

Foods That Benefit Each Body System

Holistic nutrition takes into account that our emotions affect the function of our organs, in addition to our genetic pre-dispositions. When our organs are not functioning optimally, it is beneficial to eat foods that are known to enhance the function of that organ. On a daily basis, we should eat a variety of foods as this will keep ALL our organs functioning optimally.

In Chinese Medicine, each of the 5 elements has a "yin" and a "yang" organ. The "yin" organ has "female" energy. They are the organs that need to function continuously for our survival; for example, the Heart needs to be functioning all the time or we will die. The "yang" organ has "male" energy and only functions when it is required; for example, the Stomach only functions when we eat.

In other forms of therapy we can see the beneficial effects on our organs. For example, there is "Sound Therapy" and "Light Therapy". These therapies take into account that certain "sounds" or "colors" are also very therapeutic to the organs and bodily functions. This is why "holistic" practitioners see the benefit of healing the "mind, body, spirit".

Food And the 5 Elements

Many foods can be more than one element at a time. It is common for some foods to have two simultaneous flavours. For example, the Chinese call vinegar "bitter wine." Vinegar tastes both sour and bitter.

Others can be assigned to different elements based on how they are cooked. For example, raw onion is the metal element because of its pungency whereas cooked onion is very sweet and becomes earthy. Or they may change at different states of growth so that when it is unripe versus when it is ripe. For example, tomatoes when green are quite sour and therefore belong more to the wood element and when they are ripe, belong to the fire element. When they are very sweet, they become earthier.

The style of cooking also influences the five elements. Refer to the chart on the following page to see which type of cooking is beneficial for each element. Although different types of cooking may help to balance each element, it's more the "ingredients" that are added to the cooking method that is important to consider when looking to balance the 5 elements. For example, a soup will have some "water" energy, but it could also have "wood" energy if you add something like bamboo shoots to it or other foods that have "wood" energy.

Time of Day and Eating

An important thing to consider when eating is that each meridian or organ has a “peak” time of day where it is functioning optimally. Since the “stomach” meridian is at its peak function time from 7-9am, it is important to eat high protein foods in the morning. This is because the stomach secretes hydrochloric acid (HCL) which is needed to break down proteins into smaller molecules called “amino acids”. The cells don’t recognize large protein molecules so if the digestion is compromised, the immune system may trigger “auto-immune” responses.

As you will see in the chart below, the “peak function” time of day for the “small intestine” meridian is from 1-3pm. Since it is in the small intestine that digestive enzymes are secreted from the pancreas, we can see why eating carbohydrates would be easily digested if eaten at lunch time or later. Protein has a longer digestion period. Once the HCL breaks down the protein into amino acids, they enter the small intestine where digestive enzymes further break them down to molecules which the cells can recognize and utilize. There are different types of digestive enzymes. Various types of digestive enzymes break down carbohydrates, proteins or fats. It is a complex process which I will not go into.

Please refer to the chart below to have an idea of the importance of eating according to the “time of day” in addition to eating different types of “cooking” for each season. Keep in mind that combining foods from each “element” is essential for maintaining the constant flow of energy and circulation in the body.

Below is a chart that illustrates some basic concepts from Chinese Medicine. Take note that the “Fire” element actually has 4 organs or body systems.

	FIRE	EARTH	METAL	WATER	WOOD
Yin Organs	<u>Heart</u> & <u>Pericardium</u> or “Circulation-Sex”	<u>Spleen</u>	<u>Lungs</u>	<u>Kidneys</u>	<u>Liver</u>
Yang Organs	<u>Small Intestine</u> & <u>Triple Heater</u> or “Triple Warmer” (Adrenal Glands and Thyroid)	<u>Stomach</u>	<u>Large Intestine</u>	<u>Bladder</u>	<u>Gall Bladder</u>
Seasons	Summer	Late Summer (Indian Summer)	Autumn	Winter	Spring
Sense Organs	Tongue	Mouth	Nose	Ears	Eyes

