates from the diet altogether and replaces them with fatty foods with the hope of reversing diabetes. This is accomplished because the fats would be the primary calorie source for the body and there are minimal complications due to insulin resistance – and saturated fats are highly avoided. The High Fiber Diet claims to work better than the diet recommended by the American Diabetes Association in controlling diabetes and also to control blood sugar levels as well as oral diabetic drugs. Lastly, The Paleolithic Diet⁷ improves overall glucose tolerance.

There are many diets that diabetics have the option to follow, but there are a few resounding suggestions for all of those who suffer from the disease: eat balanced meals with appropriate portion sizes and make sure to exercise.

Diabetes According to Chinese Medicine

In Chinese, diabetes is known as 'Xiao Ke', literally translated as 'Wasting-Thirsting'. 'Xiao' refers to the excessive consumption of fluids, while 'Ke' refers to unrelieved thirst after drinking. Diabetes was first described in the *Huang Di Nei Jing*, one of the first classical texts in Chinese medicine, written about two thousand years ago. As centuries have passed, there have been many refinements in the study of the disease, but not until the Song dynasty (960-1279 AD) did the medical scholars classify the disease as they do today. This classification distributes the disease into Upper Jiao type, Middle Jiao Type, and Lower Jiao type based on their manifestations. The Upper Jiao type is marked by polydipsia (excessive thirst), the Middle Jiao type by polyphagia (excessive hunger) and the Lower Jiao type by polydipsia and polyuria (excessive thirst and urination – texts also add 'milky urination' to the definition). Generally, all three main symptoms appear at the same time, though one may predominate.

The causes of Xiao Ke are improper diet, emotional trauma, or excess sexual activity. The excessive intake of sweet or fatty foods over a long period of time will impair the Spleen and Stomach, leading to an impairment of transportation and transformation within the body. This impairment causes food to be retained in the body and when combined with dryness and heat will consume the fluids in the body, leading to diabetes. The long term affliction of anger or depression will ultimately affect the Liver, causing the Liver Qi to stagnate. Stagnation for long periods of time will result in heat and fire which will consume fluids from the Lung and Stomach (organs proximal to the Liver), leading to dryness in the Lungs and Stomach, also leading to diabetes. A person who is constitutionally deficient in Yin and partakes in excessive sexual activity will damage their Kidney Yin essence which results in hyperactive fire flaring up and drying the Lungs and Stomach, resulting in diabetes.

There are two basic courses of this disease. First, is a primary Yin Deficiency resulting in dry heat accumulation. The accumulation of more dry heat results in a greater Yin deficiency, which will result in even more dry heat. This cycle is mainly centralized in the Lungs, Stomach and Kidneys, usually affecting one organ more than the others, yet each organ will be affected in turn. Secondly, damage to Qi-Yin and Yin-Yang emerges in prolonged cases. This is a case where deficiency of Yin will affect Yang, which damages Qi and returns to damage Yin. This ultimately results in a deficiency of Yin *and* Yang,

especially of the Kidneys. This state is usually achieved through years of illness and very rarely presents in the initial stages of Xiao Ke. (See Appendix III for additional complications of the disease).

Upper Xiao type Xiao Ke is represented by heat in the Lungs which consumes Body Fluids. This generally manifests as restlessness, extreme thirst, a dry tongue, frequent and copious urination, a tongue with a red tip and red sides with a thin yellow tongue coating and a rapid pulse. These symptoms are due to the Lung heat being excessive and consuming the body fluids. The Lung cannot distribute fluids evenly in the body, leading to excess urination.

Middle Xiao type Xiao Ke is due to excessive heat in the Stomach. This results in polyphagia, hunger, weight loss, constipation, a yellow tongue coating and a smooth and forceful pulse. Flaring Stomach fire causes faster digestion which will increase the appetite. Yet, the fire also consumes blood and fluids so they can no longer nourish the vessels, thus there is weight loss. Essence deficiency in the Lungs results in its internally-externally related organ, the Large Intestine, to be deprived of moisture, leading to constipation.

Lower Xiao type Xiao Ke can present as either a Kidney Yin deficiency or a Yin and Yang Deficiency. In a Kidney deficiency, there is polyuria or milky-sweet urine, thirst, a red tongue and a thready and rapid pulse. The deficient Kidney manifests as uncontrollable urination with impaired astringency in the body resulting in essence flowing downwards which shows in the milky-sweet urine. In the Yin and Yang Deficiency, such symptoms as polyuria with large amounts of milky urine, a dark complexion, dry and withered helixes, soreness and weakness of the lumbar back and knees, impotence, a pale tongue with a white coating and a deep and thready and weak pulse. Again, since the Kidneys are deficient, they cannot hold the urine, which can become excessive, leading to malnutrition.

Diabetes & Food in Chinese Medicine

Kastner writes succinctly when he states: "Western nutrition theory focuses on the analytical and quantitative categorization of foods. This categorization is based on material food components such as carbohydrates, fat, protein, vitamins, minerals, and trace elements. The Eastern view, on the other hand, follows the qualitative, holistic concept of *yin* and *yang* and illustrates how thermal nature and flavor of foods and medicinal herbs influence the body." As with the Western medicine point of view, a diet high in fat substantially increases the risk of developing diabetes. In Chinese medicine, this sort of diet impairs the Liver, resulting in stagnation and weakens the Spleen (and pancreas). The first principle for reinstating balance in the body is to eat less while also avoiding such foods as lard, animal meats, cream cheese, eggs, hydrogenated oils, excess nuts and seeds, all intoxicants, highly processed foods, and very sweet, salty, and spicy foods (for a list, see Appendix III) while increasing intake of raw foods, eating smaller and more frequent meals and avoiding late night eating. In China, where there are predominantly refined grains consumed, they have found that wheat bran has lowered blood sugar levels⁸. It is also suggested to ingest high levels of chlorophyll, found in green, leafy vegetables, which has been shown to increase nutrient utilization⁹. Another suggestion, not specifically for diabetics, but for all people in general, is to chew more and completely. This helps with the breakdown of the food and increases absorption, while also increasing the satisfaction of eating which will cut down on the need for larger portions. The classic texts recommend: "When angry, it is easy to swallow food, but hard to digest it. When sad, it is hard to swallow and digest food. When experiencing strong emotions, it is advisable to delay eating until they have disappeared. Foods should always be ingested at the proper time. This makes it easier to digest them. Delaying eating and being able to digest food is better than eating too soon and not being able to digest. Digestive problems are accompanied by trouble, while good digestion frees a person from worry. It is not advisable to eat when strong emotions are brewing."¹⁰

