

Signs that you may have Cold:

- feeling cold or easily chilled
- constantly cold hands and feet
 - dressing in layers
 - craving for warm drinks
 - copious pale urine
- abdomen cold to the touch
 - pale complexion
 - loose stools
- thin watery mucus
 - lack of sweating
- stiffness and pain worsened by exposure to cold



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

COLD





Chinese Medicine is primarily based upon the ideas of balance and moderation, so don't over do it. A healthy body is one which is neither too warm or too cool. Eating too many warming foods could tip the balance in your body in the other direction, resulting in symptoms of Heat.

Symptoms of Heat: feeling too warm, increased thirst, craving for cold drinks, red eyes, bad breath, short temper, thick yellow mucus, constipation, dark yellow urine.

If you start experiencing any of these symptoms, cut back slightly on the warming foods. If symptoms of Heat persist, add small amounts of cucumber and raw foods back into your diet. Frozen foods are considered too cold to ever be of therapeutic benefit.

LET'S GET YOU WARMED UP

Avoid cold food and drinks - frozen, refrigerated, or even just below room temperature

Avoid raw foods - salads, sushi, raw fruits and vegetables are too cooling

Cook using lower heat for a longer time - bake, roast, pressure and slow cook are best

Eat warm, cooked, spiced foods - soups, warm drinks, dried foods

Stay warm - keep your feet and low back warm, but avoid long hot baths

FOODS THAT WARM

Fruits: cherries, dates, roasted nuts and seeds

Vegetables: sweet potato, onion, squashes, pumpkin, leeks, kale, mustard greens

Grains and Legumes: sweet white and brown rice, basmati rice, oats, corn, rye, quinoa, barley, spelt

Meat and Dairy: moderate amounts of chicken, beef, lamb, and butter

Herbs and Spices: spicy, pungent, peppers, horseradish, ginger, cinnamon, cloves, basil, rosemary, spices, fennel, dill, garlic, scallion, anise, caraway, cumin, chive, citrus peel



FOODS TO AVOID: COOLING

Frozen, iced, refrigerated food and drinks: ice cream, blended frozen drinks, drinks with ice cubes, cereal with cold milk, yoghurt, fresh fruits, salads, sushi

Microwaved food: microwaving food removes the warming properties of the food

Extremely spicy food - hot spice can induce sweating, which actually cools the body

