



# five flavours

rooted in the wisdom of Chinese Medicine

issue 1 Spring 2012



**Basic Principles: Thermal Temperature of Food**  
**Case Study: Hayfever, Food and Chinese Medicine**  
**The Wonders of Water**  
**Spring - What Do We Eat?**  
**Delicious Spring Recipes**

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*Handy Tip*

**KEY**



*Noteworthy*



*Caution*



# Editor's Space

by wendy morrison

Welcome to the spring edition of Five Flavours. Enjoy and relax!

During one of my visits to Daverick Leggett's office, the Advisor for this magazine, I found myself attracted to an old book called 'The Tao of Nutrition' by Maoshing Ni, 1987. The foreword is by the author's father, a Taoist Master called Ni Hua-Ching. I would like to share some of his words of wisdom to set the scene for your journey through the magazine.

He begins by saying "the knowledge of nutrition in China has roots that go back at least 6000 years. This knowledge was first gathered by spiritually achieved men and women who, by their own experience, learned not only what properties specific foods contained, but also how to utilise them for the purposes of nutrition and longevity. As the spiritual descendants of these men of spiritual development and dedication to human development, we can still benefit today from their great achievements and contributions, as many have done before us".



Reading his words, I feel humbled yet privileged to have received at least a little of the knowledge transmitted from generation to generation. He says "It can be an important tool in your life that will serve your health and spiritual development. With its support (the knowledge), I wish that each of you may become stronger every day".

To use one of Daverick's favourite saying, "I wish you much qi".

Wendy



# Who's Who

Born and bred in southern England, **Daverick Leggett** began his working life as a farmer and gardener. After several formative years living close to the earth, he worked as a teacher in the state education system before beginning a career as a shiatsu practitioner in the early 80's. Through shiatsu he was introduced to both Qigong and Food Energetics, the two areas which were to become his lifework.

He has trained continuously in the Huagong style of Qigong with Qigong master Zhixing Wang since meeting him in 1991 and is now one of his senior instructors.

**Daverick Leggett**  
Five Flavours  
Advisor



His books on nutrition are standard works for many acupuncture and oriental medicine schools and he is a frequent lecturer at conferences and acupuncture schools. The titles of his two books (Helping Ourselves and Recipes for Self-Healing) contain the essential intent of his work: finding ways of helping people to help themselves to deeper health and more vibrant living.



**Jon Guest**  
Holistic Chef

**Jon Guest's** passion for all things foody started at a young age. At 16, he entered Gloucestershire College of Art and Technology to train as a professional chef. After becoming the Head Chef of a 4 star, 60 bedroom hotel, Jon felt it was time to explore a more holistic approach to food, health and life.

Since 2003 he has been studying a path rooted in the oriental wisdom of the 5 Elements. Now a Chef and cookery teacher at the International Macrobiotic School in Devon, he brings a unique combination of Classical French Cuisine training and Eastern teachings to his work. Jon's website is coming shortly!

**Neil Kingham** has been involved in Chinese healing arts for over 14 years, and has trained in both the UK and China. He is a respected writer and teacher in the field of Chinese medicine, and has taught Chinese Nutritional Therapy at post-grad level.



**Neil Kingham**  
Article Contributor

Neil practices acupuncture, tui na massage and Chinese nutritional therapy in South Wales, where he lives, and in Bristol.

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**Wendy Morrison**  
Editor

**Wendy Morrison** Lic.Ac. BSc(hons) is an acupuncturist and a member of the British Acupuncture Council. Originally from Cheshire, she spent 15 years in the IT industry. In 2002, having been interested in Buddhism since the mid 90's, she decided to spend a year as a volunteer manager at Gaia House Buddhist Retreat Centre in South Devon. This year gave her the space and time to decide what she really wanted to do in life so in April 2003 she commenced her training at the College of Integrated Chinese Medicine in Reading and qualified in 2007.

Her passion for how food could benefit health really began in 2002 when she discovered Daverick Leggett's book 'Recipes for Self Healing' because it helped her overcome insomnia and low energy, left over from her previous life in the IT Industry.

Her study trip to Hangzhou TCM Hospital, Eastern China, in September 2010 provided her with a wealth of clinical experience alongside her daily acupuncture practices in Torquay, Ivybridge and Buckfastleigh.

