

Food and wellbeing from the traditional Chinese medicine perspective

The OU Online Confucius Institute
Public talk with guest speaker Dr. XING Mei



The Open
University

Food and Wellbeing - Traditional Chinese Medicine Perspective

Dr XING Mei

Friday 17th Feb 2023



The Open
University

- Introduction by Dr KAN Qian (Director of Online Confucius Institute at The Open University and Head of Chinese, School of Languages and Applied Linguistics)
- Talk by Dr XING Mei who has been teaching and practising Traditional Chinese Medicine (TCM) for over 38 years and is currently the Principal of Manchester Academy of Traditional Chinese Medicine, President of Association of TCM UK, Visiting Professor of Guiyang TCM University, and TCM doctor at Acuhealth Centre in South Manchester.
- Dr LI Mingjun from Shizhen TCM will facilitate Q&A with Dr Xing.

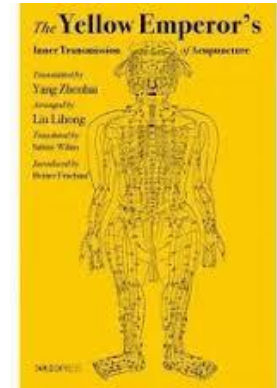
CONTENT

- Introduction - a brief history of Chinese medicinal cuisine
- General Principles of Chinese Medicinal Cuisine
- Herbs commonly on our dinner table and their medicinal properties



A Brief History of Chinese Medicinal Cuisine

- Chinese cuisine is one of the oldest in entire world;
- Reaching all the way back to the first millennia BC (Han Dynasty 206 BC-220 AD) and has recorded theory about it in the book of Yellow Emperor's Classic of Internal Medicine;
- It survive, evolve and grow into the behemoth;
- Countless techniques provided not only by cooks, but also fashion trend setters and traditional herbal medicine;
- Since that time, the basic ideas about food and health have changed little.



General Principles of Chinese Medicinal Cuisine

1. Yin 阴 and Yang 阳 Balance

Yin (cold/shade) and Yang (heat/sun) — the fundamentals of traditional Chinese medicine.

The environment or physical injury may disrupt the balance. For example, cold weather causes blockage of Qi or high Yin in the body. So high Yang foods such as spicy, hot food are eaten to balance it. In hot weather when there is naturally too much yang, high yin foods such as water melon, pears and cold salad are eaten. Recipes for each season follow the environmental changes.

A healthy body or organ has a proper balance of yin and yang. When they are out of balance, there is a disease



Yin yang vegetable and fruits

COOLING FOODS

WARMING FOODS

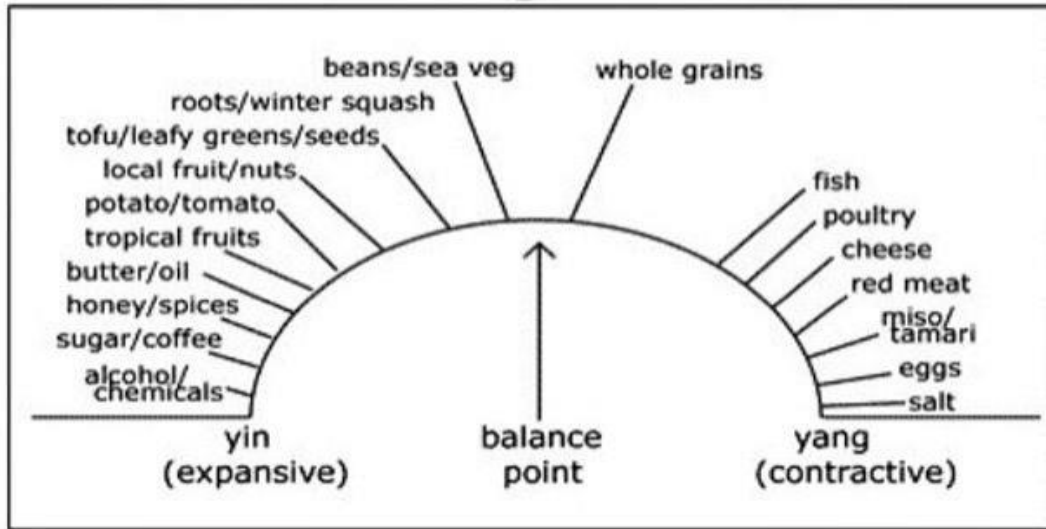


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Yin Yang meat

Yin and Yang Food Chart

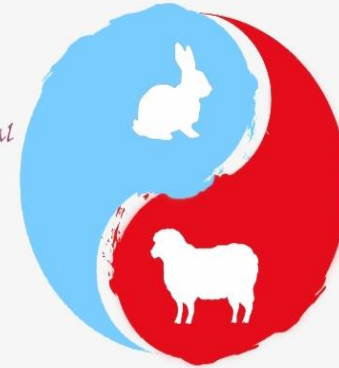


Understanding the Yin and Yang Balance of Meats

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Yin - cooling
 - rabbit,
 - duck,
 - whitefish