Paul Pitchford, author of *Healing with Whole Foods*, divides a diabetic diet into two categories: diets for deficiency type diabetics and diets for excess type diabetics. He states that deficiency type diabetics generally have regular diets composed of large quantities of white rice and refined sugar products and low quantities of fruits and vegetables. They have signs of Spleen deficiency such as poor appetite, fatigue, loose or watery stools, weak pulse, pale complexion and introversion. Thus, all vegetables and

fruits should be cooked and foods such as oats and spelt are tonifying as well as carbohydrate-rich vegetables such as winter squash, carrots, turnip, black beans, sweet potato and pumpkin. Pungent vegetables and spices such as onions, leeks, ginger, cinnamon, fennel, garlic and nutmeg can be eaten and small amounts of certain sweeteners such as rice syrup, malt, molasses and dates. In severe deficiencies meats should be eaten and cow dairy as well. It should be noted though, that the vast majority of diabetics in developed countries do not have deficiency type diabetes, instead they have the excess type. This person is far more robust and generally has a diet high in meats, fats and refined foods. They are typically overweight, constipated, have a ruddy complexion and their tongues and pulses are excess in nature. For this case, raw foods are cleansing, and acidic/subacidic fruits such as lemons and grapefruit are astringent and lower blood sugar. For a more complete list, see Appendix IV.

A healthy and proper diet is the leading, simplest way to healthier and happier living for those with diabetes. According to western medicine, the basic principles are to eat foods lower in glycemic index, or starches which have lower digestion rates yet are still nourishing. Chinese Medicine recommends avoiding foods with a damp heat quality while also tonifying the yin of the body. When it comes to diabetes, building and restoring balance in the body is the fundamental goal regarding diet. Gathering knowledge as to the flavors and natures of foods is the first step in gaining this harmony. (See Appendix V for recipes for diabetes)

Appendix I

- Starches include: bread, pasta, corn, pretzels, potatoes, rice, crackers, cereal, tortillas, beans, lentils and yams
- Vegetables include: lettuce, broccoli, vegetable juices, spinach, peppers, carrots, green beans, tomatoes, celery, chilies, greens, cabbage
- Fruits include: apples, juices, strawberries, dried fruit, grapefruit, bananas, raisins, oranges, watermelon, peaches, mango, guava, papaya, berries, canned fruit
- Meats include: beef, fish, canned tuna/other fish, eggs, peanut butter, tofu, cottage cheese, cheese, pork, lamb, turkey
- Fats & Sweets include: salad dressing, oil, cream cheese, butter, margarine, mayonnaise, avocado, olives, bacon, cake, ice cream, pie, syrup, cookies, doughnuts

Dr. Bernstein Diet

Dr. Bernstein is a famous weight loss physician, who was born with Type 1 diabetes. This is a list of recommended foods and foods to avoid in order to stay healthy and keep weight down:

Prohibited Foods

- Sweets and Sweeteners: sugar, honey, fructose, corn syrup, molasses, etc., or foods which contain them such as candy and regular soda
 - Foods containing other ingredients which are types of sugar (Agave Nectar, Barley Malt Syrup, Corn sweetener, Corn syrup, or corn syrup solids, Dehydrated Cane Juice, Dextrin, Dextrose, Fructose, Fruit juice concentrate, Glucose, High-fructose corn syrup, Honey, Invert sugar, Lactose, Maltodextrin, Malt syrup, Maltose, Maple syrup, Molasses, Raw sugar, Rice Syrup, Saccharose, Sorghum or sorghum syrup, Sucrose, Syrup, Treacle, Turbinado Sugar, Xylose
 - Sugar alcohols such as maltitol, sorbitol, etc., or foods which contain them, including sugar-free candy and other "diet" or "sugar-free" foods
 - Most desserts - pies, cakes, cookies, etc.
 - Powdered artificial sweeteners add carbs
- Grains and Grain Products: Any product made from wheat, barley, corn, rice, quinoa, rye, etc., including: Breads, Crackers, Other products made with flour, Cereal, including oatmeal, Pasta, Pancakes and waffles
- Sweet or Starchy Vegetables: Potatoes, Parsnips, Winter squash, Beets, Carrots, Corn, Yellow Bell Peppers, Legumes, Onions (except in small amounts), Raw Tomatoes (except in small amounts), Cooked tomatoes, tomato paste, tomato sauce, Packaged vegetables containing sugars or flour
- Fruits or Fruit Juices: All, except, for some people, tomato juice in a Bloody Mary if it doesn't cause blood glucose rise
- Dairy Products: Milk, Sweetened yogurts, Most low fat and nonfat yogurts have added carbs, Cottage cheese, except in small amounts, Powdered milk substitutes and coffee lighteners, Evaporated or condensed milk
- Other Foods: Nuts except in small amounts (count the carbs), Most processed and prepared foods, snack foods, etc., Most condiments, including balsamic vinegar

Recommended Foods

- Most meats and protein foods, unless carbs are added
- Vegetables not listed above - count 1 cup raw, 2/3 cup cooked, or 1/4 cup pureed or mashed as 6 grams of carb
- Dairy Products: Cheeses - count one gram of carb per ounce for most, Yogurt - full fat, unsweetened - 11 grams of carb, Cream - half a gram of carb per Tablespoon, Unsweetened soymilk can be used as a milk substitute, Butter or Margarine
- Grain substitutes: Soy flour has 7.5 grams of carbohydrate per 1/4 cup, Certain bran crackers
- Artificial Sweeteners are allowed unless they have added sugar (usually in the form of dextrose or maltodextrin), as most powdered sweeteners do. Exceptions are liquid sources of artificial sweeteners or those which come in small tablets.
- Nuts: allowed, but count carbs, and Know Thyself, as many people can't get themselves to stop

- Condiments and flavorings: those without sugar include spices, herbs, mustard, sugar-free/low carb salad dressings, and sugar-free flavorings and extracts
- Beverages: water, sparkling water, club soda, diet soda, coffee, and tea. Also, low carb alcoholic beverages in moderate amounts.
- Treats: Ready made Sugar-free Jell-O Brand Gelatin or other truly sugar-free brands of gelatin - check especially for maltodextrin. The powdered kinds are more apt to have maltodextrin; Sugar-free puddings can be made with low carb dairy alternatives and can count as six grams of carbs as part of your meal plan; Homemade Low Carb Desserts such as are in Bernstein's book

Appendix III

Deficiency of Yin with dryness-heat can easily result in various other diseases that may be seen alongside diabetes:

- Prolonged lack of moisture in the Lungs can lead to pulmonary tuberculosis.
- Kidney Yin deficiency causing a deficiency of essence and Blood in the Liver and Kidneys will fail to nourish the ears and eyes leading to cataracts, night blindness and deafness.
- Dryness-heat damages Yin and the vessels are not nourished leading to the accumulation of pus forming toxins such as carbuncles, furuncles, boils and ulcers.
- Yin deficiency leading to a Yang deficiency of the Kidneys and Spleen results in an overflow of water and dampness that spreads to the skin, resulting in edema.
- Yin fluid that is consumed quickly cannot control Yang Qi leading to Yang floating: flushed face, headaches, restlessness, irritability, nausea, vomiting, sunken eyes, dry and red lips and tongue, and heavy breathing.
- When Yin and Yang are both deficient and collapsing in late stages, signs such as coma, cold limbs, and a feeble, thready and faint pulse can occur.

