



Week 17

Overview of Lecture

NUTRITION

NUTRITION

Modern nutrition is based on statistics and analytics. Useful for advising on how to stay well on an averages level. Modern analytics considers that a carrot has fibre and beta carotene which is a good source of Vitamin A but human beings have many varied and very specific needs. Modern nutritional science can determine that some food sources are good for people.

Natural medicine based on a global metaphor can determine that specific foods are good for specific conditions.

Tomatoes might be a good source of vitamins but other aspects of the tomato such as its growth rate and colour determine how it complements other foods or aggravates certain conditions.

Some foods that are good for the average person might not be suitable for people with certain conditions or who are of a certain age.

A global metaphor as used by macrobiotics is the same as the i-Ching.

Hatha yoga and macrobiotics and ayurveda are all global metaphors-based sciences.

Hatha yoga is the theory of making the body perfectly healthy.

Ayurveda uses the three gunas.

Macrobiotics is based on yin and yang.

Hatha yoga presents a series of guidelines.

WE ALL USE YIN AND YANG

Yin and yang just like the gunas, present a way of determining what is good for our minds and bodies at any time or in any condition. All things develop in the universe according to certain principles and understanding these simple rules allow us to use our judgement to determine the right next step in any situation.

An example is that as dynamic (yang) beings should best consume static (yin) foods.

Yin older people like hot drinks and young yang people prefer cold yin drinks.

Continual adjustment and adaptation are required to maintain a healthy balance, and this is at the same time a quite simple idea of balance and an extremely detailed and far-reaching set of minute details.

Ideas that can range from people that live and work in the snow to those that spend their time relaxing on tropical islands to adjusting the diet of a high-level athlete.

One must consider the constitution of the individual and lifestyle, age and environment.

POTASSIUM SODIUM BALANCE

On a simple level there is the balance of the bases of acid and alkaline or yin and yang. There is also the balance of yang components to consider mainly sodium and potassium. We can develop an imbalance between these two yang minerals if we do not understand the difference between yin and yang.

Different foods have a different potassium (K) to sodium (Na) balance.

The best K/Na balance for humans is 5/1.

Brown rice is closest and the foods that have a higher potassium to sodium ratio are more yin.

SIMILAR SYMPTOMS

All lot of illnesses that are seemingly the same in different individuals have different causes. An example is constipation which could be caused by a yin or yang condition.

Following a perfectly healthy lifestyle requires not just a deep understanding of the world around us but also Ann intuitive approach that will support our knowledge and further its reach.

Change is the only real constant, and it is the source of a dynamic existence.

Modern science has quite a static point of view and what is necessary is a dynamic one.



WELLNESS

Training Program

YIN	YANG
Female	Male
Sentiment	Reason
Abstract	Scientists
Intellectual	Practical
Spiritual	Material
Ascending	Falling
Slow	Fast
Cold	Hot
Wet	Dry
Short	Long
Freezing	Boiling
Outside	Inside
High	Low
Upright	Prone
Vegetable	Animal
Potassium	Sodium
Steaming	Sauté
Boiling	Pressure cooking
Swelled	Contracted
Long	Round
Fine	Thick
Flexible	Firm
Upward	Downwards
Horizontal underground	Horizontal above ground
Soft	Hard
Porous	Dense
Fluid	Solid
Light	Heavy
Purple, blue	Red orange
Strong smell	Little smell
Pungent	Salty Bitter
Perfumed	
Hot	
Sour	
Sweet	

HOW THEY RELATE

Yin attracts yang so the hot yang flame is attracted to the cold expanded atmosphere of the heavens. Hot air rises and cold air descends.

Angry forceful people attract weak willed passive types and bullies repel each other.

Big yang attracts small yang. Planets attract other smaller planets. The bigger the yang the bigger the yin in any given situation. Big mountains exist beside big valleys.

Yang grows into yin at its extreme depending on its nature. Water evaporates and then contracts.

Thought is yin compared to yang activity. Sentimentality compared to reason.

FORM

We can observe a foods form, to determine its nature.

Yin foods grow tall like coconuts or bananas or melons.

These foods will nurture our yin aspect strongly.

Foods that are expanded are more yin than similar contracted ones.

Parsley compared spinach.

Expansion sideways under the ground is more yin and expansion above the ground is more yang.

Contraction is seen to be more yang so in fruit cherries are more yang than plums.

WEIGHT

Heavier vegetables are denser and are considered more yang.

WATER

Food that contains more liquid is more yin, so fruit compared to vegetables. Or dried foods are more yang than in their original state.

COLOUR

Red foods are more yang than purple ones, so beetroot is more yin than most other vegetables except for eggplant that is also waterier.



LOCATION

Food stuffs that grow in the tropics are more yin than the ones that grow in a temperate climate.

SMELL AND TASTE

Yin foods taste more hot, spicy, sour, pungent or sweet and yang foods are more salty or bitter.

By understanding yin and yang we know to choose the most yang vegetables or the most yin meats. We know to use more yin foods for children and more balanced cooking for adults. Fish that moves more slowly are more yin and freshwater carp can be used as much as vegetables.