

Redefining Active



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Eating Right for Your Constitution & the Season

A Chinese Medicine Approach
to Food Choices

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Outline

- I. Yin and Yang
 - A. Identification Game
- II. What is your constitution?
 - A. Visualization Exercise
 - B. Attributes of each constitution
 - C. What foods match my constitution?
- III. Seasonal variations



Balance in Chinese Medicine

YANG

- Active
- Light
- Hot
- Dry
- Excess



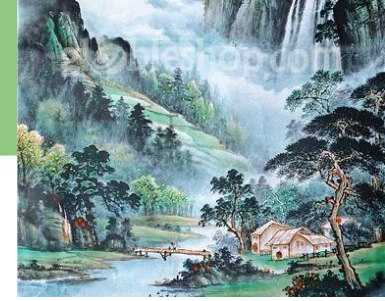
YIN

- Passive
- Darkness
- Cold
- Dampness
- Deficiency





Thermal Nature of Foods



Warming foods (*Yang*)

1. Energy is directed up and out
2. Take longer to grow
3. Cooked food
4. Warm Colours
5. Long time on low heat
6. Chewing more creates warmth



Cooling foods (*Yin*)

1. Energy is directed inward and lower
2. Grow quickly
3. Raw foods
4. Cooler colours
5. Short time on high heat
6. Fermented, sprouted



GAME TIME!

Is it Warming or Cooling?

Instructions: Identify which one seems warmer or cooler than the other?





warming



cooling



wikiHow to Make a Garden Salad





wikiHow to Make a Garden Salad

cooling



warming





warming



wikiHow to Make a Garden Salad

cooling





cooling



warming



What is your constitution?

Visualization Exercise



Which is your constitution?

1. Heat
2. Cold
3. Dampness
4. Dryness



Heat Constitution

- You tend to feel warmer than others, easily getting uncomfortably hot
- Tend to reach for ice-cold or fridge-temp water
- You don't like hot environments or dry environments
- Headaches at top of head, prone to anger or irritable outbursts, feeling like your blood is going to boil over
- Bright red tongue, red face, nosebleeds, canker sores, bad breath
- High blood pressure, rashes, skin eruptions
- Constipation, dark urine, mucus and phlegm thick and yellow



Heat Constitution

Avoid consuming too many heat-containing items:

- Red meat, Chicken, Alcohol, Coffee, Cigarettes

Eat balancing (cooling) foods:

Animal Products*

- Goat's or cow's milk
- Yogurt
- Eggs
- Seafood (clam, crab)

**too many animal products can aggravate heat conditions*

Fruits & Vegetables

- apple, pear, banana
- all citrus, cantaloupe, watermelon, tomato
- lettuce, cucumber, celery
- swiss chard, spinach, broccoli
- sweet corn, zucchini, summer squash

Grains & Beans

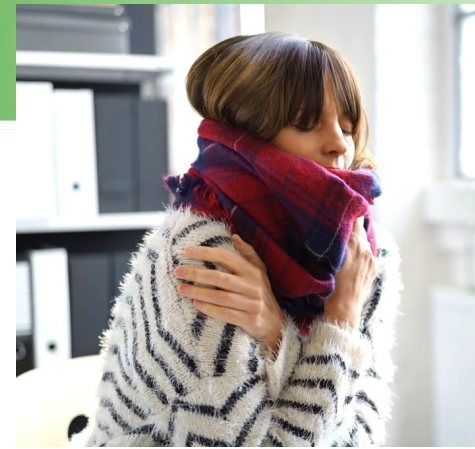
- Wheat
- Soy, tofu
- Mung

Herbs

- Peppermint
- White pepper
- Cilantro



Cold Constitution



- You find it hard to keep warm, especially in colder seasons
- You wear more clothing than the people around you
- Often hands and feet are cold
- Prefer warm & hot beverages
- You tend not to like cold, damp or windy environments
- Prone to diarrhea, poor digestion and/or feeling cold especially if eating cold, raw foods
- Can be pale, urine tends to be clear, watery stools, thin, watery mucus



Cold Constitution

Avoid too many cold foods:

- Salt / salty; Seafoods e.g. seaweed; Raw Cold-temp; Blue, green or purple coloured; Sprouted, marinated

Eat balancing (warming) foods:

Warming Methods: Cooked, esp. baked, stewed, sauteed;

