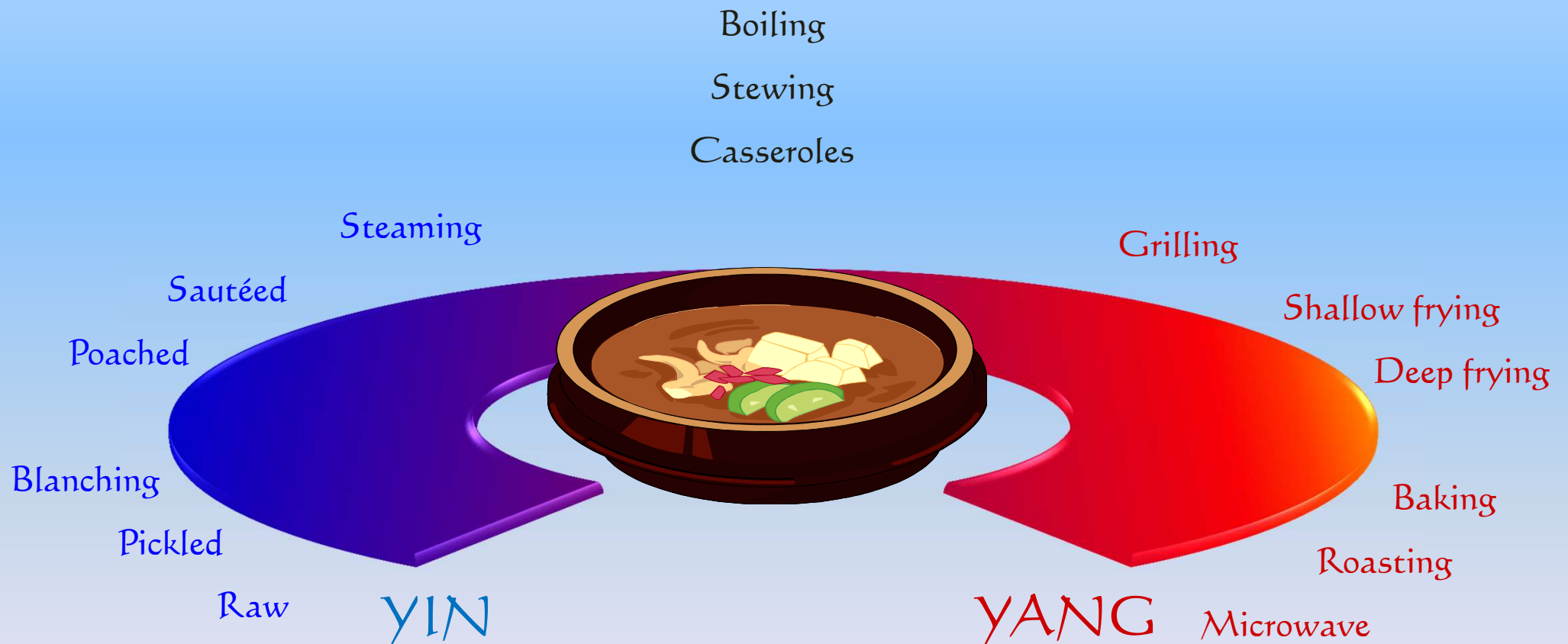


# The Yin & Yang of Cooking

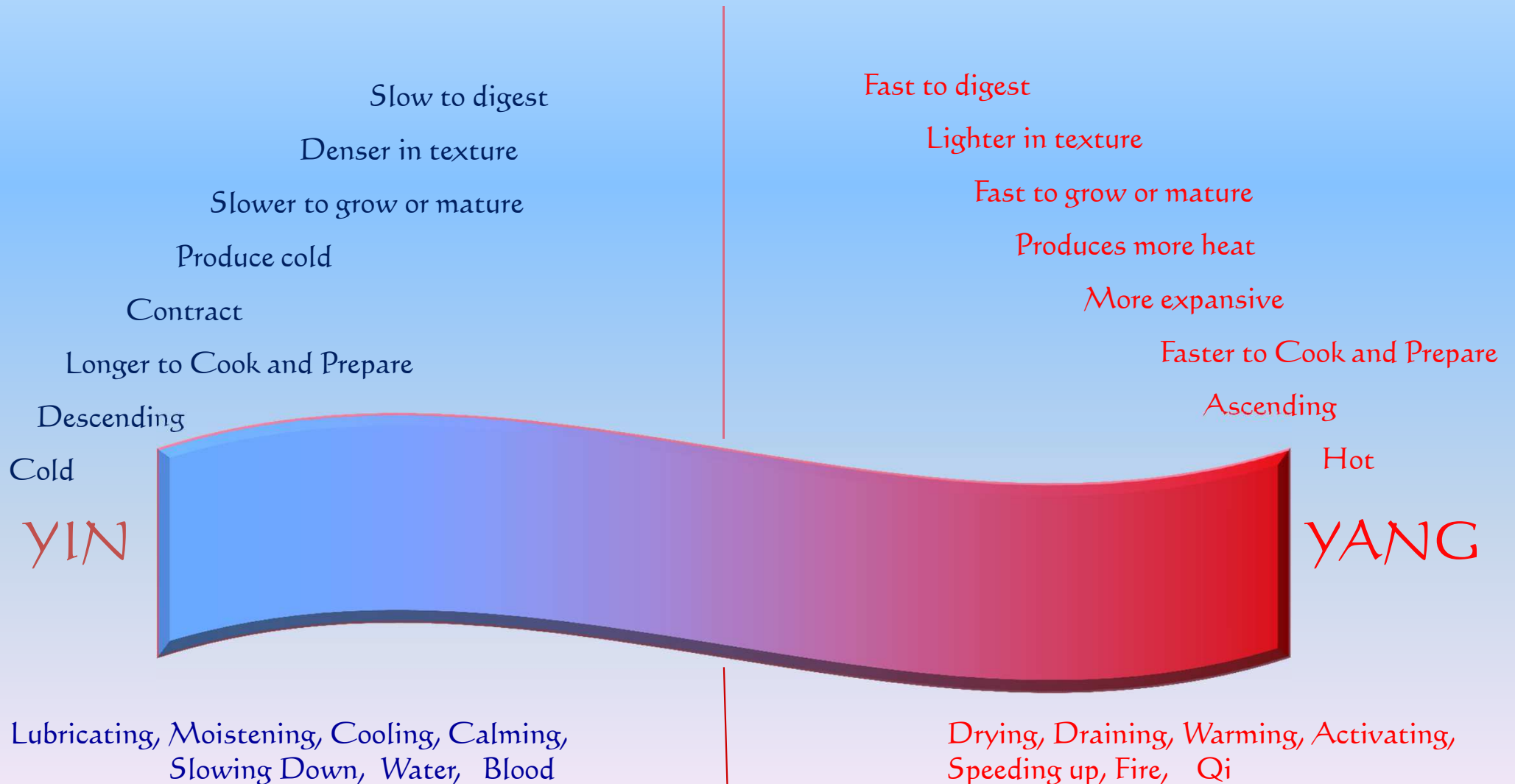
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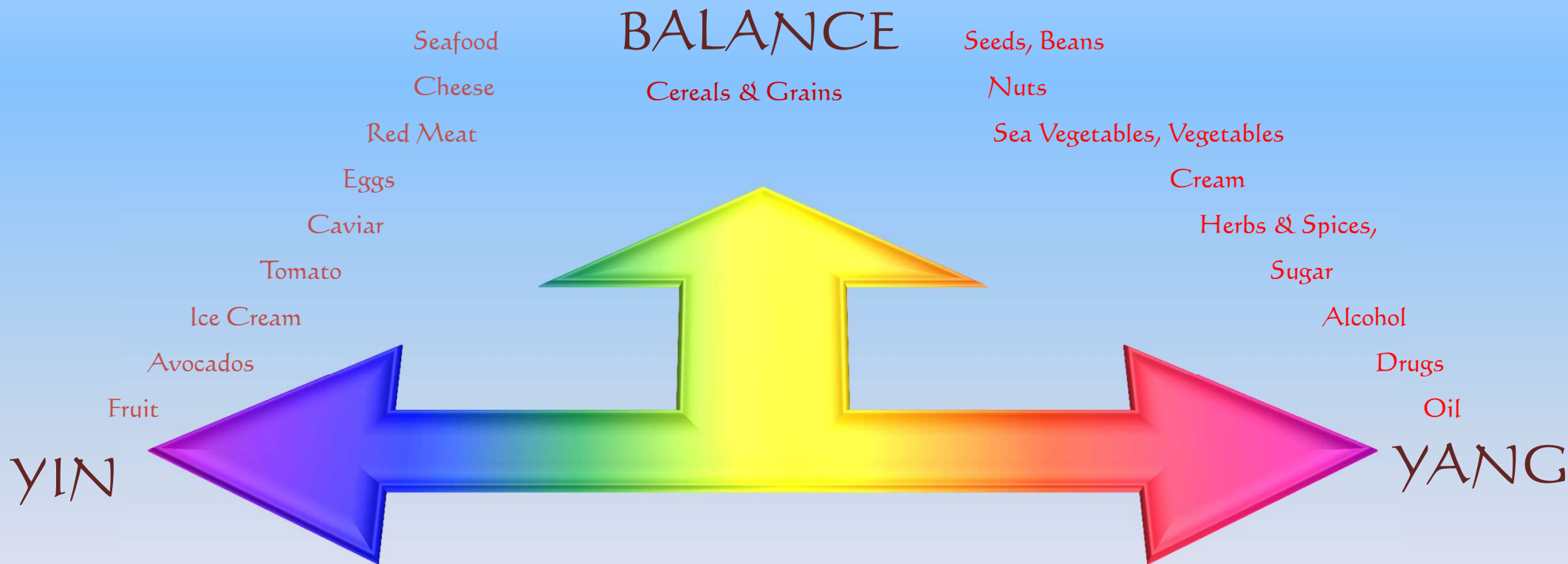
# The Yin & Yang of Cooking



# A Balance of Yin and Yang



# The Dynamics of Balance



# A Flavoursome Diet

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Following is an introduction to what flavours the organs like.

