

People in modern western societies adopt a vegetarian or vegan diet for a variety of valid health, environmental, political, and religious reasons.

Unfortunately, the aspects of Ayurvedic and Oriental Medicine that make such a diet truly healthy are unknown to most, and well intentioned vegetarians often eventually experience an unpleasant pattern of side effects.

Signs of an unbalanced vegetarian/  
vegan body:

- fatigue and feeling weak
- easily chilled
- catch colds easily
- pale
- digestive complaints



#### 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

## VEGETARIAN VEGAN - RAW





From the perspective of Chinese Medicine, an unbalanced vegetarian, vegan, or raw diet will eventually lead to conditions of Cold, Qi deficiency, and Blood deficiency. This is because animal products are the most concentrated sources from which your body builds Qi and Blood, and also because the majority of plant based foods are cooling in nature.

**Cook your food:** at least a little bit. There is plenty of support for the nutritional theories of raw foods, but they are just too cold in nature for your body to handle exclusively. You will use up all your energy warming them up in your stomach.

**Don't eat or drink frozen or refrigerated foods:** your digestion needs to be warm.

**Use caution with juices and smoothies:** while nutritionally dense, the raw and often chilled/frozen nature of the ingredients is actually somewhat damaging to your body.

**Drink hot beverages:** especially brewed with warming spices.

## LET'S GET YOU FEELING GREAT

You need foods that will be warming in nature and build up your Qi and Blood. Eating a small amount of meat is the best way to accomplish this, but for various reasons this is not an option for many adopting an animal-free diet. Listed below are vegetarian foods that can be used to combat the unwanted side effects of vegetarian, vegan, and raw diets.

### WARMING FOODS SPICY & PUNGENT

Ginger, garlic, onion, cinnamon, spices, roasted nuts and seeds, sweet potato, squashes, pumpkin, leeks, kale, mustard greens, sweet rice, brown rice, basmati rice, oats, corn, rye, quinoa



### QI BUILDING FOODS

Algae, ginseng, pollen, white mushrooms, black ear mushrooms, white ear mushrooms, tofu (cooked with warming vegetables), cooked vegetables (asparagus, cabbage, eggplant, tomato), coconut meat, almonds, bay leaves, licorice root, raw honey



### BLOOD BUILDING FOODS

Dark berries, goji berries, dark beans (adzuki, mung, lotus seed), black sesame seeds, red skinned peanuts, walnuts, shiitake mushrooms, dark leafy green vegetables (water chestnut, celery, spinach, broccoli, green beans, snow peas, sugar peas, bitter greens, etc.), black strap molasses