Room temp foods OK; cook beans w dried ginger

Animal Products

- Lamb, beef, chicken
- Butter
- Anchovy, mussel, trout

Fruits & Vegetables

- Parsnip, winter squash, sweet potato
- Kale, mustard greens,
- Leek, scallion, garlic
- Cherry, citrus peel, dates

Grains

- Oats
- Spelt
- Quinoa
- Sweet rice, mochi



Cold Constitution

Additional warming foods:

Herbs

- Ginger
- Cinnamon
- Cloves
- Basil
- Rosemary
- Dill
- Anise
- Caraway
- Cumin
- Small amounts of hot pepper

Seeds & Nuts

- Sunflower
- Sesame
- Walnut
- Pinenut
- Chestnut



Dampness Constitution

- Easily tired, heaviness in the body, sluggishness
- Prone to digestive issues and weight gain
- Bodily pain fixed in one location; Joints hurt when it rains
- Digestion and body can feel like a murky bog
 - loose stools, bloating
 - edema / swelling
- Excess mucus, prone to yeast infections



Dampness Constitution

Avoid too much of:

- Ice cream, pastries, deep fried foods, alcohol, late-night eating, overeating

Eat more bitter &/or aromatic foods:

- Whole foods, lightly cooked, warm temp, whole grains, healthy fats

Grains & Legumes

- Rye
- Amaranth
- Aduki bean

Bitter herbs

- Goldenseal
- Chaparral
- Echinacea
- Chamomile

Fruits & Vegetables

- Lettuce, alfalfa
- Celery
- Turnip, kohlrabi
- Asparagus
- Pumpkin, papaya



Dryness Constitution

- Dryness decreases fluids in the body
- Dry skin, thirst, dry nose and throat, chapped lips
- Tends to constipation and thin body type
- Affects the lungs \Rightarrow Dry cough
- Age-related changes, menopause



Dryness Constitution

Avoid too many drying foods:

- Aduki (red) beans, bitter herbs

Eat more foods that moisten dryness:

- Salt, honey, sugar cane

Moisten the Lungs

- Apple, pear
- Tangerine
- Pinenut
- Persimmon
- Peanut

Meats & Seafood

- Oyster
- Clam
- Mussel
- Pork
- Pork Kidney

Fruits & Vegetables

- Spinach
- Asparagus
- Seaweed
- White fungus

Grains & Legumes

- Soy
- Millet
- Barley



Neutral Foods

- Neutral foods are internally balanced, neither warm nor cold
- These foods are appropriate for all constitutions

Neutral Foods:

- Rice
- Rye
- Corn
- Buckwheat / Kasha
- Peas
- Lentils
- Beans (other than soy or mung)



Seasonal Attunement - Mind, Body, Food





FALL LUNG METAL



Prepare for going inward, slowing down a little

Yang transforming to yin

Important to start covering neck; Avoid Dryness

Suggested dishes

- Soups
- Applesauce
- Casseroles

MORE SOUR FOODS:

- pickles, sauerkraut, olives
- sourdough
- rosehip tea
- yogurt
- sour apples, plums, grapes



WINTER KIDNEY WATER



Pure yin - Most inward time

Time to become more receptive, introspective, and storage-oriented. Rest, meditate, store physical energy

Salty foods are appropriate; Warm-hot temp moistening foods

Suggested dishes

- Roasted root vegetables, nuts
- Warm hearty soups & stews w/ squash, meats, broth
- Sheppard's Pie (w/ sweet potato & greens!)
- Rice pudding w/ cinnamon, ginger, Christmas spices
- Fruit cake



SPRING LIVER WIND



Yin transforming to more yang

Hibernation and inward qi transforming to activity and expansive qi

Diet is the lightest of the year - Create a personal spring within

MORE OF:

- Young beets, carrots, sweet peas, lettuce
- Pungent herbs: basil, fennel, rosemary, dill, mint
- Light soups, sautes

LESS OF:

- Salty foods: e.g soy sauce, miso, sodium-rich meats
- Heavy, rich foods that clog the liver



SUMMER HEART FIRE



Pure yang

Time to spend energy, be more outward in personality and lifestyle

MORE OF:

- Lightly cooked or raw colourful foods
- Water
- Hot spices*: cayenne, horseradish, black pepper