Appendix IV

Recommended Foods

- **Pumpkin/Nan Gua:** sweet and warm, it strengthens the Spleen and Lungs, induces diuresis, relieves inflammation and pain, detoxifies and is an anti-parasitic. It can be steamed, cooked, mashed, or decocted.
- **Bitter Melon/Ku Gua:**
- **Watermelon Peel/Xi Gua Pi:** sweet and cold, it cools heat and induces diuresis, relieves restlessness due to excess heat. Cut off the peels about 0.5cm thick and leave them in the sun to dry. Boil 50g of the dried peels in water and drink the liquid. ** Note, Watermelon meat is contraindicated in patients with diabetes, use only the peel.
- **Wax Gourd/Dong Gua:** sweet, bland and cool, it induces diuresis, clears away phlegm, removes pathogenic heat, detoxifies, treats: edema, beriberi, stranguria, cough and asthma; treats summer heat syndrome, diabetes, diarrhea and dysentery; detoxifies fish and alcohol. Juice fresh juice to relieve thirst; boil 100g over low heat and drink or bake until peel is charred and take 30g per day to promote urination and treat edema.
- **Wax Gourd Peel/Dong Gua Pi:** Cook 100g of dry wax gourd peel until it becomes a syrup for edema.
- **Cucumber/Huang Gua:** sweet, bitter and cool, it has a cooling effect on the body and moves Qi. Eat raw or drink juiced.
- **Carrot/Hu Luo Bo:** sweet and neutral, it relieves food stagnation, and strengthens the Spleen and Liver. Eat raw or stir fry, cook or juice.
- **Spinach/Bo Cai:** sweet and cool, it nourishes the blood and stops bleeding, astringes yin fluids and moistens dryness and relieve constipation and thirst. It can be sautéed, cooked, or quick-boiled.
- **Onion/Yang Cong:** pungent, sweet and warm, it tonifies the Stomach, moves Qi, removes Blood stasis, disperses cold, induces perspiration, increases appetite, disperses Qi stagnation and tonifies the Middle Jiao. It can be juiced, eaten raw, dried or fried. Cooking too long will reduce its effects.
- **Lotus Root/Lian Ou:** sweet, cooked is warming, raw is cooling. The raw form clears heat, produces fluids, cools blood, and disperses stagnation. The cooked form supports the Middle Jiao, tonifies the Blood and relieves diarrhea.
- **Tofu/Dou Fu:** sweet or neutral and cool, it clears heat and moistens.
- **Mushrooms/Mo Gu:** sweet and cool, it tonifies the Stomach, regulates Qi flow, expectorates, calms the mind, detoxifies, helps with nausea, vomiting and diarrhea, fever, chronic fatigue, Qi deficiency, dry mouth, no appetite, cough with phlegm. Mushrooms should be cooked by sautéed, stir fry, grilling, boiling, braising, or simmering.
- **Edible Fungus/Mu Er:** sweet and neutral, they moisten the Lungs, nourish Yin, promote body fluid production and stop bleeding. They can be decocted, boiled, cooked, or powdered.
- **Green Leafy Veggies/Qing Cai:** harmonize the Middle Jiao, Strengthen the Spleen, enhance digestive function, clear heat, produce fluids and promote urination and defecation. They can be eaten raw, juiced, sautéed, stir fried, grilled, boiled or braised. Cooking for too long will decrease their effects.
- **Tomato/Fan Qie:** sweet, sour and cool, tomatoes clear heat, promote the production of body fluids, nourish yin and cool the blood. They can be eaten raw, decocted or juiced.
- **Yellow Soybean/Huang Dou:** sweet and neutral, it strengthens the Spleen, relieves epigastric distention, moistens dryness, induces diuresis and treats: infantile malnutrition, diarrhea, dysentery, abdominal distention, pregnancy toxemia, skin disorders, and abscesses; also treats mucous membrane disorders such as pharyngitis, conjunctivitis, gastritis, enteritis and colitis. It can be eaten raw, cooked into food or make into milk.
- **Chinese Yam/Shan Yao:** sweet and neutral can strengthen the Spleen, tonify the Lung, reinforce the Kidneys and replenish vital essence, treats: diarrhea, indigestion, dysentery, cough, diabetes, emission, leucorrhea and frequent urination. It can be stir fried, or decocted.
- **Job's Tears/Yi Yi Ren:** slightly cold, sweet and neutral, they transform dampness and promote urination, strengthen the Spleen, clear wind-damp and stop pain, clear heat and eliminate pus. Cook like beans or rice
- **Ganoderma/Ling Zhi:** sweet and neutral, it nourishes the heart, calms the spirit, stops coughing and wheezing, tonifies Qi and nourishes Blood. Cook in tea