	FIRE	EARTH	METAL	WATER	WOOD
<p>Time of Day “Peak” Meridian Organ Function (click here to view a Meridian Clock)</p>	<p><u>Heart:</u> 11am-1pm <u>Circulation-Sex:</u> 7-9pm <u>Small Intestine:</u> 1-3pm <u>Triple Warmer:</u> 9-11pm</p>	<p><u>Stomach:</u> 7-9am <u>Spleen:</u> 9-11am</p>	<p><u>Lungs:</u> 3-5am <u>Large Intestine:</u> 5-7am</p>	<p><u>Kidney:</u> 5-7pm <u>Bladder:</u> 3-5pm</p>	<p><u>Liver:</u> 1-3am <u>Gall Bladder:</u> 11pm-1am</p>
<p>Specialized Kinesiology meridian muscles (click each meridian organ to view its related muscles or click here to view the meridian muscles on the Touch for Health website)</p>	<p><u>Heart:</u> Subscapularis <u>Circulation-Sex:</u> Gluteus Medius, Adductors, Piriformis (sciatic nerve), Gluteus Maximus <u>Small Intestine:</u> Quadriceps (Jejunum & Ileum), Abdominals – Oblique, Rectus, Transverse (Duodenum) <u>Triple Warmer:</u> Teres Minor (Thyroid), Sartorius (Adrenals), Gracilis (Adrenals), Soleus (Adrenals), Gastrocnemius (Adrenals)</p>	<p><u>Stomach:</u> Pectoralis Major Clavicular, Anterior Neck Flexors, Brachioradialis, Posterior Neck Extensors, Levator Scapulae <u>Spleen:</u> Latissimus Dorsi (Pancreas), Middle Trapezius (Spleen), Lower Trapezius (Spleen), Opponens Pollicis Longus (Pancreas), Triceps (Pancreas)</p>	<p><u>Lungs:</u> Anterior Serratus, Deltoids, Coracobrachialis, Diaphragm <u>Large Intestine:</u> Fascia Lata, Quadratus Lumborum, Hamstrings</p>	<p><u>Kidney:</u> Psoas, Iliacus (associated with transfer of waste from small intestine to large intestine), Upper Trapezius (associated with function of the eyes and ears) <u>Bladder:</u> Peroneus, Sacrospinalis, Anterior Tibial, Posterior Tibial</p>	<p><u>Liver:</u> Pectoralis Major Sternal (associated with Glaucoma, spots in front of the eyes, and liver conditions), Rhomboids <u>Gallbladder:</u> Anterior Deltoid, Popliteus</p>
<p>Tissues</p>	<p>blood, vessels</p>	<p>muscles</p>	<p>skin, mucous membranes</p>	<p>bones, teeth, bone marrow, nerves</p>	<p>tendons, ligaments, sinews (connective tissues)</p>
<p>Environment (constitution)</p>	<p>Heat</p>	<p>Dampness</p>	<p>Dryness</p>	<p>Cold</p>	<p>Wind</p>
<p>Developmental Stages</p>	<p>growth</p>	<p>transformation, change</p>	<p>harvest, decline</p>	<p>storage, death</p>	<p>birth</p>

