



Health and food

**China's dietotherapy &
Superfood, Myth or miracle
taqee.shaikh**

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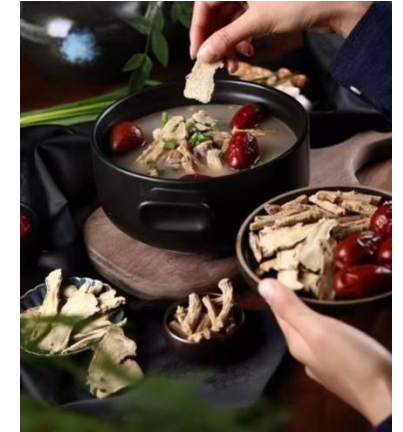
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Danggui Ginger Lamb Soup with Spleen Kidney Yang Deficiency

Danggui Ginger Lamb Soup with Spleen Kidney Yang Deficiency
Yang Qi is the foundation of life, and warming the body is one of its important functions. If Yang Qi is insufficient and cannot reach the limbs and other peripheral parts, symptoms such as chills and cold hands and feet may occur.



People with spleen kidney yang deficiency tend to wear more clothing than the general population and are prone to diarrhea. The Danggui Ginger Lamb Soup, originating from the "Synopsis of the Golden Chamber", is a famous warming yang recipe. Function of Tonic Diet: tonify qi and blood, warm and disperse cold, suitable for hand and foot not warm, cold and pain in abdomen. People who are afraid of cold and prefer warmth should consume it.

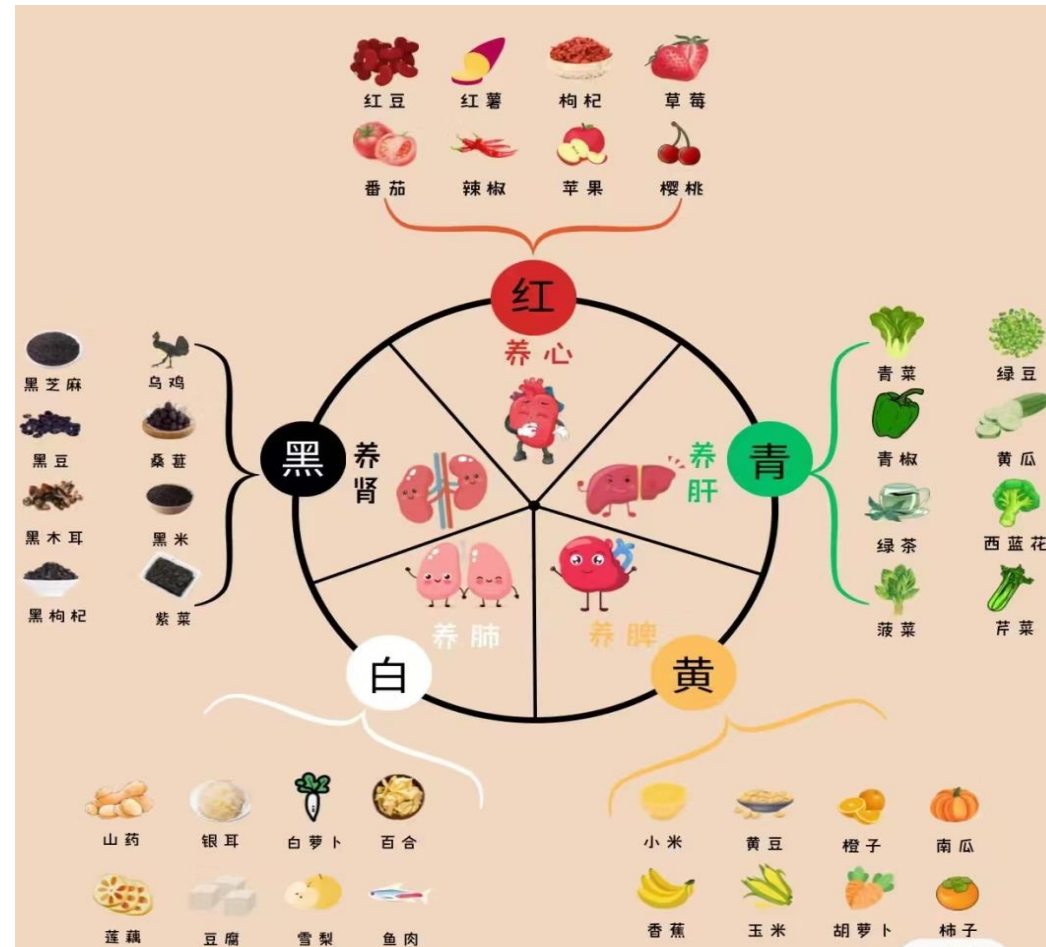


Five color health preservation

Red: Red is related to the Heart Sutra, and the red complexion may be due to the exuberant heart fire, resulting in poor blood circulation. Red food has the effect of nourishing the heart and calming the nerves, invigorating blood and removing blood stasis

Black: Black is related to the kidney meridian, and the dark complexion may be due to kidney deficiency and kidney deficiency, resulting in poor water metabolism. Black food has the effect of nourishing yin and nourishing the kidneys, nourishing the kidneys and nourishing the essence

White: In the view of traditional Chinese medicine, white is related to the flow of qi and blood, and a pale complexion may indicate a lack of qi and blood, while a pale complexion may indicate a problem with the lungs. White food has the effect of moisturizing the lungs and nourishing yin



Cyan: Cyan is related to the liver meridian, and the bluish complexion may be due to the stagnation of liver qi, resulting in poor qi and blood. Green food has the effect of soothing the liver and relieving depression, clearing heat and detoxifying

Yellow: Yellow is related to the spleen meridian, and the yellowing of the complexion may be due to spleen deficiency and dampness, which leads to stagnation of water and dampness. Yellow food has the effect of strengthening the spleen and invigorating qi, diluting dampness and dissolving phlegm

Traditional Chinese Medicine Health Tea



Chinese herbal tea, also known as medicinal tea or herbal tea, is a combination of medicinal properties and effects in traditional Chinese medicine theory, which is brewed to regulate the body and prevent diseases.