- **Astralagus/Huang Qi:** sweet and slightly warm, it tonifies the Qi and Blood, tonifies the Spleen and raises yang, augments protective Qi and stabilizes the exterior, promotes urination and reduces edema, promotes discharge of pus and generates flesh. Cook in decoction
- **American Ginseng/Xi Yang Shen:** sweet, slightly bitter and cold, it benefits the Qi, generates fluids, nourishes yin, nourishes Lung yin, clears fire from the Lungs
- **Lycium Fruit/Gou Qi Zi:** sweet and neutral, it nourishes and tonifies the Liver and Kidneys, benefits the essence and brightens the eyes, enriches Yin and moistens the Lungs
- **Strawberry/Cao Mei:** sweet, sour and cool, strawberries are moisturizing
- **Tea Leaf/Cha Ye:** bitter, sweet and cool, tea can clear heat, especially in the head, quenches thirst, induces diuresis, lowers Qi, disperses food stagnation, refreshes the mind, transforms phlegm and dampness, detoxifies and harmonizes the stomach.
- **Rice Vinegar/Mi Cu:** sour, bitter and warm, it stops bleeding, disperses Qi and Blood stagnation, detoxifies, promotes digestion
- **Cow Milk/Niu Nai:** sweet, neutral and cool, milk can supplement Qi, Yin and Blood, supplement the Lungs, Stomach and Heart, creates body fluids, moistens intestines and skin and detoxifies
- **Goat Milk/Yang Nai:** warm and sweet, it warms and moistens the Spleen and Stomach
- **Rabbit Meat/Tu Rou:** sweet, cool and neutral, it supplements the Middle Jiao, supplements Qi and cools the blood
- **Oats/Yan Mai:** sweet, neutral and warm, they supplement Qi and Blood, move Qi, strengthen the nerves, muscles and sinews, dispels dampness. Decoct as rolled oats.
- **Black Sesame/Hei Zhi Ma:** sweet and neutral, they invigorate the Liver and Kidneys, moisturize the five viscera, treat Liver and Kidney deficiency syndromes such as dizziness, migraines, headache, paralysis, constipation, premature graying, puerperal hypogalactia
- **Corn Silk/Yu Mi Xu:** neutral and sweet, it promotes urination, clears the Liver and Gallbladder of damp heat and promotes choleresis, lowers blood sugar levels. Decoct in water as a tea.

Foods to Avoid

- **Glutinous Rice/Nuo Mi:** contraindicated for phlegm/damp heat conditions
- **Sweet Potato/Fan Shu:** contains many sugars
- **Peach/Tao Zi:** high in sugars
- **Persimmon/Shi Zi:** causes phlegm and dampness retention
- **Date/Da Zao:** contraindicated in cases of dampness or food retention or phlegm heat with cough or yeast infection
- **Lychee Fruit/Li Zhi:** contraindicated in those with excess fire due to Yin deficiency
- **Banana/Xiang Jiao:** contraindicated in those with phlegm retention
- **Coconut Juice/Ye Zi Zhi:** high in sugars
- **Cherries/Ying Tao:** high in sugars, contraindicated in heat conditions
- **Grapes/Pu Tao:** high in sugars, contraindicated in heat conditions
- **Longan Fruit/Long Yan Rou:** contraindicated in conditions of Middle Jiao dampness and heat
- **Mango/Mang Guo:** high in sugars, dehydrating
- **Hot Pepper/La Jiao:** prohibited in patients with excessive fire due to Yin deficiency
- **Watermelon/Xi Gua:** high in sugars, not suitable for people with deficiency cold in the Spleen and Stomach
- **Black Pepper/Hu Jiao:** contraindicated in those with fire due to Yin deficiency, eye diseases or hemorrhoids
- **Wine/Bai Jiu:** contraindicated in those with Liver Yin deficiency, heat symptoms, and damp heat
- **Honey/Feng Mi:** contraindicated in cases of dampness and phlegm disorders and stagnation in the Middle Jiao
- **White Sugar/Bai Tang:** Quickly leads to dampness and phlegm conditions, weakens the Kidneys
- **Ginseng/Ren Shen:** contraindicated in excess conditions such as heat, fire, blood heat, Lung heat, Liver Yang rising, phlegm accumulation
- **Apple/Ping Guo:** high sugar content
- **Apricot/Xing Zi:** can impair the Spleen and Stomach
- **Mulberry/Sang Shen Zi:** high in sugar content

- **Orange/Tian Cheng:** high in sugar content, can cause phlegm retention
- **Chestnuts/Li Zi:** eating too many can be toxic
- **Cinnamon Bark/Rou Gui:** contraindicated in Yin deficiency fire and excessive heat in the interior
- **Fennel Seeds/Hui Xiang:** contraindicated in Yin deficiency with empty fire
- **Amomum/Sha Ren:** contraindicated in Yin deficiency with empty fire

Appendix V

Please note: All recipes are from the book "Ancient Wisdom, Modern Kitchen"

Buddhist Tofu Soup			
Ingredients			Instructions
8-10 Cups	Shiitake mushrooms	Dried	<ol style="list-style-type: none"> 1. Soak Shiitakes in warm water for about 20 minutes. Reserve water for later. Chop mushrooms into 1-inch pieces 2. Combine mushrooms, mushroom water, tofu, bamboo shoots, garlic, ginger and broth into a saucepan, bring to a boil and then lower heat and simmer for 10 minutes 3. Add Bok Choy and cook for another 5 minutes 4. Add sesame oil, soy sauce and oyster sauce and serve
1-2 Cups	Water		
12-14 Oz	Tofu,	Cut to ½ inch cubes	
1 Cup	Fresh bamboo shoots	Cut to ½ inch cubes	
4 Cloves	Garlic	Peeled, minced	
1 Piece	Ginger	Peeled, Minced	
6 Cups	Vegetable broth		
1 Cup	Bok Choy	Chopped	
1 Tbsp	Dark Sesame Oil		
1 Tbsp	Soy Sauce		
2 Tbsp	Oyster Sauce		
<p>Good For: hypertension, high blood sugar, high cholesterol, weight control or cancer prevention</p> <p>In TCM: strengthens SP Qi, harmonizes the Middle Jiao, Drains Dampness</p>			

Pleasing Pumpkin Miso Soup			
Ingredients			Instructions
10-12 Oz	Pumpkin or Winter Squash	Approx. 2 cups cubed	<ol style="list-style-type: none"> 1. Seed, peel and chop pumpkin into 1 inch cubes (reserves seeds for roasting if you wish) 2. Combine pumpkin, kombu, leek and water in a pot. Bring to a boil then lower heat and simmer for 20 minutes. 3. Add tofu and simmer for another 5-10 minutes 4. Remove Kombu. Using a blender, whir soup until smooth. 5. Transfer soup into a large bowl and stir in miso. 6. Add cinnamon and nutmeg in equal amounts, to taste, before serving
1- 4" squ	Kombu Seaweed		
1- 6" pc	White leek stem	Sliced into ½" pieces	
3 Cups	Water		
1-2 Oz	Tofu	Cut into ½" cubes	
2 Tbsp	Sweet white miso		
Pinch	Ground Cinnamon		
Pinch	Ground Nutmeg		
<p>Good For: diabetes, poor digestion, cold hands and feet, goiter, joint swelling, weight control</p> <p>In TCM: Spleen deficiency, phlegm nodules, promotes urination, reduces edema</p>			