	FIRE	EARTH	METAL	WATER	WOOD
Manifests	complexion	lips	body hair, skin	head hair	nails
Colors	red	yellow	white, grey	blue	green
Instinct	Spirit	Conscience	Health	Will	Emotion
Sounds	laughing, talkative	singing	crying, weeping, wailing	groaning, complaining	shouting
Odour	scorched (burnt)	fragrant	rotten, rank	putrid (urine)	rancid
Emotions (click here to view all the emotions associated with each organ or meridian)	joy, love, hate	anxiety, worry, pensiveness	grief, sadness, sorrow	fear, depression	anger, jealousy
Tastes (Food)	Bitter	Sweet	Pungent	Salty	Sour
Foods	arugula, asparagus collards, kale	root vegetables (carrots, potatoes, beets, yams) and sweet tasting food	ginger, garlic, mustard, raw onion	sea vegetables (kelp, dulse), sea salt	lemon, lime, sauerkraut, vinegars
Cooking	Sautéed, Stir Frying, Dry Roasting, Flambéing, Toasting, Dehydrating, Raw food	Roasting, Boiling, Stewing, Casserole, Mashing, Pureeing, Jams and Jellies, Caramelizing	Pressure Cooking, Baking, Composed Foods, Garnishes, Condiments, Finishing Sauces, Julienne , Mincing, Dicing	Soups, Boiling, Steaming, Poaching, Curing, Freezing	Grilling, Smoking, Searing, Pickling and Fermenting, Campfire Cooking
Direction	south	center	west	north	east
Energy direction	Outward (dispersing energy of the summer season)	Downward (balance or circling energy of fall season)	Inward (contracting energy of late fall season)	Floating (dormant energy of winter season)	Upward (rising energy of spring season)
Body Types	pointed features small hands quick energetic	large features strong legs calm generous	triangular features strong voice meticulous, strong willed	round features strong digestion loyal, enjoy movement	tall slender strong bones and joints hard workers

	FIRE	EARTH	METAL	WATER	WOOD
Personality	loves attention, talkative, sensitive	friendly, calm, generous, caring (motherly)	meticulous, strong-willed, focused worker, independent	loyal but few friends, smart, loves to play with family	Leader, hard worker, loves a challenge
Strained by	Reading	Walking	Sitting	Lying down	Standing
Out of Balance	drama queen, paranoid	worried and over protective	anxious and oblivious, OCD	fearful	angry, mean, cranky

Foods for Constitutional Type

Dietary Wisdom According to TCM

The basic principles of Traditional Chinese Medicine (TCM) dietary therapy are relatively simple: Foods are selected to help enhance patient's overall health based on their patterns of disharmony.

A person should eat those foods which lead the body back to balance and avoid foods that aggravate the person's imbalance.

- Eat mostly vegetables and grains with small amounts of everything else.
- Eat mostly cooked warm food which is not too sweet and not too greasy or oily.
- Eat moderately and chew well.

Your dietary habits will determine how well you feel, how clearly you think, and how successfully you adapt to your internal and external environments. Familiarize yourself with the pharmaco-dynamics of food chemistry. Learn how to combine foods properly at meals, and apply the Tao of Diet to eat your way to health and happiness.

Taoist diets are formulated in order to achieve an optimum balance between the various types of energy that foods release when digested and metabolized. Thousands of years ago, master healers in China perceived a way to classify foods and diseases according to simple and easily observed patterns.

One eats cooling foods for overheated conditions, and warming foods are best for people who feel too cold. Detoxifying foods are for those who carry excess toxins; building foods are good for deficient persons, and so on.

According to TCM, everyone has a different body constitution. Everyone's constitution, temperament and health condition changes at different ages.

