

## ORIENTAL NUTRITION

Oriental Nutrition—the second branch of Oriental Medicine—is based on the same theory as Acupuncture and Chinese Herbal Medicine, therefore can increase organ function, blood circulation, or energy circulation. Using it properly will also increase response to care. The basic premise is two-fold: first, eat the correct food for your constitution. Second, eat the proper food for the season. This all comes from a wonderful school of thought in Oriental Medicine called the “Five Element Theory.”

### CONSTITUTIONAL FOODS

A full Oriental Medical Examination (classical pulse and tongue diagnosis) is necessary to determine your constitution (basic overall state of health) and using that information, you could effectively choose foods which will harmonize the function of your body. The following are some basic guidelines:

- **Earth:** To stimulate spleen and stomach function (which correspond to the season of late summer), eat foods that are sweet, yellow or orange, for example, acorn squash, sweet potatoes, carrots, free-range organic beef or beets. Sweet cravings can indicate stomach and spleen deficiency.
- **Metal:** To stimulate lung and large intestine function (which correspond to autumn), consume foods that are pungent or spicy; for example: garlic, ginger or moderate amounts of cayenne or jalapeno pepper (if you can tolerate them, of course). Spicy cravings can indicate lung or large intestine deficiency.
- **Water:** To stimulate kidney and urinary bladder function (which correspond to winter), consume foods that are salty flavored or black; for example: black sesame seeds, mussels, walnuts or sea vegetables (such as hijiki, kelp or dulse). Salt cravings can indicate kidney or bladder deficiency!
- **Wood:** To stimulate liver and gall bladder function (which correspond to spring), eat sour or green foods, such as lemon squeezed into water, dill pickles, chicken, kale, chard or green apples. Sour cravings (pregnancy!) can show liver or gall bladder deficiency.
- **Fire:** To stimulate heart, small intestine, pericardium, or overall metabolism function (which all correspond to summer), use foods that are bitter flavored, like brussels sprouts, lamb, peaches or mustard greens. Interestingly, people who crave the taste of unsweetened coffee (bitter) are inadvertently making up for a deficiency in heart function in many cases!



### *The Five Elements*

As usual, do not hesitate to call and speak with me if you ever want to know more. We also offer Nutritional Consultations where you can learn more specifics for your own circumstances.

Healthfully,

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Recommended Reading: [Healing with Whole Foods](#) by Paul Pitchford





