

NOURISHING LIFE

TRADITIONAL CHINESE MEDICINE PRINCIPLES
OF INDIVIDUALIZED NUTRITION

BY SEAN FANNIN, CH, DIPL.CEM

THE DIGESTION IN CHINESE MEDICINE

- BASIS OF ACQUIRED ENERGY
- FOUNDATION OF THE BLOOD AND FLUIDS
- RENEWAL OF THE BODY FORM
- THE CENTER - PHYSIOLOGICAL AND PSYCHOLOGICAL RESPONSIBILITIES
- DIGESTION AS COOKING POT

WHAT HAPPENS WHEN THE DIGESTION ISN'T WORKING

- FATIGUE
- DIFFICULTY FOCUSING
- WEIGHT ISSUES
- SPECIFIC DIGESTIVE PROBLEMS
- INCREASED INFLAMMATION & PAIN
- CIRCULATORY PROBLEMS
- IMMUNE SYSTEM PROBLEMS
- ANXIETY & DEPRESSION

THE FIVE PRINCIPLES

- EAT REGULARLY
- KNOW WHAT YOU EAT
- EAT ACCORDING TO TEMPERATURE
- EAT ACCORDING TO SEASON
- EAT A LITTLE OF EVERYTHING

EAT REGULARLY

- EAT REGULARLY THROUGHOUT THE DAY
- EAT REGULARLY THROUGHOUT THE WEEK
(CONSISTENCY OF TIMING)
- EAT THE SAME TYPES OF FOODS REGULARLY
(HEALTHY VARIATION VS. DIGESTIVE CONFUSION)

KNOW WHAT YOU EAT

- PREPARE YOUR FOOD OR KNOW WHO PREPARES YOUR FOOD
- EAT WHOLE, MINIMALLY PROCESSED FOODS
- EAT LOCAL FOODS AS MUCH AS POSSIBLE
- EAT ORGANIC FOODS AS MUCH AS POSSIBLE
- ALL OF THIS IS POSSIBLE WITH EFFICIENT COOKING AND LIMITED TIME

EAT ACCORDING TO TEMPERATURE

HOT	WARM	COOL	COLD
TURKEY SALMON	BEEF CHICKEN LAMB	PORK WHITE FISH	SHRIMP CRAB
SUGAR ALCOHOL	WHEAT OATS	WHITE RICE BARLEY BUCKWHEAT	BANANAS MELONS CUCUMBERS
GARLIC ONIONS PEPPER	CARROTS YAMS	KALE CABBAGE BROCCOLI CELERY	SALADS CHARD SPINACH SEAWEED

EAT ACCORDING TO THE SEASON

- EAT WHAT IS AVAILABLE
- FOLLOW THE NATURE OF THE SEASON

SPRING	SUMMER	AUTUMN	WINTER
WARM	HOT	COOL	COLD
OPEN & CIRCULATE	COOL & CLEAR	MOISTEN & PROTECT	WARM & BUILD
PORK STOCK CABBAGE MUSTARD GREENS	PORK BARLEY KALE SALAD	FRUIT CELERY BEEF MISO SOUP	BEEF BEEF STOCK CHICKEN ROOT VEG.

EAT A LITTLE OF EVERYTHING

- BUT NOT TOO MUCH OF ANYTHING
- EAT BONE STOCKS AND ORGAN MEATS
- EAT GRAINS, VEGETABLES, MEATS AT EACH MEAL,
START THE MEAL WITH SOUPS
- RELAX - DON'T BE DOGMATIC
- ENJOY YOUR FOOD AND SHARE IT WITH OTHERS