Classification of Body Constitutions

- **Excess:** A robust person with strong voice and pulses, thick tongue coating, extroverted personality and reddish complexion. This person does best with grains that reduce excess, such as amaranth, rye, whole barley (not pearled), and wild rice.
- **Deficiency:** A frail person with weakness and low energy weak voice and thin or no tongue coating, introverted personality, and sallow or pale complexion. Most grains are appropriate; with rice, wheat, barley (pan-roast before cooking), spelt, well-cooked oats, and quinoa are most beneficial.
- **Heat:** A person feels too hot, thirsts for large amounts of cold liquid, has red signs such as bright- or deep-red tongue, red face or eyes, yellow tongue coating, yellowing and scanty mucus. Use cooling grains: millet, wheat, amaranth, wild rice, blue corn and whole barley.
- **Cold:** A person feels cold, likes warm food and beverages, has pale complexion, dress too warmly for the temperature or climate, is contracted and can't bend back, or may have pain "frozen" (fixed) in one place. Use warming grains: oats, spelt, sweet rice, quinoa (pronounced keen wa), and basmati rice. Neutral gains are also useful: rice, rye, corn and buckwheat.
- **Damp:** A person feels sluggish and has pathogenic moisture such as edema, obesity, chronic mucus and phlegm problems, cysts, and tumors. The grains which dry dampness are amaranth, buckwheat, unrefined barley, corn, rye, wild rice, basmati rice (in small amounts), and dry roasted oats.
- **Dry:** A thin person with dry mouth, nostrils, lips, skin, and stools. The best grains to use are: wheat, rice, sweet rice, quinoa, millet, barley (pan-roasted), spelt, and well-cooked oats.
- **Wind:** A nervous person with instability and symptoms that move around, come and go such as spasms, cramps, and moving pain. Certain relatively static conditions such as numbness, paralysis, and strokes are also often wind-induced. Grains that help calm wind: quinoa, cooked oats, and wheat; avoid buckwheat.
- **Summer Heat:** A person with high fever, sweating, exhaustion, and fluid depletion. Roasted barley tea or drinks quell the effects of summer heat; brown rice, especially the long-grain variety, helps reduce irritability which often accompanies summer heat.

The ABC+D Approach to Health & Chinese Medicine

The [ABC+D Approach to Health](#) was developed by [Steven Horne](#), of [Tree of Light Publishing](#). This system is based on the "body systems" of the body:

- [Circulatory system](#)
- [Digestive system](#)
- [Glandular system](#)
- [Hepatic system](#)
- [Immune system](#)
- [Intestinal system](#)
- [Nervous system](#)
- [Respiratory system](#)
- [Structural system](#)
- [Urinary system](#)

Click on each body system to read more about it and to see which herbal remedies are most beneficial for it.

Below, I've combined the "body systems" with the "5 elements" from Chinese Medicine to show how different foods may benefit each "body system".

Note: The Nervous system helps to control and balance all the other "body systems" which makes it part of ALL the 5 elements. The Nervous system encompasses the following:

- Central Meridian (Yin) – brain
- Governing Meridian (Yang) – spine & nerves

Fire

The **Circulatory**, **Glandular** and **Immune** systems are part of the **Fire** element.

FIRE Meridian Organs

Circulatory system:

- Heart Meridian (yin)
- Small Intestine Meridian (yang)

Glandular system:

- Pericardium/Circulation-Sex Meridian (yin) – Reproductive organs, "Heart" protector
- Triple Warmer/Triple Heater Meridian (yang) – Thyroid and Adrenal Glands

Immune system:

- Lymphatic system and lymph nodes
- Thymus gland

- White blood cells
- “Good” bacterial flora in the digestive tract

FIRE Meridian Healing Foods – BITTER Foods & Herbs

Note: These foods can reduce heat and dry fluids. They most benefit slow, overweight, overheated and aggressive people. The bitter flavor is thought to enter the heart, helping to cool it if it has become overheated.

Foods that most enhance the Fire element:

Grains: Corn, maize, popcorn, amaranth, quinoa

Vegetables: Asparagus, Brussels sprouts, chives, endive, okra, scallions

Beans and Pulses: red lentils, chickpeas

Fruits: apricot, guava, strawberry, persimmon, peaches, cherries

Fish: shrimp, lobster, crab

Spices: chilis, curry, and spices in general are considered fire foods

General list of foods that enhance the Fire element:

alcohol	cayenne
alfalfa	celery
apricots	chard
arugula	cherry seed
asparagus	chicory
beer	chocolate (dark)
bell peppers	citrus peel
bitter gourd	coffee
black tea	collards
broccoli	corn
brussel sprouts	cucumber

dandelion	mustard greens
dried food	nuts
endive	oils
food that looks like a "heart"	parsley
garlic	peppers
ginger	plums (not too ripe)
ginseng	pumpkin
grapefruit peel	radish leaf
hops	raspberries
hot and spicy foods	rhubarb
hot peppers	romaine lettuce
kale	scallions
kidney beans	sea grass
kohlrabi	seeds
kumquats	strawberries
lamb	sunflower seeds
large leafy plants of summer (often bitter)	tomatoes
leafy green vegetables	venison
lettuce	vinegar
lotus plumule	watercress
most "red" foods	wild cucumber
	wine

Earth

The **Digestive** and **Structural** systems are part of the **Earth** element.

