



Week 18

Overview of Lecture

YING AND YANG CORE PRINCIPLES
IN FOOD AND NUTRITION

Food

Eat yin food to make yang activity more balanced.

Yang food to make yang people.

The most yang fish are deep sea mammals.

Humans should not eat food that is very close to what they are.

Humans are very yang.

Some fish are yang and some are more yin.

Eating food that is most dissimilar to man allows smooth and continuous energy.

Animals that are easiest to catch and kill are the most suitable for humans.

Liquid is yin and should be mixed with saliva to make it easily assimilated.

Food is yang and should be chewed well to make it liquid to be assimilated easily.

Avoid extremes in anything.

Liquid:

12oz (500ml) is the recommended amount of liquid to consume daily.

Water from a well is the most yang.

Recommended teas and brews are:

- Banche Tea
- Kukicha
- Mu Tea
- Dandelion Coffee

- Grain Coffees
- Lotus Tea
- Other Herbal Tea and Grain Coffees

States of Food:

When you cook food, it becomes more yang and harmful pesticides, and preservatives are somewhat neutralised.

Avoid using too much salt to minimise thirst.

Keep oil to a minimum because it is very yin.

Sesame and good quality corn oil are best.

Refrigeration makes food more yin. Good food does not need refrigeration.

Eating only raw food will promote your primitive qualities.

Consuming mainly processed foods will develop your urban instincts.

Deciding What Is Best For You Is What Is Most Important.

Natural foods stimulate elimination and reduce overeating.

Refined foods can be beneficial for specific conditions and environments.

Some foods are more suitable than others for vigorous activity.

Carrots, onions, grapes, eggs, garlic, and peanuts contain stimulants for the liver and kidney.

Some foods are support brain function more:

- Green Vegetables
- Fruit
- Butter

- Cheese
- Eggs

Seaweed, fruit, and honey make the skin smooth.

In more detail:

- Red beans work as a laxative
- Peanuts are high in vitamin b and amino acids.
- Green peas for vitamin c
- Soybeans for protein.
- Carrots for warming the body.
- Spinach for a,b,c, and d vitamins and calcium and protein.
- Cucumbers for skin diseases.
- Apples clean the blood.
- Peaches cool the body.
- Oranges and lemons for high blood pressure.
- Strawberries help produce blood.
- Use wheat products for stiff shoulders because it is rich in thiamine.