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# Basic Principles

The Basic Principles of food energetics explain how food can be used to rebalance our bodies, or indeed create imbalance.

Food has an effect on the body once it has been eaten or when used as a remedy on the skin. This may be by its natural thermal temperature, flavour, the way it has been cooked and/or the route it takes through the body's meridian system. It is this 'action' that we will be exploring in each of the seasonal issues.

- In this **spring** issue we will describe how the **Thermal Nature** of food affects the body. We shall also be talking about cooking methods suitable for the spring season on page 15 & 16.
- The **summer** issue will explore the **Five Flavours** in detail, for example how the energetic actions of sweet, pungent, salty, sour and bitter flavours resonate and influence our organs and our emotions.
- The **autumn** issue will delve into the **Route** foods take through the body i.e. how the flavours influence the qi of the meridians, organs and bodily substances.
- The **winter** issue will examine the therapeutic **Action** of how food can be used to tonify, support or disperse qi, blood and bodily substances.



## Introduction

Our bodies are quite amazing organisms; they are constantly adjusting and rebalancing, to responding to the food we eat, the emotions we feel and the lifestyle we lead, always moving towards equilibrium. Take the example of coffee; if I drink coffee nowadays, having not drunk it for 7 or 8 years, it is such a powerful substance that I feel quite light-headed and it saps my energy, whereas if someone who has drunk six cups of espresso every day for years reduces their consumption quickly they may experience headaches and feel unwell. This reaction is an indication that they have become accustomed to the action coffee has on their body i.e. equilibrium has been found WITH the coffee in the person's system.

## The thermal nature of food

The first of the Basic Principles we shall be exploring is the thermal nature of food. As you will read, the warmth of our body has a direct influence on our metabolism and physiology and food is one of the major influencers.

“If it is cold, heat it.  
If it is hot, cool it”

*Prince Wen Hui's Cook,  
Flaws & Wolfe  
Paradigm Publications 1983*



## Raw Food Cools, Cooked Food Warms

- if we eat raw food, such as salad and raw vegetables, most of the time, these are viewed as ‘cooling’ in Chinese medicine. We are cooling our body and consequently the digestive fire.
- If we eat cooked food, most of the time, this is viewed as ‘warming’, we are contributing to the warmth of our body.

For example.... a woman who dislikes cold weather, wears lots of clothes, has cold hands and feet, feels lethargic, gains weight easily **AND** eats salad most of the time (usually to lose weight) isn’t doing herself any favours.

Why?

The deficient yang qi can be warmed....by eating cooked and energetically ‘warming’ foods. She could be making a real difference to the warmth of her physical body which in turn could help her to feel more energised too. Her digestive fire could be helped instead of hindered. By eating raw food she is giving her body an up-hill struggle to warm the food up before the digestive process can even begin.

On the other hand, a man who feels hot .....who doesn’t wear many clothes even on a cold day, has a reddish face and eyes, dislikes heat, perhaps has regular full-on nose bleeds, temporal headaches and possibly experiences symptoms in the upper part of his body (heat rises) ....**AND** eats cooked spicy foods, drinks spirits, which are the most heating of the alcoholic drinks, isn’t doing himself any favours either..



Why?

By eating heating foods .....he is stoking the fire i.e. heating his body up when he could be cooling it down naturally by eating more raw and energetically ‘cooling’ foods. As the red and hot symptoms suggest, his body is saying to him ‘I’m too hot! Please cool me down!’.



*\*Yang Qi - read what this term means in the ‘Commonly Used Terms’ section on page 41.*



## The Natural Temperature

We've discussed how raw food cools the body and cooked food warms the body and in this section we will learn how foods have an inherent natural temperature which DOESN'T change if it is cooked. All will be revealed as you read on.....



### Examples of food temperature in their raw state:

chilli:	heating
lamb:	heating
alcohol:	heating
garlic:	heating
root ginger:	warming
chicken:	warming
kale:	warming
leek:	warming
watercress:	warming
turnip:	neutral
carrot:	neutral
white fish:	neutral
cabbage:	neutral
all citrus fruits:	cooling
tomato:	cooling
soya milk:	cooling
mint:	cooling
celery:	cooling
lettuce:	cooling
cucumber:	cooling

Many meals can be naturally balanced, you probably do it without even thinking!