EARTH Meridian Organs

Digestive system:

- Spleen/Pancreas meridian (yin)
- Stomach meridian (yang)

Structural system:

- Muscles

EARTH Meridian Healing Foods – SWEET FOODS & HERBS

Note: These foods slow down acute symptoms and neutralize toxins. They most benefit dry, nervous and weak people and they calm aggression.

The “sweet foods” refers to naturally sweet fruit and vegetables rather than sugar or processed foods that actually cause an Earth imbalance. The “naturally sweet” foods will not only satisfy and nourish you but will also improve your energy levels.

Foods that most enhance the Earth element:

Grains: Millet

Fruits: sweet apples, figs, cantaloupe, sweet orange, honeydew, tangelo, raisins, sweet grapes, papaya, dates, tangerine

Vegetables: Sweet corn, all squash: (acorn, butternut, Hokkaido, Hubbard, spaghetti, pumpkin) shiitake mushrooms, beets, onions, parsnips, rutabaga, collards, chard, artichoke, sweet peas, and string beans

Fish: salmon, tuna, swordfish, sturgeon

Nuts: Almonds, pecans, walnuts, sesame seeds, sunflower seeds

Sweeteners: agave, maple syrup, rice syrup, barley malt, molasses

General list of foods that enhance the Earth element:

“Root or Ground Vegetables” and all the other types of food that come from the earth:

beets

parsnips

carrots

potatoes

rutabagas

sweet potatoes

Other "sweet" and "starchy" foods:

abalone

almonds

apples

apricots

apricot seeds (sweet)

bamboo shoots

bananas

barley

barley syrup

bean curd

beef

black sesame seeds

black soybean

blueberries

brown sugar

cabbage

cantaloupe

carp (common carp, gold carp, grass carp)

castor bean

celery

cherimoyas

turnips

yams

cherries

chestnuts

chicken

chicken egg (yolk and white)

chick peas

Chinese cabbage

Chinese wax gourd

chocolate milk

cinnamon bark

cinnamon twig

clam (fresh water)

coconut

coffee

cooked onions

corn (sweet)

corn silk

courgettes

crab apple

cucumbers

dates

dry mandarin orange peel

duck

eel	lotus (fruit and seed)
eggplant	malt
figs	maltose
ginseng	mandarin orange
grains	mango
grapes	many orange or yellow foods
grapefruit	maple syrup
grapefruit peel	milk (cow's and human)
guava	milk chocolate
guava leaf	millet (yellow)
hawthorn fruits	molasses
honey	mung bean
horse bean	mushrooms (button and chantarelle)
hyacinth bean	muskmelon
kidney bean	mutton
kohlrabi	oats
kumquat	okra
lamb	olive
lettuce	oranges
licorice	oyster
lily flower	papaya
litchi	peaches
longan	peanuts
longevity fruit	pears
loquat	persimmon

pineapple	squash (winter & summer)
plantain	star anise
plums	star fruit
pork	strawberry
pumpkin	string bean
radish	sugar cane
raspberry	sunflower seed
red small bean or adzuki bean	sweet rice
rice (polished)	sword bean
rice bran	tangerine-orange
rice syrup	taro
rye	tomato
saffron	walnuts
sesame oil	water chestnut
shiitake mushroom	watermelon
shrimp	wheat
soybean oil	wheat bran
spearmint	wine
spinach	yellow soybean

Note: Ripe or sweet fruits and the late summer fruits belong to this earth element.

Metal

The **Intestinal, Structural, Respiratory** and **Immune** systems are part of the **Metal** element.

