

Dietary guidelines for Qi Deficiency



“Eat food, Not too much. Mostly pants” Michael Pollan

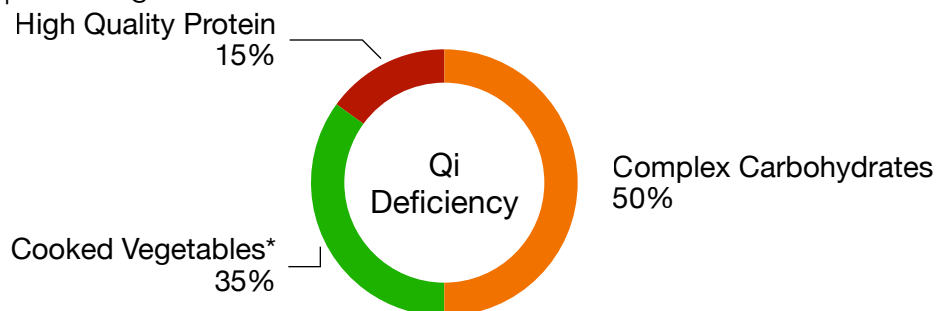
Ideas, theories, trends and science around nutrition are continually changing to sell the next fad. One kind of diet will always remain constant - focus on seasonal, local, whole, unprocessed foods, vegetables, fruit and not over eating. Stick to a weekly calorie budget - if you overeat on one day, under eat on another to stay within your calorie range. Using these general guidelines will improve your treatment.

Ideally eat cooked foods. Focus on warm, long, slow cooking like soups, broths, stews. Green leafy and delicate vegetables should be gently cooked and still be crunchy. Drink your water at room temperature or warm. Buy the freshest and most local produce possible, as it will be the most nutrient dense. Take time to thoroughly chew your food. Focus on simple combinations of a few ingredients. Regular mealtimes are critical, as well as breakfast - do not skip this. Smaller more frequent meals can also be very beneficial. It is important to not eat and work at the same time. Take time to nurture yourself by preparing home cooked meals. Cooking a large stew or soup over the weekend that can be consumed during the work week is a helpful strategy.

Therapeutic foods: Whole unprocessed foods that have a neutral and sweet flavor are important. Include foods like long grains, barley, spelt, bell peppers, sweet potatoes, yams, pumpkins, squash, celeriac, carrots, corn, parsnip, most beans, peas, walnuts, stewed fruit, small amounts of lean chicken, beef, lamb, and mackerel, tuna, sardines, anchovies, small amounts of fresh ginger, leek, garlic, turnip, cinnamon, nutmeg, fennel, small amounts of molasses, rice syrup, barley malt

Restrict or avoid: Factory farmed non-hormone free meats, a high fat diet - like a ketogenic can be detrimental, cold natured foods, which include, smoothies, salads, raw fruits, raw vegetables, tomatoes, citrus, spinach, bitter greens, seaweed tofu, excess salt, processed white flour, sugary foods, artificial sweeteners, vitamin c, ice cream and dairy (small amount of yogurt or butter is ok), chocolate, all nuts except walnuts, beer

Example meal: Beans and rice cooked in chicken broth with a small amount of ground meat, and sautéed bell peppers with garlic.



* Chart represents a range. Cooked vegetables (30-40%), complex carbohydrates 40-60%, Protein 10-20%