Such as:

- Veggy Chilli. Chilli powder is heating, tomato and kidney beans are cooling.
- Curry and Raita. Curry powder is heating and raita (chopped cucumber with yoghurt) is cooling.



*Garlic is a natural remedy for 'a head cold' - eat lots of this heating food to help the body sweat it out.*

We've learned from the examples provided that foods have inherent temperatures whether they are cooked or raw and that food has an affect on the body, due to its 'action' when eaten.

As a practical example of how we can apply this knowledge:

### Warming the Yang and Moving the Qi

- By including ginger, which is warming in nature in root veg broths and stews, with pungent aromatic spices that help to move Qi, we are introducing more warmth and movement (Yang Qi) into our body. This supports the digestive fire to transform and transport food essences in the body.



*This would be appropriate for Yang deficient conditions: lethargy, chilliness, heavy headedness and weight gain.*

### Cooling the Yang and Moistening the Yin\*

- If we eat more raw celery, carrot, lettuce, and cucumber and drink room temperature fluids (not direct from the fridge) especially during the spring and summer months, we are introducing a cooling/moistening/neutralising action into the body.



*This would be appropriate for people with hypertension of the excess Liver Yang Rising/Liver Fire type (please clarify with your practitioner).*

## TILTING

### is the Answer

As we discussed in the Introductory Issue, balance is everything. Too many cooling and raw foods can be just as damaging as too much heating food.

### What does TILTING mean?

- If YANG DEFICIENT: introduce a tendency toward eating more cooked, warming and pungent foods - NOT eating red hot chilli and drinking lots of spirits every night!
- IF HEAT OR YANG RISING: introduce a tendency toward eating more raw and cooling foods, NOT eating ice cream, iced drinks and raw food ALL the time.

## Cooking Food.....the secondary thermal characteristic

Cooking breaks food down making for easier digestion. And... CONTRIBUTES warmth to the body after it has been eaten. A food which is naturally cooling such as tomato in its raw state, if cooked becomes easier to digest, less cooling to the body, and yet still cooling in their thermal nature.

### Practical Help

I find the best way to learn anything is to experiment and play with different recipes. There isn't a right and wrong, just lots of learning along the way.

Daverick's book "Recipes for Self Healing" Meridian Press 1999 is a great place to start, as it has a key at the bottom of each of the recipes indicating the Thermal Temperature of the dish.

### Seasonal Eating

Raw versus cooked food is a simple way to start during spring and summer because the body is more able to cope with eating in this way due to the climate being warmer. It is the best time to eat more veggy dishes and less heavy meats.

During autumn and winter the TILTING needs to be carefully monitored. IF you are working on 'COOLING' your system, it is important not to cool it down too much. Therefore, eat more lightly steamed vegetables such as carrot and cabbage (neutral) retaining a crunch, and white fish (neutral) with some raw foods such as lettuce, celery, cucumber.



### Digestive Fire

The digestive fire influences many aspects of our body, such as its ability to transform and transport bodily fluids. Bodily fluids are Blood, food essence and waste. If the digestive fire is too cool, excess weight (Dampness) and wastes can build up in our joints, muscles and body tissue causing lethargy, pain, stiffness and coldness. If the digestive fire is too hot it can burn up the food essence too quickly before reaching vital organs. Stomach Heat can cause indigestion, acid reflux and nausea. Liver Heat can cause high blood pressure, dizziness, inflamed eyes and anger. Therefore, taking care of this aspect of our body can really help our overall well-being.

# The Wonders of Water

**W**e bathe and swim in it, sail on it, splash about in it, watch it, cook and make tea with it. It is our most abundant resource and it is often said that “Water is the blood of the earth”.