METAL Meridian Organs

Intestinal and Respiratory systems:

- Lung meridian (yin)
- Large Intestine meridian (yang)

Structural system:

- Skin & mucous membranes

Immune system:

- Mucous membranes
- "Good" bacterial flora in the digestive tract

METAL Meridian Healing Foods – PUNGENT FOODS & HERBS

Note: These foods have a dispersing effect and promote energy circulation. They most benefit sluggish, damp, lethargic and cold people.

*Dairy foods and orange juice should be avoided.

Foods that most enhance the Metal element:

Grain: White, brown, and sweet rice, mochi

Vegetables: cauliflower, cabbage, Chinese cabbage, celery, daikon radish, onions, watercress, mustard and turnip greens, turnips, garlic, cucumber, leeks

Beans and Pulses: white beans

Fruits: Banana, pear, apples

Fish: Bass, snapper, cod, haddock, herring, flounder, sole, halibut

Herbs and Seasonings: dill, fennel, thyme, ginger root, horseradish, cinnamon, cayenne, basil, and rosemary

General list of foods that enhance the Metal element:

anise

basil

asparagus

black pepper

button mushrooms	fish sauce
caraway	garlic
carrots	ginger
castor bean	grapefruit peel
cauliflower	green onions
cayenne	green pepper
cheese (cheese)	horseradish
cherry seed	kohlrabi
chestnuts	kumquat
Chinese parsley	leaf mustard
chives	leeks
chive root	lotus root
chive seed	marjoram
cilantro	milk
cinnamon bark	mustard
cinnamon twig	mustard greens
cloves	nutmeg
cooked grains (brown rice, wheat, rye, barley, oats or spelt)	olives
coriander	onions (raw)
cottonseed	parmesan cheese
crab apples	parsley
cream	pears
daikon	peppermint
dill	peppers
fennel	radish and radish leaf
	red pepper

rice	taro
rice bran	tarragon
rosemary	tofu
scallions	turnip
soybean oil	walnuts
spearmint	wasabi
star anise	watercress
sweet basil	white pepper
tangerines	wine

Note: Small contracted plants also belong to this metal element.

Water

The **Urinary**, **Structural** and **Nervous** systems are part of the **Water** element.

WATER Meridian Organs

Urinary system:

- Kidney meridian (yin)
- Bladder meridian (yang)

Structural system:

- bones, teeth, bone marrow

Nervous system:

- nerves

WATER Meridian Healing Foods – SALTY FOODS & HERBS

Note: These foods have a softening effect and promote moisture and calming of the body. They most benefit thin, dry and nervous people.

Foods that most enhance the Water element:

Grain: Barley, buckwheat, black rice

Vegetables: Beets, burdock, asparagus

Beans and Pulses: Adzuki, black beans, black lentils

Sea Vegetables: arame, dulse, Irish moss, kelp, hijiki, nori, wakame, kombu

Fruits: blackberries, raspberries, blueberries, purple and black grapes, watermelon, black raspberries

Fish: blue fish, caviar, scallops, oysters, clams and mussels

Nuts: chestnuts, black sesame seeds

Condiments and Seasonings: tamari, shoyu, miso, tekka, gomasio, umeboshi, salt cured pickles (these last two are also sour)

General list of foods that enhance the Water element:

adzuki beans	cranberries
barley	dill
beans	eggs
beetroot	fennel seeds
blackberries	figs
black sesame seeds	fish
blueberries	garlic
buckwheat	ginger
caviar and other fish eggs	kale
celery	kelp
chicken	kidney beans
cinnamon	lamb

lotus seed	seafood
millet	sea salt
mineral Water	sea vegetables (arame, hiziki, kombu, kelp, seaweed, etc...)
miso	seaweed
mung beans	shellfish
nama shoyu	shoyu
nutmeg	soy sauce
olives	tamari
onions	tofu
pork	trout
rice	umeboshi plum
salted meat	walnuts
salty condiments	water
salty pickles	wild rice

Note: All foods that come from the sea and the roots of plants belong to this water element. Foods that are purple, black or blue often belong to the water element as well.

