

Special Dietary Needs of Our Elders

An Asian Perspective that Generates Wisdom

The *energetics* of a food can describe its effect upon us, whether cooling, warming, cleansing, building, and which organ system(s) may be primarily impacted.

Be watchful of thinking about food as “good” or “bad.” Pay attention to the effect any food has on you. This will keep us aware and paying attention rather than assuming a “good” food is always beneficial, or a “bad” food always harmful.

Yin/Yang are polar/complementary opposites. Fat is the most yin of the 3 macronutrients.

- Yang/Yin
- Light/Dark
- Flame/Logs
- Sun/Moon
- Hot/Cold
- Up/Down
- Action/Rest
- Male/Female
- Cooked/Raw (fermented) - which is yin/yang?

Six Ways to “Cook” our food: heat; time; pressure; salt; fermentation and sprouting.

Full sweets build and strengthen. Empty sweets are depleting.



The Five Element Theory (It’s About Balance!)

Water	•	Wood	•	Fire	•	Earth	•	Metal
Winter		Spring		Summer		Fall		Indian Summer
Salty		Sour		Bitter		Sweet		Pungent
KD/BL		LV/GB		HT/SI		ST/SP		LG/LI
Soup		Greens		Coffee		Wntr Squash		Daikon Radish
Black/blue		Green		Red		Yellow		White
Fear		Anger		Joy		Worry/Peace		Sadness

Nourishing Cycle (clockwise) vs. Controlling Cycle (skips every other element - clockwise)
Use a balance of tastes.

The Five Body Types

Full Yang Empty Yang Full Yin Empty Yin ??

<p><u>Insulin Resistance</u></p> <p>Turbid Yin Pattern</p> <p>Receptor Sites Overloaded</p> <p>An excess pattern</p> <p>Fasting is an option d/t excess</p>	vs.	<p><u>Hypoglycemia</u></p> <p>Deficiency of Water Element (KD/Adrenal)</p> <p>Lack of cortisol production</p> <p>A deficiency Pattern, so fasting is out.</p> <p>Eat every 2 hours – protein/fat.</p>
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WATER

Craves salty food, low libido, nightsweats / hot flashes, hair loss, cold hands/feet (or hot), FEARFUL (phobic), vaginal dryness, low back pain, cold low back, knee pain, infertility, impotence, early gray, bad teeth, holds grudges.

Kidney Yang deficiency - Buckwheat, venison, lamb, duck, pork, smoked fish, miso soup with ginger, black pepper, black beans, adzuki beans, root vegetables, coconut milk.

Kidney Yin deficiency - Bone broth from lamb, beef, duck. Lamb & beef kidney, Milk, butter, cream, root vegetables, and cooling foods such as banana, citrus and walnuts.

Careful with coffee, poor quality salt, sugar.

WOOD

Angry (yang) depressed (yin), tendon/ligament sprain/strain, TIGHT PMS, dysmenorrhea, fibroids, fibrocystic breast disease, prostate BPH

Fullness subcostally, especially right side. SIGHING, Sour

To relieve constraint - radishes, leeks, celery, sauerkraut, lemon, curcuma, basil, coriander.

To Build - wheat, sweet rice, chicken/beef/lamb broth/liver, greens.

To Cool (bloodshot eyes, migraines w/heat signs) -greens, sour cream, lemon, lettuce, yogurt, peppermint tea

FIRE

Manic/depressed, stuttering, always happy or flat affect (absence of fire)

Insomnia, sleeps during the day, sleep walking, nightmares/vivid dreams

Heart palpitations, Poor memory, Foggy Brain, Talks a lot, laughing voice, Bitter flavor

Beef/chicken heart, strawberries, slightly bitter greens in summer such as collard, mustard, brussels sprouts.

Careful with coffee, chocolate (beyond medicinal use), USE FIRE TO COOK FOOD (not microwave, electricity).

EARTH

Fatigue especially a.m., worry/overthinking, crave sweets, overweight, diarrhea or constipation, singing voice, very sympathetic. Digestive SX.

Sweet rice, millet, meats, winter squash, fennel seeds, sweet potatoes.

AVOID - cold food/drink, sugar, artificial sweeteners, carbonated water (or drinks), excessive spicy food (from fruits- like chili).

METAL

Frequent colds, allergies, immune symptoms, sinus h/a's, congestion, constipation, grief and sadness (can't let go), skin diseases.

Acute colds - fresh ginger, cinnamon, onion.

Dry cough - Raw whole milk, almond milk, blue cheese, warm milk w/honey at bedtime.

Wet cough - Millet, daikon radish (also juice of), rice, shiitake mushrooms.

Constipation - Banana, honey, pine nuts, black sesame seeds, pears, prunes!

Resources

The Web That Has No Weaver, Understanding Chinese Medicine by Ted Kaptchuk

Complete illustrated guide to Chinese Medicine by Tom Williams

Between Heaven and Earth, by Beinfield and Korngold

Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal and *Why isn't my Brain Working* by Datis Kharrazian (the functional medicine approach w/helpful insights about brain/vitality preservation)

Lab testing - www.cyrexlabs.com

FOOD	TEMP	FLAVOR	TONIFIES
GRAINS			
Corn	Neutral	Sweet	Blood, qi
Oats	Warm	Sweet	Blood, Qi
Rice	Neutral	Sweet	Blood, Qi
Wheat	Cool	Sweet	
VEGETABLE			
Asparagus	Cold	Bitter, sweet	Yin
Broccoli	Cool	Bitter, Pungent	
Cabbage	Neutral	Pungent, Sweet	
Carrot	Neutral	Sweet	
Celery	Cool	Bitter, sweet	
Cucumber	Cool	Sweet	
Lettuce	Cool	Bitter, Sweet	
Onion	Warm	Pungent	
Spinach	Cool	Sweet	Blood
Tomato	Cold	Sour, Sweet	Yin
Black bean	Neutral	Sour, sweet	Yin, blood
Kidney Bean	Neutral	Sweet	Yin, Blood
Pea	Neutral	Sweet	Yin
Tofu	Cold	Sweet	Yin, Qi
FRUIT			
Apple	Cool	Sour, Sweet	Yin
Avocado	Cool	Sweet	Yin, Blood
Banana	Cold	Sweet	Yin
Cherry	Warm	Sweet	Qi
Grapefruit	Cold	Sour, Sweet	
Lemon/Lime	Cold	Sour	Yin
Melon	Cold	Sweet	
Orange	Cool	Sour, Sweet	
Peach	Warm	Sour, sweet	
Pear	Cool	Sour, Sweet	Yin
Watermelon	Cold	Sweet	Yin
NUTS, SEEDS			
Sesame (black)	Neutral	Sweet	Yin, Blood
Walnut	Warm	Sweet	Yang, Qi, Yin
FISH			
Crab	Cold	Salty	Yin
Oyster	Neutral	Salty, Sweet	Yin, Qi, Bld
Salmon	Neutral	Sweet	
Shrimp	Warm	Sweet	Yang
MEAT			
Beef	Neutral	Sweet	Yin, Qi, Blood
Chicken	Warm	Sweet	Qi
Ham	Warm	Salty	Qi
Lamb	Hot	Sweet	Yang
Pork	Neutral	Salty, Sweet	Yin, Blood
Turkey	Warm	Sweet	
DAIRY			
Butter	Warm	Sweet	
Cheese	Neutral	Sour, Sweet	Yin
Egg	Neutral	Sweet	Yin, blood
Egg white	Neutral	Sweet	
Egg yolk	Neutral	Sweet	Yin, Blood
Milk	Neutral	Sweet	Yin
Yogurt	Cold	Sour, sweet	