Balance - neutral
 - tripe
 - beef
 - beef liver
 - pork
 - pork liver
 - pork kidneys
 - pork feet
 - quail
 - catfish
 - herring
 - mackerel
 - salmon
 - sardines



Yang - warming
 - turkey
 - chicken
 - chicken liver
 - pheasant
 - ham
 - mussels
 - shrimp
 - prawns

Yang Tonic (Hot)
 - lamb
 - mutton
 - sheep kidney
 - venison
 - trout

Immune System Too Yin = Infections, Tumors
 Immune System Too Yang = Allergies, Autoimmune

General Principles of Chinese Medicinal Cuisine

2. Constitutional difference

- For different constitution, add certain food would prevent one from getting diseases.
- Healing herbs or animal parts can be added to the diet to balance the constitution. For example, Yang Deficiency constitution shall eat warm food and vice versa. Damp-phlegm constitution mustn't eat too much sweet and fatty food.



General Principles of Chinese Medicinal Cuisine

3. Food temperature, flavours and its directions

- Four temperatures: cold, cool, warm and hot, (neutral)
- Five flavours
- Sour – liver, bitter – heart, sweet – spleen, salty – kidneys, pungent – lungs
- Each flavour nourishes each organ and shall add in depending on the constitution.
- Each food/herb goes into different channels to focused on its matched organ, therefore, choose food according



Summary

Overall, Chinese cuisine is to

- Balance cold and heat in the body
- Nourish the Qi 气 – the energy force that's essential for overall health, an
- Tonify the Jing, which is known as our essence.
- To achieve:
- Harmony
- Therapeutic
- with Exotic flavour, Affordable price and totally Natural



Herbs commonly on our dinner table

- Expel pathogenic factors
 - Shen Jiang - Ginger
 - Da Suan - Garlic
 - Cong Bai - Spring onion
 - Zi Su - Perilla leaf
 - Xiang Cai - Coriander
- Clearing heat – anti-inflammatory
 - Ju Hua - Chrysanthemum
 - Jin Ying Hua - Japanese Honeysuckle
 - Pu Gong Ying - Dandelion



- Destress

- Ju Hua – Chrysanthemum
- Gou Qi Zi – Goji berry
- Zang Hong Hua – Saffron
- Mei Gui Hua - Rose buds

- Nourish

- Gou Qi Zi – Goji Berry
- Ren Shen – Ginseng
- Shan Yao – Chinese Yam
- Hong Zao – Chinese dates



- Drain dampness
 - Yi Yi Ren – Coix Seeds
 - He Ye – Lotus leaves
 - Lian Zi – water lily seeds
- Tonify kidney
 - Hei Zhi Ma – Black Sesame seeds
 - Hei Mu Er – black mushroom
 - Hei Dou – Black beans



Examples:

Fresh Ginger 生姜 (sheng jiang)

- Warm and pungent;
- Channels: lung, stomach, spleen
- Diaphoretic (sweating), expectorant (mucus) antiemetic (vomiting)
- Used
 - For common cold of wind cold type.
 - For nausea and vomiting.
 - For seafood poisoning
 - Not to be used for warm and heat pattern.



Perilla leaf 紫苏叶 (zi su ye)

- Aromatic, pungent, warm
- Channels: Lung, Spleen, Stomach, Large Intestine;
- Releases the Exterior and disperses Cold
- Promotes the movement of Spleen and Stomach *Qi* (Harmonizes the Middle *Jiao*, relieves intestinal gas), improves Lung function and expands the chest (relieves Cold induced wheezing)
- Calms the fetus and alleviates morning sickness
- Alleviates seafood poisoning
- Detoxifies any type of allergy



Garlic Bulb 大蒜 (da suan)

- Pungent, warm
- Channels: stomach, large intestine, lung and spleen
- Kills parasites
- Disperses abscesses and reduces swellings
- Resolves toxicity
- Warms the Stomach, strengthens the Spleen, promotes the movement of *Qi*, reduces Stagnation and resolves toxicity
- Prevents influenza and treats shellfish poisoning



Chrysanthemum 菊花 (ju hua)

- Sweet, bitter and slightly cold
- Channels: Lung and liver
- Antipyretic, improves vision, anti-toxic, refrigerant, sedative; lower blood pressure;
- Good for headache and fever due to wind-heat, swelling and aches in the eyes; dizziness and headaches due to liver fire
- Stress relief



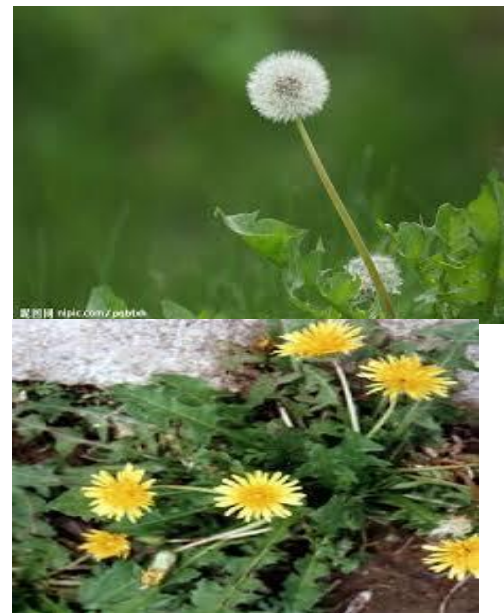
Japanese Honeysuckle 金银花 (Jin Yin Hua)

- Sweet and cold
- Channels: Lungs, stomach, heart and spleen
- Antipyretic, antidote; cooling
- For heat syndromes, moving from external to internal areas, sore throat, uclers and blood in sputum and stool
- Notes: the entire plant is used in medicine. And infusion of the fresh flowers is applied externally to skin sores and infections.