Wood

The **Hepatic** and **Structural** systems are part of the **Wood** element.

WOOD Meridian Organs

Hepatic system:

- Liver meridian (yin)
- Gallbladder meridian (yang)

Structural system:

- tendons, ligaments, sinews

WOOD Meridian Healing Foods – SOUR FOODS & HERBS

Note: These foods can obstruct movement and function as astringents. They most benefit changeable, erratic and scattered people.

Foods that most enhance the Wood element:

Grain: wheat, oats, rye

Vegetables: broccoli, parsley, lettuce, kale, collard greens, carrots, alfalfa, beets, leeks, zucchini, shiitake mushrooms, artichokes

Beans and Pulses: mung, lima, green lentils

Fruits: limes, lemons, grapefruit, green apple, sour cherry, avocado, plums, quince

General list of foods that enhance the Wood element:

adzuki bean	chard
apples	chicken
apricot	citrus fruits
artichokes	crab apple
barley	dandelions
beans	endive
beetroot	fatty fish
broccoli	fennel
buckwheat	grains
cabbage	grapefruit
celery	grapes

green apples	peas
green beans	pickles
hawthorn fruits	pineapple
kale	plums
kimchi	pumpkin
kumquat	radishes
leafy green vegetables	raspberries
lecithin	rice (brown and white)
lemons	sauerkraut
limes	sesame seeds
litchi	sourdough
liver	spinach
loquat	sprouts
mandarin orange	starfruit or carambola
mangos	strawberry
mustard greens	tangerine
nectarines	tomatoes
olives	turkey
olive oil	turmeric
oranges	vinegar
parsley	watercress
peaches	wheat
pears	wild game (most)

yogurt

Note: The young plants of spring also belong to this wood element. These include sour, green and fast growing plants.

Recipes to Balance Your Meridians

Fire Element Imbalance

The Bitter Taste of Power & Creativity

The Fire element is associated with the bitter taste.

Chilled Pumpkin and Orange Soup

1 onion – sliced thinly
1 pumpkin – cubed
Sea salt
2 tablesp chopped basil
Juice of 2 oranges
1½ litres water

Bring water to boil. Add pumpkin and cook for a few minutes. Add onions & salt. Cook until pumpkin is soft. Add basil. Puree the soup. Adjust seasoning. Add orange juice and let the soup cool before serving.

Polenta with Olives and Asparagus

1 cup polenta
3 cups water
Sea salt
3 whole corn – cut off the cob
4 asparagus - sliced
5 black olives – cut into quarters, pits removed
Cold pressed oil

Bring water to boil. Add corn kernels, asparagus and salt. Cook for a few minutes. Stir in the polenta. Cover the pot and simmer on low heat for about 10 minutes. Stir frequently. Add olives and adjust seasoning. Put mixture into a greased tray and let it cool slightly. Cut polenta into squares and fry or BBQ on both sides until golden brown.

Earth Element Imbalance

Sweet Foods For Nourishment & Awareness

The Earth element is associated with sweet flavor.

Chickpeas and Vegetable Casserole

1½ cups chickpeas – soaked overnight
1 stick Kombu (from Asian grocers/health food shops)
1 tablesp cold pressed oil
1 onion – finely chopped
1 sweet potato - chopped
2 carrots - chopped
¼ pumpkin - chopped
¼ cauliflower - chopped
½ cup green beans - chopped
Sea salt
Tamari
3 tablesp dry roasted sunflower seeds
Water

Cover chickpeas with water. Add kombu & bring to the boil. Cook on medium heat until chickpeas are almost cooked. In another pan, heat oil, saute onion, add other vegetables. Add ¼ cup water, salt and cooked chickpeas. Cover pan with lid and stew until vegetables are soft. Add tamari and sunflower seeds. Serve.

