



LONGEVITY

HEALTH CENTER

September 2019 Newsletter

From the Longevity Health Center Team

CHINESE MEDICINE FOOD ENERGETICS

Diet is the term most often used in modern medicine to discuss the subject of food whereas Traditional Chinese Medicine (TCM) customarily refers to the same subject matter as food energetics. Diet can be a confusing term as it most commonly associated with weight loss as in the Atkins diet or a regimented plan to follow as support in treatment of a particular disease, such as the Heart healthy diet. These “diets” rarely discuss the properties of food beyond their statistics. Therefore, food becomes a chemistry experiment in tracking caloric intake and grams of fats or carbohydrates.

Traditional Chinese Medicine does not limit food to its smallest nutrient calculation nor expects everyone to own a cooking scale and hold a degree in advanced mathematics to determine what’s for dinner. Instead TCM encourages the use of the five senses in choosing foods and how to prepare them for optimal health. These senses correlate to a TCM theory known as the Five Elements. The elements relate to organs and meridians primarily and then associate with flavor, color, and tissues of the body. For example, the Earth element is governed by the Spleen and Stomach, which relates to the sweet flavor and yellow color. Continuing to Metal element (Lung and Large Intestine) the flavor is pungent & white; Water (Kidney/ Urinary Bladder)-salty & black; Wood (Liver/Gall Bladder)- sour & green; Fire (Heart/Small Intestine)- bitter & red.

TCM views an individual as exactly that, an individual. No one person has exactly the same nutritional needs as another. That same individual will also have differing needs throughout their life depending on seasons, family history, lifestyle, health goals, etc. There is no single Chinese Medicine “diet” that will work for everyone.

Generally speaking though, eating whole foods that are easily digested, with the knowledge that everything consumed will become a part of who you are—physically, mentally and emotionally—is a good place to begin. In addition, being mindful of the foods that grow naturally in each season will help to determine if it’s beneficial at the time. For example, in Spring, it’s best to eat things that are sprouting and growing upwards like asparagus, delicate herbs and leafy greens. In Winter, you’ll want to have more warming foods that are heartier, such as root vegetables, whole grains like barley, oats and wild rice, as well as warming spices like cinnamon and cloves. Fall foods include pungent and lung supportive foods like radishes, mustard greens, pears and walnuts. Summer foods like watermelon, cucumber, strawberries and cherries help to cool the body and nourish the heart. Absent of any specific deficiencies, it is beneficial to eat meals that include all five flavors (and colors) so that we feel satisfied and less inclined to binge.

To learn more about Chinese Medicinal nutrition and easy to make recipes, go to our website: www.LongevityHealthMaui.com/nutrition or schedule a consultation with Lisa Villiarimo, TCM Food Specialist.

LIFESTYLE EDUCATION SEASONAL RECIPES:



FIVE FLAVORS ASIAN CHICKEN NOODLE SOUP

INGREDIENTS:

Chicken Stock:

- 2 tbsp avocado or coconut oil
- 4 chicken thighs
- 1 stalk lemongrass, bruised
- 1/2 onion, quartered
- 3 slices fresh ginger
- 3 cloves garlic, smashed
- 3 kaffir lime leaves (optional but delicious)
- 8 cups filtered water
- sea salt & pepper

Spice Paste:

- 1 stalk lemongrass, pale part only, finely chopped
- 1/2 onion, roughly chopped
- 3 garlic cloves, roughly chopped
- 3 inch piece fresh turmeric, peeled and roughly chopped (or sub 2 tsp turmeric powder)
- 2 inch piece ginger, peeled and roughly chopped
- 3 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp sea salt

Soup:

- 1 tbsp avocado or coconut oil
- 1 cup coconut milk
- 1 tbsp lime juice
- 3 stalks celery, chopped
- 3 carrots, chopped

Soup Cont:

- 1 head broccoli florets
- 1/2 lb green beans, chopped
- 1 small sweet potato, chopped
- 1 chili pepper (to your personal spice level)
- sea salt & pepper
- 3 bunches dried rice or mung bean glass noodles

Garnish:

- Cilantro leaves
- sriracha or similar chili paste
- lime wedges

Method:

Chicken Stock:

Heat the oil in large pot over high heat. Season the chicken thighs with salt & pepper and fry for a few minutes on each side until slightly browned. Add the lemongrass, ginger, garlic, lime leaves and 8 cups of water. Bring to a boil, then reduce the heat to medium and cook for about 45-60 minutes. Remove the chicken pieces from the stock and set aside for later. Strain the broth. When the chicken is cool enough to handle, shred or roughly chop the meat.

Spice Paste:

Blend the ingredients in a blender until smooth. Add some chicken broth if needed to blend smoothly.

Soup:

Heat 1 tablespoon of oil in a large pot over medium-high heat. Add the spice paste and cook, stirring for about a minute or until fragrant. Add the celery, carrots, sweet potato and chili pepper, cooking until slightly softened. Add the shredded chicken, coconut milk and chicken broth and simmer until the sweet potato is fully cooked. Add the green beans and broccoli and cook another few minutes. Turn off the flame and add the lime juice and season with sea salt & pepper to taste. Soak the noodles in hot water for 5-10 minutes or until tender. Drain and divide among serving bowls. Ladle soup over noodles. Top with coriander leaves, a lime wedge and sriracha or similar chili paste, if desired.

Schedules

HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:
September, 2nd - Labor Day

MOVEMENT CLASSES

SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.
Thursday 10:30 a.m. - 11:45 a.m.
Sliding Scale \$17-\$20

COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.
Tuesday 3:00 p.m. - 6:00 p.m.
Wednesday 10:00 a.m. - 1:00 p.m.
Thursday 3:00 p.m. - 6:00 p.m.
Friday 3:00 p.m. - 6:00 p.m.

Last appointment is 45 minutes before closing time. Drop ins may be accepted, but appointments are encouraged.