The body is made up of two thirds water, of which 90% is oxygen. Oxygen is THE most essential nutrient. It has a more fundamental nutritional role than vitamins, minerals or any other nutrient.



photograph of water, courtesy of Chris Shields, Artist  
[www.chris-shields.com](http://www.chris-shields.com)

## Key Factors that Influence Personal Water Needs

### Water requirements are lessened by:

Sedentary lifestyle  
Consumption of fruit, vegetables and sprouted food  
Cold, deficient conditions  
Cold and Damp climates

### Water requirements are increased by:

Physical activity  
Consumption of more meat, eggs or salty foods  
Fever, heat or excess conditions  
Dry, hot or windy climates

*courtesy of 'Healing With Wholefoods' Paul Pitchford, North Atlantic Books, 1993*

The body strives to retain balance, to retain equilibrium. When we don't drink sufficient water, the body tends to hold onto it, causing water retention and night time urination. If we drink too much, we can feel lethargic and cold. There isn't a 'right' amount, because what one person's body needs could be too much or too little for another's. The prescriptive quantity that is suggested by conventional medicine takes away the responsibility of the individual to consider what their body's needs are.

### Kidneys are said to 'Dominate Water'

The Kidneys are the main organ involved in the assimilation and processing of water in the body. They irrigate, cool, soothe, relax and disperse wastes. In Chinese Medicine the Kidneys are said to 'Dominate Water'. Drinking too much water can leave us feeling exhausted, it can weaken the Kidney energy. Too little can leave us dry creating a deficiency of the Yin aspect of the body. Wastes can build up in bodily tissue, around the middle, upper thighs and even in joints causing aches and pains.



“If we only drink tea and coffee and no water, it's like washing the pots in mud”

*Austin Burn-Jones  
Bowen Therapist*

## Water Retention is a Sign not a Symptom

In the Clinic, many patients drink caffeinated black tea and coffee which are fine in small quantities. However, if these are the only fluid intake, this isn't providing a good basis for health to flourish.

Caffeine acts as a diuretic encouraging the body to expel fluid. This sets up a conflict. The body 'holds on' to the water it has gained from vegetables and general food and drink because it requires a certain amount of actual water to keep the body functioning.

This is why the Kidney and the Heart are relevant in cases of oedema. "Oedema: An abnormal accumulation of fluid beneath the skin, or in one or more of the cavities of the body. Cause: Oedema is not a disease, it is a sign, usually of underlying local or systemic disease.....The Kidneys also have an essential role in maintaining this balance" *Black's Medical Dictionary, A & C Black Publishers Limited, 2002*

## Irrigation or Stagnation?

Phlegm is a major factor of dis'ease' in the body. In Chinese medicine there is 'Substantial Phlegm', the kind we have in our throats and lungs and also 'Insubstantial Phlegm' which accumulates in joints and cavities in the body causing painful conditions. ONE of the reasons Phlegm accumulates in the body is that insufficient water has been drunk over a long period of time (years). Phlegm has been allowed to accumulate and stagnate.



stagnant water is similar to  
stagnation in the body

Tendons and muscles need irrigation and moisture to operate effectively. In the Clinic I see many people with painful muscles, tendon pain and cramp in the lower leg and feet. I'm not saying that drinking sufficient water will solve all these problems, what I would suggest is that a lack of water can be one of the reasons why they occur.



## Practical Advice

- It's best to rehydrate your body first thing in the morning after a good night's sleep.
- Drink most fluids between meals rather than with them. This is because the digestive system prefers a drier environment to digest food. Water would dilute the digestive juices too much.
- Fill a bottle or large glass in the morning and take sips throughout the day. This is a great way to see how much you are drinking.

## How can we make tap water more alive and glisten with vitality?

In 'Recipe's for Self Healing', Daverick Leggett suggests how we can make tap water more alive "the answer may lie in storing the water for a short while in a clay or glass pitcher, reintroducing movement by stirring and pouring" to create aeration.

Tap water contains nitrates and other chemicals so, rather than purchasing spring water and perpetuating the plastic bottle, it is advisable to filter the water before drinking.





# Cooking Methods for Spring

Cooking Methods is another interesting subject so we have included two styles to get you started in this spring issue and will explore the other methods in later issues.

## Steaming

Adds a moist quality to the food, nourishing the yin of the body.

Steam vegetables over a small amount of water until they are 'just' cooked to preserve the nutrients, colour, aroma and flavour. It is a short cooking time for example 5 - 10 minutes at the most.

