

In Chinese Medicine lack of energy comes from a lack of Qi. A huge part of our Qi comes from the food we eat and the air we breathe. Low quality food and air essentially starve your body's energy stores, while high quality food and air build them up.

Symptoms of Qi deficiency:

- tired, even upon waking
- easily tired after minimal activity
- feeling weak
- pale complexion
- sweating for no reason
- easily catch colds
- poor appetite
- slight breathlessness



Additional Resources

Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford (2002)

Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine by Joerg Kastner (2003)

Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life by Yuan Wang, Warren Sheir, and Mika Ono (2010)

The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine by Bob Flaws (1999)

Tao of Nutrition by Maoshing Ni (2009)

The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity by Zhuo Zhao (1998)

Prince Wen Hui's Cook: Chinese Dietary Therapy by Bob Flaws and Honora Wolf (1985)

Eating Your Way to Health: Dietotherapy in Traditional Chinese Medicine by Cai Jingfeng (2010)

Chinese Diet Therapy by Zhao Muying (1996)

Consult a medical professional before making any drastic changes to your diet.

Food therapy is not appropriate for severe symptoms or emergencies.

These statements have not been evaluated by the Food and Drug Administration. This pamphlet is not intended to diagnose, treat, cure, or prevent any disease.

TRADITIONAL CHINESE MEDICINE FOOD THERAPY

FOODS FOR ENERGY





While diet is a major cause of low energy, there are numerous medical conditions that have it as an early warning sign. If you are experiencing constant fatigue in combination with other suspicious symptoms, please see a doctor or naturopath to rule out the following possibilities:

Food Allergies

Vitamin Deficiency

Nutrient Malabsorption

Anemia

Low Thyroid

Hormonal Imbalance

Adrenal Insufficiency

Heavy Metal Toxicity

Parasites

Chronic Infection

Cancer

LET'S GET YOU ENERGIZED

Avoid all processed foods and drinks: seek fresh, organic, whole foods

Get off the stimulant roller coaster: caffeine and sugar will make you more tired over time

Eat smaller meals more frequently: chew food well, and try to not multitask while eating

Get lots of sleep and don't over exert yourself: try for moderate levels of work and exercise

Stay hydrated: many people who suffer from fatigue and headaches are just dehydrated

Take some good deep breaths: air is as important as food for building energy

MODERATION IS KEY:

Eat small amounts of a wide variety of natural foods. **A little bit of meat goes a long way** - 4 oz/day (size of a deck of cards) is plenty. **Eat whole grains** - white flour and simple carbohydrates quickly transform to sugar in your body and don't give much nutrition. **Use honey, maple syrup, molasses, and raw cane sugar as sweeteners, sparingly** - white sugar and corn syrups will make you tired faster than anything else.



SUPER FOODS: FOODS THAT PACK A BIGGER PUNCH

Fruits: dark berries (especially blueberries, goji berries, acai berries), oranges, dates, figs, apple, cherry, grape, coconut meat/water/oil, walnuts, almonds

Vegetables: tomatoes, pumpkin, spinach, kale, parsley, lettuce, endive, sprouts, broccoli, kelp, untoasted nori, wheat grass, wild blue green algae, shiitake mushrooms, button mushrooms, sweet potato and yams, squash, asparagus

Grains and legumes: oats, wheat bran, all beans and lentils, tofu

Meat and Dairy: salmon, tuna, trout, mussels, octopus, oyster, turkey, yogurt, kefir, eggs

Spices: tea, ginseng, dark chocolate, raw cacao, spirulina, maca, bee pollen, black sesame seeds, bay leaves, licorice root, raw honey, molasses

