

Food



How to use food to adjust your body temperature and prevent diseases?

Every food has its attributes. Traditional Chinese Medicine (TCM) theory divides food into three kinds: Yin food, Yang food and Neutral (between Yin and Yang) food. What is Yang food? It can be understood that some foods make the body produce a lot of heat, which exceeds the body's constant temperature. Most of these foods are high-protein, high-fat, high-energy foods, also including some vegetables and fruits. What is Yin food? This type of food produces lower calories, which cools the body below the constant temperature

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of 36.5 degrees (the male body temperature is slightly higher and the female body temperature is slightly lower). Neutral food has little effect on the constant temperature fluctuations of the body.

The list of commonly used foods is divided into three categories for reference only.

1. Yang or (hot) food

Heavy red means more hot

Meat and egg: venison, lamb, beef, chicken, turkey, goose, pheasant, quail, hen' s egg, quail egg, goose egg;

Fish and seafood: prawn, salmon, tuna, swordfish, shark, haddock, cod, whiting, mackerel, monk fish, sea bass, sea bream, sardine;

Vegetables: onion, spring onion, leeks, garlic, ginger, chilli, tomatoes, pumpkin, winter squash, sweet potato, aubergine;

Fruit: orange, tangerine, lemon, apricots, plums, pineapple, avocados, persimmon, mango, banana;

Nuts: walnut, peanut, pecan, Brazil nut, pistachio, date, raisin, coconut, hazelnut;

Grains and beans: wheat, corn, oats, barley, millet, couscous, red beans, sunflower seeds;

Herbs and spices: cinnamon powder, black pepper powder, white pepper powder, curry powder, chilli powder, lemon grass, cloves, star anise powder, rosemary, mint, fennel, bay leaf;

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Drinks: hot chocolate, coffee, black tea, hot drinks, vodka, whiskey, brandy, white wine, red wine, champagne, tequila, rum;

2. Yin or (cool) food

Heavy blue means more cool

Meat and egg: pork, duck, rabbit, duck egg;

Seafood: scallop, crab, oyster, squid, cuttlefish, mussels;

Vegetables: cauliflower, celery, spinach, lettuce, cabbage, cucumber, winter melon, Tofu, bean sprout, Brussels sprouts, green peppers, mushroom, radish, Swiss chard, courgette, marrow, rhubarb, peas, French beans, broad beans, runner beans;

Fruit: watermelon, grapes, pears, strawberries, blueberries;

Rice and beans: white rice, wild rice, brown rice, mung beans, soya beans, green peas, broad beans, black eyed beans, butter beans;

Drinks: beer, bitter, soy milk, cold milk, grape juice, pear juice, green tea, carbonated drinks, cold drinks;

3. Neutral or (between Yin and Yang) food

Vegetables: potatoes, sweet corn, yam, broccoli, carrots, parsnip, kohlrabi;

Fruit: apples and pomegranates;

Beans and peas: red kidney beans, chick peas, split peas;

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Note, foods change their affects on the body as a result of cooking. The fried, roasted, raw foods will become hot when cooked, and the raw foods remain unchanged. Healthy cooking methods are the steaming, boiling and stewing of raw food. Raw foods including fish, meat, and eggs may cause infection by parasites and germs if not cooked properly. My point is that some vegetables and fruits can be eaten raw, and eat some every day to keep your body's demand for multivitamins topped up.

After we know the how food affects the body, how can we make food serve our health? The first thing to know is that food can be the cause of diseases, and it is also the main substance for life maintenance. If you feel hot, you need cold food, and if you feel cold need to eat hot food. Balancing the mixture of foods we eat can reduce or increase its affects on the body. Example: I want to eat an egg, but I have to worry about the excessive heat of the egg, you can add the same weight of celery, celery is cool and can reduce the hot properties of the egg. If you add chilli powder when roasting lamb, both foods are hot and together they will be hotter.

Many people have got a sore throat, swollen, painful and have difficulty swallowing. This condition can be treated with food. Stop hot foods and drinks. When you feel uncomfortable in the throat, drink a cup of cool soy drink and the symptoms will be relieved. Drink a few cups per day and it will go away.

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Some people have difficulty falling asleep and poor sleep quality. They should develop good habits. Pay attention to dinner. Don't eat hot food, don't drink alcohol and don't drink coffee. Stop drinking water and eating two hours before going to bed. Drinking too much water and tea before sleep, makes you go a few times to the toilet during the night and affects your sleep. Cool food and drinks at dinner will help improve sleep quality. The temperature in the bedroom should not exceed 18 degrees Celsius.

Some people will have cold hands and cold feet. Before going to bed rub both hands to heat them, then rub the back of the kidneys to make them hot, then rub the knees to heat them, and finally rub the feet to heat them (about 5-8 minutes). This has a direct effect on improving kidney function and sleep.