If you crave a certain flavour then that organ is out of balance; for example, the amount of sugar that is found in today's food damages the spleen.

To lead a healthy life, it is preferable that all flavours are partaken.

This information is not to be used as a diagnostic tool. Should you have health issues, seek professional advice.

# The Lung Energy likes Pungent Foods



- Apple
- Apricot
- Chrysanthemum Flower
- Tea
- Cinnamon Twig
- Cloves
- Coriander
- Cucumber
- Dill Seed
- Eggs
- Fresh Ginger
- Ginseng
- Honey
- Lotus Root
- Marjoram
- Mint
- Mulberry Leaf
- Mushrooms
- Mustard
- Nutmeg
- Pears
- Spring Onion



# The Heart Energy likes Bitter Foods



Apricot Seed  
Bitter Gourd  
Capsicum  
Celery  
Cherry Seed  
Chinese Wax Gourd  
Coffee  
Crab Apple  
Egg Yolk  
Grapefruit Peel  
Hops

Kidney bean  
Kohlrabi  
Lettuce  
Persimmon  
Radish Leaf  
Red Wine  
Sunflower Seed  
Vinegar  
Watermelon



# The Kidney Energy likes Salty Foods



Asparagus  
Black sesame seeds  
Chestnuts  
Cuttlefish  
Eel  
Freshwater Clam  
Kidney  
Lamb  
Miso, soy sauce

Mussels  
Oysters  
Pork  
Raspberries  
Seaweed  
Shrimp  
String Beans  
Sweet Potato  
Walnuts





# The Liver Energy Likes Sour Foods



Beetroot  
Celery  
Kelp  
Lemon  
Liver Congée  
Mandarin  
Mussel  
Orange  
Pineapple  
Pinenuts  
Umeboshi Plum



Give the liver a rest:

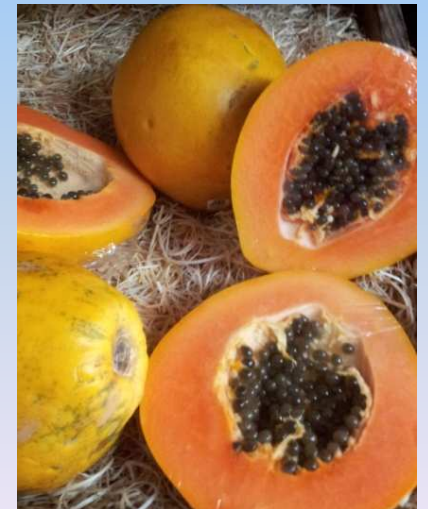
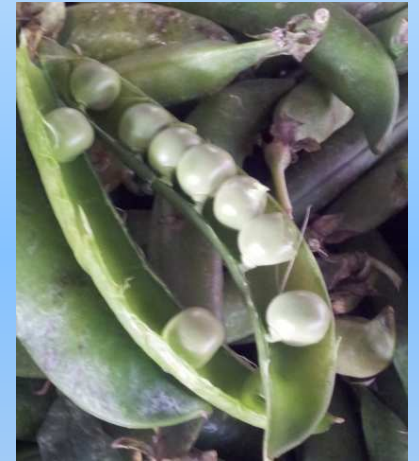
Abstain from alcohol, caffeine, smoking,  
drugs, spices, greasy food and red meat

# The Spleen Energy likes Sweet Foods



Broad Beans  
Buckwheat  
Carp  
Carrots  
Chestnut  
Chinese Red Dates  
Chicken  
Corn  
Figs  
Dill Seed  
Garlic  
Grains – rice, barley,  
Grapes

Honey  
Kumquat  
Marjoram  
Millet  
Molasses  
Mulberries  
Nutmeg  
Rice  
String Bean  
Papaya  
Peas  
Pumpkin  
Potato & Sweet potato  
Squash  
Turnips



# I'm Going to Look After My Stomach

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## Leave some room at the top!

Eating until the stomach is bursting is not good and will damage the digestive process. The stomach likes to have a gap at the top after we have eaten. This leaves room for Qi (energy) to move and assist with digestion.

Likewise it is recommended that we do not eat when we are emotional. This creates stagnation of digestion.

It is best to eat when we are calm within.

Eat a proper breakfast – the stomach is at peak performance at this time

Do not over or under eat

No eating late at night

No fast eating - no eating on the run/ grabbing a quick bite at lunchtime

No reading and eating

No watching TV and eating

# Enjoy Your Meal!!

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Eating when you are *worried, angry, anxious or in a negative frame of mind* will cause retention of food in the stomach and stagnation.

*Excessive mental work* over many years leads to deficiency of stomach Qi (energy). *Anger* also affects the stomach. Anger, frustration and resentment cause stagnation resulting in nausea, belching or distending pain.

Over eating prevents the stomach from digesting food properly. It then stagnates in the stomach and cannot descend.  
Under eating or malnourishment from strict diets leads to stomach and spleen deficiency.

Constant nibbling or eating too fast do not give the stomach time to digest food properly and leads to retention of food.

Eating late at night, a time of yin, forces the stomach to use its yin energy and leads to deficiency of stomach yin.