

Food Energetics - *Heat*

Heat status - cool the system slowly



Focus on:

Preparation methods: raw, blended, soaked.

Food and drinks served at room temperature to cool.

Salads, smoothies, fruits (pear, melon, celery, cucumber, berries, citrus), fish, fermented food, sprouts, leafy green veg. (spinach, rocket, kale, cabbage), bitter vegetables (chicory, bitter melon), green smoothies, peppermint tea, live yoghurt, apple cider vinegar, miso, bitter herbs such as gentian. Whole grains, boiled / steamed vegetables, organic chicken served at room temperature.



Avoid:

Cooking methods: barbecue, fried, deep fried, smoked food.

Foods and drinks served hot.

Hot spices (chilli, dry ginger, garlic, black pepper), grilled red meat, spicy curry, stimulants (alcohol, black tea, coffee, chocolate), greasy food, sweets, refined sugars, processed foods, chemical food additives.



OK In moderation:

Cooking methods: steamed, boiled, slow cooked, baked, roasted.

Foods and drinks served warm.

Herbal tea, soup, broth, stew, steamed / boiled vegetables, braised beef, lamb, chicken, porridge, dahl, mild curry, onion. Warm spices (fresh ginger, cinnamon, rosemary, cumin, caraway, rosemary, thyme, oregano), root vegetables (carrot, parsnip, celeriac, beetroot), orange coloured vegetables, (sweet potato, pumpkin, squash), whole grains, nuts, seeds.

In acute **heat** states (such as fevers) use **warmth** to promote sweating, which naturally cools the body. Soup, herbal tea, warm spices (fresh ginger, cinnamon etc.).

Food Energetics - **Cold**

Cold status - warm the system slowly



Focus on:

Cooking methods: steamed, boiled, slow cooked, baked, roasted.

Foods and drinks served warm.

Cooked food, herbal tea, soup, broth, stew, steamed / boiled vegetables, braised beef, lamb, organic chicken, porridge, dahl, mild curry, onion. Warm spices (ginger, black pepper, chilli, cinnamon, rosemary, cumin, caraway seeds, coriander seeds, mustard seeds, sage, rosemary, thyme, oregano), root vegetables (carrot, parsnip, celeriac, beetroot, Jerusalem artichokes), cruciferous vegetables (broccoli, cabbage), orange coloured vegetables, (sweet potato, pumpkin, squash), whole grains, nuts, seeds.



Avoid:

Foods and drinks served frozen or iced.

Excess raw foods, bitter leaves such as chicory, bitter gourd, cold smoothies, sushi, tofu, excess bitter herbs such as gentian.



OK In moderation:

Preparation methods: raw, blended, soaked.

Foods and drinks served at room temperature.

Salads, smoothies, fruit, fish, fermented food, sprouts, leafy green vegetables (spinach, rocket, kale, radicchio), peppermint tea, live yoghurt.

Food Energetics - *Dryness*

Dry status – moisten the system slowly



Focus on:

Preparation methods: steamed, boiled, braised, blended, soaked.

Food consistency: wet, liquid, mucilaginous (slimy).

Soups, broths, stews, porridges, congees, warm water, most herbal teas.

High water content fruits and vegetables (pear, citrus, cucumber, melon, berries), nut milks, 'mucilaginous' foods (okra, chia, linseeds), yoghurt, honey, oysters, sesame.



Avoid:

Preparation methods: dry roasted, baked, grilled, popped (popcorn, puffed rice).

Food consistency: light, dry, crunchy, crispy.

Foods and drinks served very hot.

Biscuits (oat cakes, rice cakes, crackers), starchy grains, gas-causing legumes, unripe bananas, 'astringent' herbal teas such as green tea. Excess spices (black pepper, chilli, cinnamon, horseradish, ginger, rosemary, caraway, mustard seeds, cardamom, star anise, Szechuan pepper, dill, rosemary, sage, thyme, oregano), stimulants (alcohol, black tea, coffee).

Food Energetics – *Moisture*

Moist status – dry the system slowly



Focus on:

Preparation methods: dry roasted, baked, grilled, popped (puffed rice).

Food consistency: light, dry, crunchy, crispy, warm.

Biscuits (oat cakes, rice cakes), whole grains (oats, brown rice, millet, buckwheat), whole wheat, barley, rye (if tolerated), beans and lentils, 'astringent' herbal teas such as green tea. Spices (cinnamon, horseradish, radish, ginger, mustard seeds, cumin, coriander seeds, fennel seeds, cardamom, star anise, Szechuan pepper, parsley, coriander, dill, rosemary, oregano, sage), mushrooms, root vegetables, leafy greens.



Avoid:

Preparation methods: wet cooking methods (boiled, braised), soaked, blended, over-processed.

Food consistency: wet, liquid, mucilaginous (slimy).

Soups, broths, stews, porridges, congees, excessive water and herbal teas, too many high water content fruits and vegetables (pear, citrus, cucumber, melon, berries), nut milks, 'mucilaginous' foods (okra, chia, linseeds, over-ripe banana), yoghurt, refined sugar, dairy produce (except fermented organic live yogurt in moderation), refined carbohydrates, processed foods, excess cold smoothies.