Curry Flavor Pumpkin Soup			
Ingredients			Instructions
10-12 Oz	Pumpkin or Winter Squash	Approx. 2 cups cubed	<ol style="list-style-type: none"> 1. Seed, peel and chop pumpkin into 1 inch cubes (reserves seeds for roasting if you wish) 2. Place pumpkin cubes and stock in a pot. Bring to a boil then lower the heat to low and simmer for about 20 minutes 3. Heat oil in a skillet over medium high heat. Add onion and curry powder. Cook until onions are translucent and soft (about 5 minutes) 4. When both onions and pumpkin are done, combine in a blender or food processor and whirl into a smooth puree. 5. Add salt and pepper to taste
2 ½ Cups	Chicken or Vegetable stock		
2 Tbsp	Vegetable oil		
1	Small onion	Diced	
1-2 Tsp	Curry Powder		
Pinch	Salt		
Pinch	Pepper		
<p>Good For: diabetes, arthritis, inflammatory conditions, muscle stiffness and pain, tendency to cold or fibromyalgia</p> <p>In TCM: Spleen deficiency, damp painful obstructions and blockages of the channels</p>			

Savory Squash & Azuki Bean Soup			
Ingredients			Instructions
1 Cup	Azuki beans	Dried	<ol style="list-style-type: none"> 1. Soak beans at room temperature in double their volume of water for at least 8 hrs or overnight. Drain 2. Seed, peel and chop squash into 1 inch cubes. 3. Heat sesame oil over medium high heat in a medium sized sauce pan. Add onions and cook until golden brown (3-5 minutes) 4. Place beans, onions, ginger, kombu, and water into a pot and bring to a boil. Lower heat and simmer, covered with the lid slightly ajar for 30 minutes. Remove kombu. 5. Add squash to the pot and simmer for another 45-60 minutes. 6. Add miso, soy sauce and green onion just before serving.
½ pound	Kabocha, butternut squash or winter squash	Approx. 2 cups cubed	
1-2 Tsp	Dark sesame oil		
½ medium	Medium onion	Diced	
1- 1" pc	Ginger	Peeled, grated	
1- 4"x6"	Kombu seaweed		
4 Cups	Water	+ extra for soaking	
4 Tbsp	White miso paste		
1-2 Tbsp	Soy Sauce		
1 medium	Green Onion	Chopped into ¼" Pieces	
<p>Good For: diabetes, low energy, chronic fatigue and puffiness</p> <p>In TCM: Spleen & Kidney deficiency, drains dampness, counteracts toxicity</p>			

Healthful Herbal Chicken Soup			
Ingredients			Instructions
2-3 lbs	Chicken pieces		<ol style="list-style-type: none"> 1. In a large soup pot, combine chicken, water and salt. Bring to a boil. Skim off any excess oil or fat. 2. Tie ginger, garlic, yam and astragalus together in a piece of cheesecloth and place in pot 3. Add goji berries, Chinese red dates and wine to the pot. Bring back to a boil and then lower heat and simmer, covered with lid slightly ajar for 45-60 minutes. Skim off any extra oil or fat. 4. When soup is done, remove and discard bag of herbs 5. Add soy sauce to taste and garnish with green onions.
8 Cups	Water		
Pinch	Salt		
1- 1" pc	Ginger	Slivered into 1/16" slices	
3 Cloves	Garlic	Peeled, minced	
6-8 pc medium	Chinese yam	Dried	
6 pc medium	Astragalus (huang qi)		
1 Tbsp	Go Ji berries		
6-8	Chinese red dates	Seeded	
2 Tbsp	Rice wine		
2	Green onions	Chopped to 1/2" pieces	
3 Tbsp	Soy Sauce		
<p>Good For: increasing vitality, building immunity, controlling blood sugar levels, dizziness, insomnia, diarrhea, strengthening bones or maintaining good eyesight</p> <p>In TCM: supplements Qi and nourishes Blood</p>			

Lotus Root Chicken Soup			
Ingredients			Instructions
2-3 pc (14 oz)	Lotus Root		<ol style="list-style-type: none"> 1. Peel lotus root, remove and discard knobby ends and slice root thinly lengthwise, placing each slice immediately into the water so it does not discolour 2. Combine lotus root, chicken, Chinese yam, Chinese red dates, goji berries, carrot and salt into a large pot and bring to a boil. Lower heat and simmer, covered with the lid slightly ajar for about 40 minutes. Skim off any excess oil or fat if desired. 3. Add cellophane noodles and green onions to the soup and simmer for another 5 minutes 4. Add soy sauce and sprinkle sesame oil into soup before serving.
6 Cups	Water		
2 lb	Chicken pieces		
4 pc	Dried Chinese yam		
6	Chinese red dates	Seeded	
2 Tbsp	Goji berries		
1 small	Carrot	Cut to 1/2" slices	
Pinch	Salt		
2 bundles	Dried cellophane		
2	Green onions	Cut to 1/2" pieces	
2 1/2 Tbsp	Soy sauce		
2 Tsp	Sesame oil		
To Taste	Sou sauce, chopped garlic, chili oil		
<p>Good For: increasing vitality, reducing fatigue and dizziness, building immunity, maintaining good eyesight, controlling weight, reducing high cholesterol, counteracting diabetes, strengthening bones, or reducing menopausal discomfort</p> <p>In TCM: strengthens Spleen, supplements Qi, nourishes Blood</p>			

Potent Pan-Fried Pumpkin			
Ingredients			Instructions
15-18 oz	Pumpkin	Approx. 3 Cups cubed	<ol style="list-style-type: none"> 1. Seed, peel and chop pumpkin into 1 inch cubes (reserves seeds for roasting if you wish) 2. Heat oil in a medium sized lidded skillet, then brown pumpkin over medium-high heat, stirring frequently 3. Add walnuts, apricot kernels, and raisings with just enough water to keep mixture moist. 4. Cover and cook over low heat until soft (about 20 minutes). Check occasionally to make sure mixture isn't drying out, if it is, add a touch more water 5. Add salt and cinnamon to taste
¼ Cup	Walnuts	Crushed	
1 Tbsp	Apricot Kernels (Xing Ren)	Crushed	
2 Tbsp	Vegetable oil		
¼ Cup	Raisins		
½ Cup	Water		
Pinch	Salt		
Pinch	Ground Cinnamon		
Good For: diabetes who crave sweets, increasing endurance, moderating blood sugar			
In TCM: Spleen deficiency, helps manage appetite			