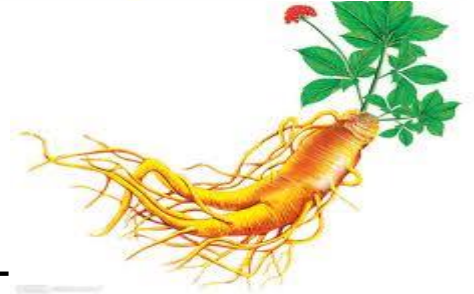
Dandelion 蒲公英 (Pu Gong Ying)

- Bitter, sweet, cold
- Channels: Liver and stomach
- Antipyretic, antidote; reduces swelling
- Breast tumours; abscesses on skin; tumours and clots in lungs.
- The juice squeezed from the fresh plants is applied directly to poisonous snake-bites as antidote.



Ginseng 人參 (ren shen)

- Sweet and slightly bitter
- Channels: Heart, spleen and lung channels
- Tonifies *Qi* 、
- Strengthens the Spleen and Stomach
- Pharmacological action:
 - Acting on central nervous system
 - Exerting significant cardiotonic and hypertensive effects
 - Decreasing the blood sugar
 - Promoting phagocytosis and enhancing lymphocyte-blastogenesis rate
- 3-9g and 10-20g for shock



Wolfberry 枸杞 (Gou Qi Zi)

- Sweet and neutral
- Channels: Liver and kidneys
- Tonic to kidneys; nourishes semen; tonic to liver; improves vision
- For liver yin and kidney yin deficiency; blurred vision, dizziness, headache; spermatorrhoea, lumbago
- The herb is also an effective remedy in mild forms of diabetes



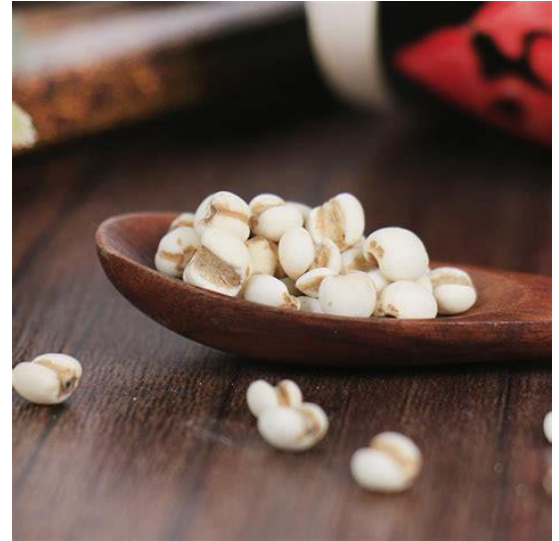
Chinese Jujube 红枣 (hong zao)

- Sweet; neutral
- Channels: Spleen
- Tonic to spleen and stomach; nutrient; sedative
- Empty spleen and stomach; general energy deficiency; fatigue; hysteria
- The plant is added to many strong tonic prescriptions as a metabolic buffer to slow down and prolong their effects



Coix seeds 薏苡仁 (Yi Yi Ren)

- Sweet, Bland, slightly cold
- Spleen, Stomach, Lung, Kidney, Large Intestine
- Strengthens the Spleen and resolves Dampness
- Expels Wind-Dampness and relieves pain
- Clears Heat and expels pus
- Clear damp-heat



Saffron 藏红花 (zang hong hua)

- Slightly Bitter, Sweet, warm
- Channels: Heart, Liver, Lung
- Invigorates the Blood, dispels Blood Stasis, opens the channels, unblocks menstruation and alleviates pain



- **eleven benefits:**

1. A powerful antioxidant
2. May improve mood and treat depressive symptoms
3. May have cancer-fighting properties
4. May reduce PMS symptoms
5. May act as an aphrodisiac
6. May reduce appetite and aid weight loss
7. May reduce heart disease risk factors
8. May lower blood sugar levels
9. May improve eyesight in adults with age-related macular degeneration (AMD)
10. May improve memory in adults with Alzheimer's disease.
11. Easy to add to your diet



Examples of herbal tea

Ginger Dates Tea



Examples of herbal tea

Gengsheng Tea



Gou Qi Juhua Tea



Shuang Hua Tea (double flower)





Thank you for listening!
Any questions?

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Our next public talk is *The key Intercultural Communication issues for Language Learning*

by Professor Zhu Hua

14th March 2023 at 13:00 | Register via [Eventbrite](#)

The next Modern Chinese Literature Book Club
(Session 4) will take place on

24th March 2023 at 13:00 | Register via [Eventbrite](#)

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