

# *The House of Natural Health*

# **Dietary**

# **Guidelines**



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There are many, often contradictory views in dietary advice available to the general public. The following are “general guidelines” from Traditional Chinese Medicine that we encourage you to try. We are able to advise you on foods for you individually. We can teach you which foods are best for your constitution and condition.

If diet is used appropriately for prevention and treatment, other medicines are required less, if at all. Positive attitude and sufficient exercise combined with healthy diet make for better quality of life.

Poor or incorrect diet is a major cause of illness, even more so nowadays with chemical additives such as preservatives, flavourings, colourings, emulsifiers, as well as drugs, such as hormones & antibiotics; and irradiated & genetic modified food...!!

## **Our best option for good health.... Eat Organic whole Foods**

Advantages of organic food include:

- Knowing the product has not been produced with chemicals.
- Eating foods appropriate for the season
- Eating food grown locally and naturally! - You are what you eat...

Foods, which are denatured by refining/processing/canning/smoking etc, lose their vital energy. By eating seasonal grown foods, we are assured they supply us with the energy of life (Qi/Prana).

## **Choose fresh foods first, frozen foods second and lastly canned and labelled foods.**

The Spleen represents the fire of digestion. It likes dryness and warmth in food and dislikes excess of fluids and cold. An excessive consumption in cold and raw foods are difficult to digest and may weaken the Spleen,

causing diarrhoea, chilliness, cold mucus, abdominal pain and distension. For this reason Chinese Medicine advises to eat predominantly cooked food.

## **Cooking food**

Steaming retains most vitamins and minerals. When cooked this way vegetables are brightly coloured and pleasing to the eye.

Have a positive attitude to the food you are eating and respect your body by concentrating on the meal. Eat slowly & chew well. Really taste the food and notice the texture. Digestion begins in the mouth. Your body may have difficulty digesting the food if you are emotional, not concentrating fully (eg. watching TV!/on computer), or eating on-the-go.

## **Remember it's what you eat 90% of the time that matters**

## **Positive attitude and sufficient exercise combined with healthy diet make for better quality of life.**

## **AVOID**

Cold-Energy foods & Raw Foods (eg. salads, ice-creams, flavoured yoghurt, iced drinks or drinks straight from fridge & fruit/juices) which obstruct Spleen function and may cause symptoms such as abdominal bloating, diarrhoea, IBS, sinusitis, bronchitis, nasal discharge, phlegm, headaches, etc.

Wheat/yeast based foods & sweet foods and sugar (breads, sweets, chocolate, sweet biscuits, soft drinks), which block Spleen function and may contribute to symptoms such as Phlegm or catarrh, abdominal distension & fullness, mucus and vaginal discharges.

Excessive consumption of greasy fried foods; fast foods cooked in trans-fats (see article on cooking oils).

Hot energy & spicy foods (such as alcohol, spicy & deep fried foods). These are heating to the blood, Stomach

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& Liver. Eaten in excess may cause reflux, ulcers or hypertension.

Limit coffee intake and drink purified water. Green tea or Chai teas are excellent anti-oxidants.

Smoking cigarettes depletes Vit. C and is a toxic habit.

## **Weight control**

Some people starve themselves or “crash diet” to lose weight but end up actually experiencing an increase in weight. Starving the body weakens the Spleen, which fails to transform and transport food and fluids properly leading to weight gain.

## **Missing meals and irregular eating patterns should be avoided.**

Like the body, our digestive system needs regular exercise. Eating at regular times throughout the day and avoid missing meals. Eat before you get too hungry and stop eating before you get too full.

Over-eating is a common cause of disease in our society. Over-eating also weakens the Spleen and Stomach leading to an accumulation of mucus, a feeling of fullness, belching, nausea and abdominal distension.

## **Eating balanced meals at regular times maintains a healthy digestive system.**

## **Vitamins and minerals in food**

### **Vitamins:**

Play an important role in how well our body functions; such as preventing infection, and promoting growth & healing. Fresh food contains the best source of vitamins.

### **Calcium:**

Other sources other than dairy products include seaweed vegies eg. Wakame; sardines & salmon with bones; sesame seeds; soybeans; tofu; almonds, walnuts,

hazelnuts and pistachios; parsley; turnip greens; Chinese cabbage; kale; black beans; brown rice; chicken & mackerel.

### **Iron:**

Foods high in iron, other than red meat include - Fresh fruits & Vegetables esp. Apricots, cherries; green leafy vegies; broccoli; prunes or prune juice; almonds; egg yolk; wheat germ; black strap molasses; alfalfa sprouts; chick peas.

### **Protein:**

Fish, chicken, lamb, beef; milk and cheese; egg; lentils; peanut butter; peas; rice; tofu.

### **Carbohydrates:**

Many of us like to eat breads and pasta to feel “full” or “satisfied”, Alternative foods to sugar based or processed/ refined wheat (white flour) foods are:

- Tuberos plants (beetroot, carrots, sweet potatoes/ potatoes, turnips, parsnips)
- Some nuts (eg. Almond, hazelnut, chestnut, walnut)
- Asparagus, choko, peas, beans and lentils
- Wholemeal bread; brown rice; porridge; Rice pasta/ noodle

These provide longer lasting energy & fibre than Simple carbohydrates such as fructose (fruit), lactose (milk) & dextrose (honey) provide quick energy boosts only.