Crunch Delight

2 cups sunflower seeds
1 cup sesame seeds
1 cup dried apricots & sultanas – chopped (no added sulphites)
1 cup chopped raw almonds
1½ cup rice malt

Dry roast (either in oven or in dry pan), sunflower & sesame seeds until brown. Mix in dried fruit and rice malt while hot. Put mixture into a greased tray. Allow to cool and chop into small squares when it has set. Store in airtight container away in fridge.

Metal Element Imbalance

Pungent Tastes For Vitality & Self Expression

The Metal element is associated with foods that are described as 'biting, hot, pungent, spicy and aromatic'. This means a diet of tougher veggies and longer, more energetic cooking methods like pressure-cooking and heavier soups, stews and curries.

Baked Brown Rice

1 cup brown rice
½ onion
Few fine slivers of ginger
Sliced almonds
2 cups water
Sea salt

Combine all ingredients and place in a casserole dish. Bake at 180 degrees Celsius for 1 hour.

Oats & Walnut Cookies

1 cup rolled oats
1cup wholemeal flour
½ cup chopped walnuts
½ cup raisins
2 tablesp rice malt
1½ cups boiling water
Vanilla
Sea salt
100% fruit unsweetened jam – no sugar or artificial sweeteners

Combine all ingredients, except the jam. Let mixture rest for 1 hour and then form into round cookies. Place on a greased tray. Press a hole in the middle of the cookie and fill with jam. Bake at 160 degrees Celsius for approx 30 mins. Allow to cool.

Water Element Imbalance

The Salty Taste of Drive & Will Power

The Water element is associated with heat and salt. Long cooked stews, thick soups and heavier grains with sea salt feed your body and help address a Water element imbalance.

Kidney Bean Stew

1 cup kidney beans soaked overnight
1 onion – chopped
1 cup carrots – chopped

4 cloves garlic
1 teasp mustard seeds
1 teasp cumin seeds
4 cardamom pods
Black pepper
Sea salt
4 cups water

Add beans, onion, carrots, garlic and mustard seeds to water. Bring to boil and simmer for 3 hours. Season with salt and pepper. Serve garnished with chopped chives or shallots.

Rice and Buckwheat Loaf

1 cup brown rice
1 cup buckwheat
2 cups of chopped vegies – celery, pumpkin, green beans
1 onion – finely chopped
Tamari
Sea salt
1 tablesp basil – finely chopped
1 tablesp cold pressed oil
4 cups water

Add rice and salt to 2 cups of water. Bring to boil and simmer on low heat for about 1 hour. In a separate pan, saute onion, buckwheat and vegetables in hot oil. Add 2 cups water & salt and cook on a low heat until soft. Remove any remaining liquid. Combine this mixture with [cooked rice](#), basil and tamari. Put mixture into a greased loaf tin and bake at 170 degrees Celsius for about 20 minutes.

Wood Element Imbalance

The Sour Taste For Vision & Order

The taste for the Wood element is sour.

Buckwheat Pancakes

½ cup buckwheat flour
½ cup wholemeal flour
Sea salt
Water
Cold pressed oil

Mix dry ingredients. Add Enough water to make a smooth batter. Let mixture rest for 1 hour. Heat up a little oil in a non-stick frying pan. Put in small amount of pancake mixture and brown on both sides. Serve with scrambled eggs and green salad.

Watercress Soup

1 bunch watercress - chopped
1 bunch bok choy - chopped
2 pieces wakame
Sea salt
¼ soy milk
1½ litre water

Bring water to boil. Add watercress and bok choy to water. After a few minutes add salt and wakame. Simmer for 8 minutes. Add soy milk. Puree mixture, adjust seasoning and serve.

Reference websites:

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<http://www.macrobioticcooking.com/5.html>

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<http://www.chienergy.co.uk/fiveelements.htm>

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<http://macrobiotic.about.com/od/menuplanning/a/FiveElements.htm>

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