Open Sesame Eggplant			
Ingredients			Instructions
3-4 Tbsp	Dark sesame oil		<ol style="list-style-type: none"> 1. Heat oil in a pan, then add the garlic and then the eggplant. Cook until golden brown on all sides 2. Add water to the pan. Bring to a boil then lower the heat. Cover and cook for about 10 minutes, or until soft. 3. Remove lid and add rice wine and soy sauce. Cook, uncovered, for 3-5 minutes 4. In the meantime, toast sesame seeds in a dry skillet over medium heat until golden brown, stirring or shaking frequently for about 5 minutes. When they are done, remove seeds from skillet so they don't over cook 5. Transfer eggplant mixture to a serving dish and sprinkle with toasted sesame seeds. Serve warm.
3 Cloves	Garlic	Minced	
1 Medium	Eggplant	Cut into 1" cubes	
1 Cup	Water		
1 Tbsp	Rice Wine		
1 ½ Tbsp	Soy Sauce		
1 Tbsp	Sesame Seeds		
Good For: high cholesterol, counteracts pain and swelling			
In TCM: clears heat, moves and cools the Blood, moistens the intestines, reduces swelling, eases pain			

Sesame-Lotus Root Stir-Fry			
Ingredients			Instructions
2 Tbsp	Vinegar		<ol style="list-style-type: none"> 1. Place enough water in a bowl to cover the lotus root and add the vinegar. 2. peel lotus root, remove and discard the knobby ends, and slice root thinly across the width, placing each slice in the vinegar mixture immediately so it does not discolour. 3. Heat sesame oil in a frying pan or wok 4. Add ginger and garlic and cook until fragrant (10-60 seconds) 5. Drain lotus root slices then add them to the wok and cook, stirring frequently and making sure both sides get browned, over medium-high heat until the lotus root slices begin to look translucent (3 minutes) 6. Add white part of green onion and cook for another 2 minutes or until the lotus root is done. 7. Add soy sauce, sesame seeds and remainder of green onion and stir well. Serve immediately.
1 Section (1/3 – ½ lb)	Lotus Root		
1 Tbsp	Brown sesame seeds	Toasted	
1 Tbsp	Dark sesame oil		
1- 1" pc	Ginger	Peeled, minced	
2	Green onions	Cut to ¼" pieces	
1 Tbsp	Soy sauce		
Good For: fatigue, dizziness, menopause, diabetes, childbirth effects, graying hair or hair loss.			
In TCM: nourishes Blood, strengthens the Spleen and Kidney Qi			

Sesame Cellophane Noodles with Mushrooms & Bok Choy			
Ingredients			Instructions
1/3 Cup	Dried wood ear		<ol style="list-style-type: none"> 1. Soak wood ear for 30 minutes in warm water where it will expand to 2-5x its original size. Rinse and remove and discard fibrous base and cut into ¼” strips 2. Soak dried shiitakes in warm water for 20 minutes or until soft. Drain and reserve water for later use. Squeeze excess liquid and cut into ¼” slices 3. Soak noodles in a bowl of hot water for about 15 minutes or until soft. Drain and cut into 3” pieces 4. In a large wok or sauté pan, heat 2 Tbsp of sesame oil over medium high heat. Add garlic, ginger and onions and stir fry for about 2 minutes. 5. Add carrot and bok choy. Continue to stir fry for about 5 minutes until vegetables are cooked. 6. Mix sauce from ½ cup of mushroom water, mirin, soy sauce and remaining 2 Tbsp of sesame oil 7. Add noodles to the wok then pour in the sauce. Stir. Continue to cook until noodles have been heated and the liquid has been absorbed (5-10 minutes) 8. Sprinkle sesame seeds on top of noodles and add pepper to taste. Serve immediately.
5	Dried shiitake mushrooms		
5 (2oz) bundles	Cellophane noodles		
4 Tbsp	Sesame oil		
3 Cloves	Garlic	Peel, minced	
1- 1” pc	Ginger	Peel, minced	
1 Small	Onion	Diced	
1 Large	Carrot	Matchstick pieces	
¾ lb	Bok Choy	Cut into ¼” strips	
2 Tbsp	Mirin or dry sherry		
3-4 Tbsp	Soy Sauce		
2 Tbsp	Sesame Seeds	Roasted	
Pinch	Pepper		
<p>Good For: diabetes, cancer, high cholesterol, constipation; those with hemorrhagic diseases or pregnant women should avoid eating large quantities of wood ear.</p> <p>In TCM: clears heat, moves Blood, regulates middle jiao.</p>			

Spicy Cucumber and Wood Ear Salad			
Ingredients			Instructions
1/3 Oz	Dried black wood ear		<ol style="list-style-type: none"> 1. Soak wood ear for 30 minutes in warm water where it will expand to 2-5x its original size. Rinse and remove and discard fibrous base and cut into ¼” strips. Cut off the root of the enoki mushrooms, separate, wash and drain them. 2. In a small saucepan, bring 2 cups of water to a boil, add wood ear and cook over medium heat for 2-3 minutes until they are soft. Remove with a slotted spoon. 3. Add enoki mushrooms and cook for 3-4 minutes or until soft, drain. 4. Peel cucumber, cut in half lengthwise and scoop out seeds. Slice widthwise into thin pieces and then sprinkle with salt. 5. In a small bowl, mix soy sauce, rice vinegar, chili, oil, honey, sesame oil and garlic. Heat mixture briefly if the honey needs help dissolving 6. Combine wood ear, cucumbers, enoki and sauce.
2 Oz	Enoki mushrooms		
1	Cucumber		
1/3 Tsp	Salt		
1 Tbsp	Rice vinegar or lemon juice		
1/3 Tsp	Chili oil		
1/3 Tsp	Honey (opt)		
2 Tbsp	Dark sesame oil		
2 Cloves	Garlic	Peel, mince	
<p>Good For: diabetes, high cholesterol, cancer, or menopause</p> <p>In TCM: nourishes Yin, generates fluids, drains dampness</p>			

Balancing Bitter Melon Eggs				
Ingredients			Instructions	
1 medium	Bitter Melon		<ol style="list-style-type: none"> 1. Cut bitter melon in half lengthwise and scoop out seeds. Cut in half lengthwise again and lice into ¼” pieces widthwise. 2. In a separate bowl, beat eggs, add soy sauce and pepper 3. Heat oil in skillet until hot, then add garlic and bitter melon slices. Sauté for 3 minutes until the melon begins to soften 4. Pour eggs into pan and let them set and slightly brown on one side (30 seconds) then flip them over to the other side to finish cooking (1 minute). Add salt to taste 	
2	Eggs			
1 Tbsp	Soy Sauce			
Pinch	White pepper			
2 Tbsp	Vegetable oil			
2 Cloves	Garlic			Peel, mince
Pinch	Salt			
<p>Good For: skin rash, acne, heart burn, diabetes, high blood sugar, high cholesterol. Caution with over eating bitter melon if trying to conceive.</p> <p>In TCM: clears heat and damp heat, promotes urination, reduces edema.</p>				