*are also dispersive - so can have a cooling effect

Suggested dishes

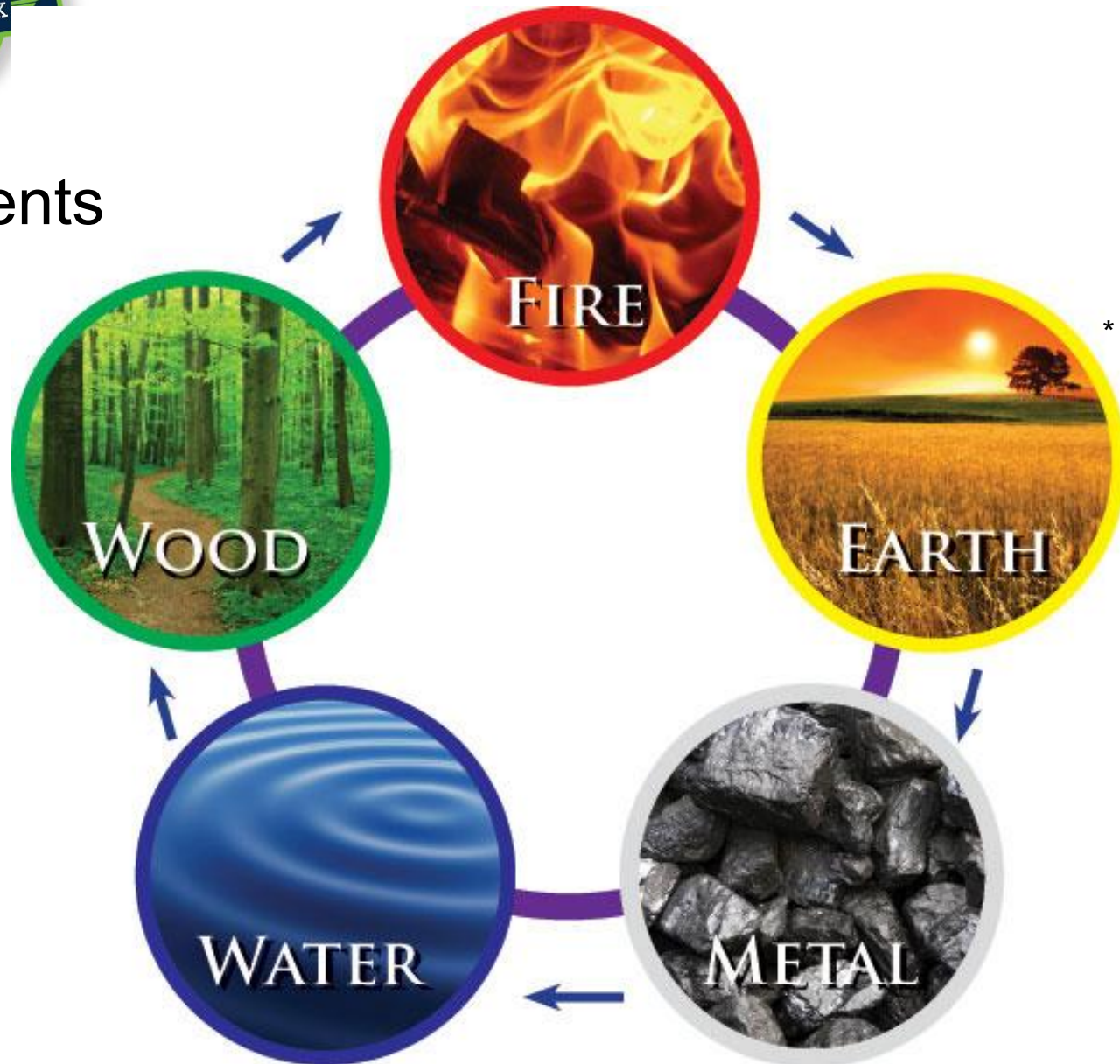
- Salads
- Cool soups (pea, cucumber)
- Mung bean soups

LESS OF:

- salt
- heavy foods (meats, eggs, nuts, seeds, grains)



5 elements



* LATE SUMMER



Take Homes

Overall, warm-temperature and cooked foods are advisable for optimal health, especially in cooler months

Eating according to your constitution and adapted to the season promotes health and wellbeing ⇒ getting sick less often, fewer aches and pains, better mental health

These are general guidelines.

⇒ Customized, in-depth dietary and recipe advice available as well

Complement with seasonal attunement acupuncture - helping the body adjust to seasonal transitions, keeping digestion and immune function on track - 7 days before & after season changes

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Thank you!