There are various types of traditional Chinese tea drinks, including Chenpi Pu'er tea (for strengthening the spleen and reducing digestion), Chrysanthemum tea (for clearing the liver and improving vision), Rose tea (for soothing the liver, relieving depression, and promoting beauty and beauty), and so on. These tea drinks retain the fragrance of tea leaves and incorporate the special aroma and medicinal properties of traditional Chinese medicine, allowing people to regulate their body and mind while enjoying tea.





Chinese tea drink sour plum soup:

Ume, hawthorn, tangerine peel, rose, licorice, mulberry

Suitable for: those with weak heat and thirst, cough and itching in the throat. Taboos: those with spleen deficiency, loose stools, fatigue and easy fatigue

However, although traditional Chinese tea drinks are good, they also need to vary from person to person. Different types of tea drinks are suitable for people with different constitutions, seasons, and symptoms



Superfoods-Myth or Miracle?

Some key factors to keep in mind...

- There is no “silver bullet”. It is key to balance out superfoods with a healthy and balanced lifestyle for optimal results
- Be sure to research effects/compounds of superfoods. They can be strong like medicine. Moderation is important
- Be aware of where you are sourcing from. Sustainable and locally sourced is key!
- Superfoods are part of a money making/marketing industry. Ask yourself, what do I really need to consume? Again, be aware of overconsumption and sustainability factors.
- **Reflection question:** *What superfoods are grown locally/native to where you currently live?*



Super Food: Wolfberry (Goji berry)

- Native to Asia- but can also be grown in warm regions
- Good for the kidneys, lungs, livers, eyes, immune function, and anti-aging
- HIGHLY nutritious. Rich in fiber, iron, antioxidants, and vitamin C and A
- Do not consume if pregnant as they contain compounds that may harm fetal health



Reflection question: To what degree should humans be mass producing and shipping superfoods like Goji berries to other parts of the world? What responsibilities do we have as stewards to the earth to focus on locally sourced superfoods rather than purchasing health products from other countries? How does this impact global warming and climate change?

Super Root of the Century: Ginseng

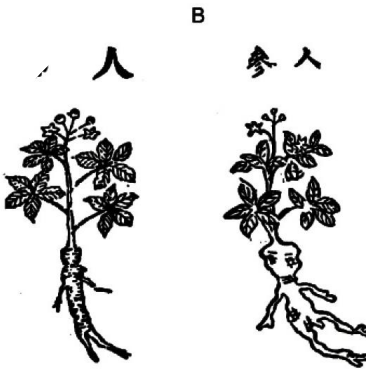
- “The Shennong Bencao Jing (Shennong’s Herbal Classic, 神農本草經), one of the first books specializing in herbal medicine, was edited in the 1st century AD. In this text, ginseng was first recognized as a medicinal herb by medical practitioners”
- “*Panax ginseng* is a traditional medicinal plant that has been used therapeutically for millennia in East Asia. In Korea, China, and Japan, ginseng is the most valuable of all medicinal herbs. The name *Panax* means “all healing,” which describes the traditional belief that ginseng can heal all aspects of the body. The most common ginsengs are ginseng (*P. ginseng* Meyer), Chinese ginseng (*P. notoginseng* [Burk.] FH Chen), and American ginseng (*P. quinquefolium* L.).”
- “pharmacological functions of ginseng, which was considered a high-grade herb, were first described in the Shennong Bencao Jing. Ginseng can nourish or tonify 5 vital organs of the body (the spleen, lung, heart, kidney, and liver), has sedative properties, is used for palpitations to restore a normal pulse, dispels pathogenic factors, improves visual acuity and mental activity, and enhances longevity with long-term intake ([Fig. 1](#)).”



“American ginseng is considered to be in the category of ‘nourishing yin,’ meaning it is cooling and moistening. Asian ginseng has the dry and warming qualities of ‘tonifying yang.’”

Recipe for Ginseng Tea

1. Get your steaming setup ready. Place a metal steaming rack inside a wok, pot, or a sauté pan. Fill the cooking vessel with water, leaving about a 3/4 to 1-inch gap between the water level and the top of the steaming rack. Cover the cooking vessel and bring the water to boil over high heat.
2. Add the ginseng to a heat-resistant plate or pie dish and rest atop the steaming rack. Cover the cooking vessel with the lid and steam the ginseng for 5 to 8 minutes. Turn off the heat and carefully remove the ginseng. Let the ginseng cool for 2 to 3 minutes.
3. Slice the ginseng into 1/4 to 1/2-inch thick pieces. If the ginseng still feels very tough, you can steam it for another 5 minutes before slicing again. Transfer the sliced ginseng to a large saucepan.
4. Give the rice a quick rinse and add it to the saucepan. Pour the water into the saucepan.
5. Bring the water to boil. Then, reduce the heat to a low simmer and continue cooking the ginseng tea for 1 hour. Let the tea cool slightly before consuming. You can drink it warm or at room temperature. Store any leftovers in a jar in the fridge for up to 4 days. I like to warm up refrigerated ginseng tea in the microwave for 30 to 45 seconds before consuming.



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