Pan-Fried Bitter Melon & Potatoes			
Ingredients			Instructions
1 Medium	Bitter melon		<ol style="list-style-type: none"> 1. Cut bitter melon in half lengthwise and scoop out seeds. Cut in half lengthwise again then slice into ½" inch pieces widthwise 2. Heat oil in a large sauté pan, add tumeric then garlic, onions, potatoes and bitter melon. 3. Cook, covered, over medium heat, stirring occasionally for about 20 minutes or until potatoes are cooked through. Add salt to taste.
2 Tbsp	Vegetable oil		
2 Tsp	Tumeric		
2 Cloves	Garlic	Peel, mince	
1 Medium	Onion	Cut to ½" chunks	
2 Medium	Potatoes	Cut to ½" chunks	
Pinch	Salt		
<p>Good For: skin rashes, acne, heartburn, diabetes or high blood sugar. Caution should be used with eating too much bitter melon if trying to conceive.</p> <p>In TCM: clears heat and damp heat, promote urination, reduces edema and swelling.</p>			

Soothing Shrimp with Asparagus and Goji Berries			
Ingredients			Instructions
2 Tbsp	Goji berries		<ol style="list-style-type: none"> 1. Cover goji berries with rice wine and marinate for 30 minutes or longer 2. In a wok/skillet, heat 1 Tbsp sesame oil over medium-high heat. Add ginger and garlic and cook until fragrant (30-60 seconds) 3. Add shrimp and stir-fry for about 3 minutes or until cooked through. Transfer shrimp to a bowl and set aside. 4. While pan is still hot, add another tablespoon of sesame oil to the pan, then add the asparagus stalks and stir-fry for about a minute. Then add asparagus tips and stir-fry for another 3 minutes or until asparagus is cooked through. 5. Add shrimp, goji berries and 2 Tbsp of the wine the gojis were soaked in 6. Mix kudzu in a small bowl with a little cold water to avoid clumping, then add it to the pan and stir well 7. Add soy sauce to taste and serve with rice
3 Tbsp	Rice wine		
2 Tbsp	Sesame oil		
1- ½" pc	Ginger	Peel, mince	
2 Cloves	Garlic	Peel, mince	
¾-1lb Medium	Shrimp	Shelled, deveined	
1 lb	Asparagus	Cut into 1" pc	
2 Tsp	Powdered kudzu (thickener)		
1 ½ Tbsp	Water		
1 Tbsp	Soy Sauce		
<p>Good For: fatigue, dizziness, menopause, night sweats, diabetes, blurred vision, or depression</p> <p>In TCM: strengthens the Liver and Kidneys, clears Yin deficient heat, strengthens muscles and tendons</p>			

Salmon with Wood Ear and Cellophane Noodles			
Ingredients			Instructions
½ Cup	Dried black wood ear		<ol style="list-style-type: none"> 1. Soak wood ear in warm water for 30 minutes (it will expand a lot). Drain and cut into ¼” strips, discard the fibrous base. 2. In a medium pot, combine stock, wood ear, mirin, salt and pepper. Cover and bring to a boil, then turn off. 3. Add cellophane noodles and stuff until noodles are covered with broth. Cover pot and set aside 4. Heat vegetable oil in a skillet over medium high heat and add ginger and garlic. Cook for 30-60 seconds or until fragrant. 5. Add salmon slices to skillet and cook for about 2 minutes without stirring. Gently turn the fish over to their other side, trying not to break the pieces and cook for another 2 minutes or until the fish is done to taste. 6. Transfer noodle mixture to a serving dish and add the sesame oil, lemon juice and soy sauce to taste. 7. Place salmon, ginger and garlic on top of noodles and garnish with cilantro before serving.
2 ½ Cup	Vegetable or Chicken stock		
1 Tbsp	Mirin or dry sherry		
¼ Tsp	Salt		
Pinch	Pepper		
2 Bundles	Dried cellophane		
2 Tbsp	Vegetable oil		
1- 1” pc	Ginger	Peel, mince	
2 Cloves	Garlic	Peel, mince	
2 Fresh	Boneless salmon filet	Cut to 1” wide strips	
1 Tsp	Sesame oil		
1 Tsp	Lemon juice		
1 ½ Tbsp	Soy sauce		
¼ Cup	Cilantro leaves		
Good For: high blood pressure, high cholesterol, diabetes, prostatitis, menopausal symptoms, or improving complexion			
In TCM: strengthens Qi, nourishes and invigorates blood.			

Perilla-Roasted Drumsticks			
Ingredients			Instructions
2 Tsp	Vegetable oil		<ol style="list-style-type: none"> 1. Preheat oven to 350 F. Rub a roasting pan with oil 2. Mix wine, soy sauce, salt, ginger and garlic in a large bowl 3. Wrap each drumstick in a perilla leaf and marinate them in the liquid mixture for at least 30 minutes, turning the drumsticks over after 15 minutes so both sides have a chance to absorb the sauce 4. Place drumsticks on the oiled pan and bake for about 40 minutes or until done.
½ Cup	White wine		
4 Tbsp	Soy Sauce		
Pinch	Salt		
1- 1” pc	Ginger	Peel, mince	
8	Chicken drumsticks		
8	Fresh perilla leaves		
Good For: general nutrition, high blood sugar, stomach cramps, nausea			
In TCM: harmonizes the Spleen and Stomach, supplements Qi and nourishes Blood			

Sustaining Pumpkin Congee			
Ingredients			Instructions
10-12 Oz	Pumpkin	Peeled and cut into 1" cubes	<ol style="list-style-type: none"> 1. Seed, peel and chop pumpkin into 1 inch cubes (reserves seeds for roasting if you wish). Set aside 2. Heat sesame oil in a medium-sized sauce pan over medium-high heat and add the onion, stirring occasionally, until it starts to turn golden brown (3 minutes) 3. Add curry powder and cook for 1 more minute 4. Add rest of ingredients and bring mixture to a boil, then lower heat to low and simmer, covered with the lid slightly ajar for 1 ¾ to 2 hrs until the rice is done. Stir occasionally so the mixture doesn't stick to the bottom of the pot. Add a little water if you see the congee is drying out, threatening to stick to the bottom of the pan despite stirring or becoming too thick for your taste.
1 Tbsp	Dark sesame oil		
½ Small	Onion	Diced	
2 Tsp (opt)	Curry powder		
4 Medium	Dried Chinese yam	Broken to ½" pieces	
1/3 Cup	Uncooked shortgrain brown rice		
3 ½ Cup	Water		
Pinch	Salt		
Taste	Soy Sauce		
Good For: diabetes, anyone who wants sustained energy			
In TCM: aids digestion, strengthens Spleen Qi			

Enhance-the-Qi Mountain Yam Congee			
Ingredients			Instructions
½ lb	Fresh Chinese yam		<ol style="list-style-type: none"> 1. Peel Chinese yam and cut lengthwise into halves or quarters, then widwise to 1/8" slices. The slimy texture will disappear with cooking 2. Combine Chinese yam, rice, water, and salt in a medium sized pot and bring to a boil. Lower heat and simmer covered with lid slightly ajar for 45-60 minutes, stirring occasionally. Add a little extra water if you see the congee is drying out or becoming too thick for your taste 3. Serve warm with your condiments of choice
½ Cup	Uncooked short grain white rice		
4-5 Cups	Water		
Pinch	Salt		
Condiments	Rice vinegar, soy sauce, salt, sesame oil; honey, natural sweetener		
Good For: poor appetite, fatigue, loose stools, diarrhea, or diabetes (make with brown rice)			
In TCM: Spleen Qi deficiency			

Mild Mung Bean-Kudzu Congee			
Ingredients			Instructions
¼ Cup	Mung beans		1. Combine mung beans, rice and salt in a large pot 2. Add 4 ¾ cups of water and bring to a boil then lower the heat to a simmer, covered with lid slightly ajar, for about an hour. Add a little extra water if you see the congee is drying out or becoming too thick for your taste 3. Mix kudzu with ¼ cup cold water and make it into a paste, then stir the mixture into the pot 4. Cook for another 2-3 minutes and serve
¼ Cup	Short grain white rice		
Pinch (opt)	Salt		
5 Cups	Cold water		
3-4 Tbsp	Powdered Kudzu		
Soy Sauce	(for savory)		
Honey	(for sweet)		
Good For: high cholesterol, diabetes, or skin problems			
In TCM: clears heat, drains dampness, benefits the Spleen and Stomach			

Scintillating Cinnamon Tea			
Ingredients			Instructions
1 Stick	Cinnamon		1. Combine cinnamon, ginger and water in a pot, cover and bring to a boil 2. Lower heat and simmer for about 15 minutes or until desired strength 3. Strain ginger and cinnamon or remove with a spoon 4. Add honey if desired, garnish with pine nuts and serve.
1- 1" pc	Ginger	Peel, cut into 1/16" slices	
2 Cups	Water		
3-4	Pine nuts		
Honey (opt)			
Good For: diabetes, atherosclerosis, tend to cold, poor circulation, want to increase pain tolerance			
In TCM: warms and opens channels			

Shiitake-Astragalus Vegetable Stock			
Ingredients			Instructions
8-10 Cups	Water		1. Place all ingredients in a large pot and bring to a boil. Lower the heat and simmer, covered for 30-45 minutes 2. Strain vegetables (or at least remove astragalus)
1	Leek	Washed, cut to 1" pieces	
3 Cloves	Garlic	Peel, crush	
8	Shiitake mushrooms	Quartered	
6	Chinese red date	Dried, seeded	
3 Medium	Astragalus		
Pinch	Salt		
Good For: increases immunity, combats high blood pressure, high cholesterol, diabetes, or UTI			
In TCM: clears heat, drains dampness, strengthens Qi			

Sesame Shake (topping for stir-fries)		
Ingredients		Instructions
1 Cup	Black or brown sesame seeds	<ol style="list-style-type: none"> 1. Place sesame seeds in a dry skillet and toast over low heat for about 5 minutes until they become fragrant, golden and begin to pop. Turn off heat and transfer seeds to a plate or bowl and let cool for at least 1 minute 2. Place sesame seeds in a food processor and grind with salt. 3. Use the mixture right away or store in an airtight container in the fridge for up to one month
1 Tsp	Salt	
Good For: high blood sugar, high blood pressure		
In TCM: strengthen the Liver and Kidneys, darken the hair, nourish the blood, moisten the intestines		

Korean Cabbage Kimchi			
Ingredients		Instructions	
3+1 Tbsp	Salt	<ol style="list-style-type: none"> 1. Dissolve 3 Tbsp of salt in the water. Place chopped cabbage into a large bowl and pour the saltwater over it. Cover with plastic wrap and place a plate or heavy object on top to weigh the cabbage down and keep it submerged under the water. Let it stand overnight or for 12 hours 2. Pour off the water, rinse the cabbage and squeeze dry. the cabbage will have shrunk considerably. 3. Place ginger, garlic, green onions, chili powder and remaining salt in bowl and stir. 4. Wearing gloves to protect your hands, mix the cabbage leaves with the spice mixture 5. Place entire mixture in a glass jar, leaving at least 2 inches of space at the top. Cap the jar tightly and place in a cool room for about 2 days. If it starts to bubble, it is ready to eat and to be stored in the refrigerator. If it isn't bubbling yet, leave it out for another day before refrigerating. 6. Kimchi should stay good for 3-4 weeks, tightly covered in the fridge. 	
6 Cups	Water		
2 lbs	Chinese cabbage		Chopped into 2" chunks
1- 2" pc	Ginger		Minced
5-6 Clove	Garlic		Minced
4	Green onions		Cut to ¼" slices
2 Tbsp	Hot chilies		
1 Tsp	Honey or sugar		
Good For: stimulating the appetite, helping circulation, counteracting high cholesterol and high sugar levels. Use sparingly by those who tend to run warm, need to avoid salt or suffer from heartburn			
In TCM: warming and helps clear dampness and move the Blood.			

End Notes

¹ <http://www.diabetes.ca/diabetes-and-you/what/facts/>

² According to Wikipedia, glycogen is the molecule that functions as an energy storage unit.

³ According to Wikipedia, glycolysis is the metabolic process that converts glucose into pyruvate, a usable form of energy in the body.

⁴ According to Wikipedia, the Citric Acid Cycle is a chemical reaction imperative to cellular respiration.

⁵ According to Wikipedia, ATP is what transports chemical energy within the cells for metabolism.

⁶ According to Wikipedia, insulin resistance is when insulin becomes less effective at lowering blood sugars, causing an increase in blood glucose and also lipids such as free fatty acids and blood plasma.

⁷ According to Wikipedia, the Paleolithic Diet includes of plants and animals consumed during the Paleolithic era, including grass-fed pasture raised meats, fish, vegetables, fruits, roots, nuts and excludes grains, legumes, dairy, salt, refined sugar and processed oils.

⁸ Healing with Whole Foods, pg. 372.

⁹ Healing with Whole Foods, pg. 372.

¹⁰ Chinese Nutrition Therapy, pg. 39

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