This method of cooking adds least warmth to the food (good for the spring and summer seasons). This method of cooking is suitable for everyone.

Vegetables incidentally, are far more important to the body than fruit as they provide many vital vitamins and minerals.



*Vegetable cooking water can be retained to add to sauces or drinks as it will contain minerals and vitamins.*



## Stir Frying

Oil is used to seal in the natural flavour of food. Heat oil in a heavy bottom frying pan, keeping a high heat on the pan add chopped vegetables and toss from side to side using a wooden spoon for 5 minutes or cover for 10 minutes for a softer vegetable.

**Benefits** people who feel chilly due to the warming action of the hot oil and vigorous cooking. Best seasons to use this method of cooking are spring and summer.

People whose bodies are ‘more hot’ should also adopt this method of cooking.



### Microwave Cooking

*“Anecdotal evidence, reported by anthroposophist A. Bohmert, suggests that microwaved water loses its ability to bring grain to germination”. This suggests that the energetic structure of water (and therefore all foods) is harmed by intense exposure to microwave radiation. Because of its military applications, results of research into the effects of microwave radiation tends to be restricted. Until further research has been carried out, I suggest that microwave ovens be treated with extreme caution.*

*Recipes for Self-Healing, Daverick Leggett, 1999*

“Be careful not to overcook oils as they become acid and have a tendency to thicken the blood” *Healing with Wholefoods, Paul Pitchford North Atlantic Books, 1993.*



*Best oils to use for stir frying are extra virgin olive oil or sesame oil.*

# Listen Carefully, Our Body Speaks To Us!

The best time to tackle the symptoms of hayfever is out of the season for example autumn time. However, as you will read in this article, a lot can be achieved if you start in spring, as this lady did.

## Case Study

The lady we shall be discussing came for acupuncture in early April and suffered with itchy eyes, an unbearable itchy throat and nose, eye sensitivity to the sun (she couldn't go outside without her sunglasses, even on a dull day) and tiredness in the evening. These symptoms occurred during May and June, so we had a challenge on our hands!

## Accompanying Symptoms

As we've learned from similar articles in the Introductory issue, each person's Hayfever is different, and this lady was no exception. During the diagnosis, other symptoms were revealed such as recurring colds, tonsillitis, perennial rhinitis, loose stools four times a day and postural dizziness. She also suffered from cramp in her calves and itchy skin in her lower legs.



## History

Every year, during the Hayfever season, Jenny (name changed) had nasal catarrh and also used pharmaceutical eye drops which she didn't enjoy using. She said "I don't know what they're doing to me long term".

“another clue which pointed to the Liver Blood being deficient was that the eyes were itchy and sensitive to light”

## Being a detective

Acupuncturists often take on the role of a detective! The reason I've started this section discussing cramps, itchiness and postural dizziness in relation to Hayfever, is that these symptoms gave clues as to where one of Jenny's main imbalances lay. The Liver Blood was failing to nourish the muscles (cramps) and the yin aspect of her body.

## Itchy eyes, sensitivity to the sun

Another clue which pointed to the Liver Blood being deficient was that the eyes were itchy and sensitive to light. The Liver Blood was failing to nourish the eyes.

In Chinese Medicine,  
each internal yin organ  
has a sensory organ.

## Examples:

Kidney:	Ears
Lung:	Nose
Heart:	Tongue ( <i>speech</i> )
Liver:	Eyes
Spleen:	Mouth

## Confirmation

As an example of this fact, in jaundice, which is a disorder of the Liver and biliary system, the whites of the eyes turn yellow.

## Recurring Colds and Tonsillitis

Jenny's lungs were also weak because she was experiencing frequent colds which created lots of mucus in the nose. Her immune system was being compromised on a regular basis, indicated by the recurring tonsillitis. "The tonsils play an important role in the protective mechanism of the body against infection" *Black's Medical Dictionary, A & C Black, 2002*



## Itchy Throat

The itchy throat occurred during the Hayfever season and indicated the Liver and Lungs needed to be rebalanced.

## Chinese Medicine Perspective

In Chinese Medicine, the Lungs play an important role in our Defensive Qi. "Defensive Qi comes under the control of the Lungs. Thus, a weakness of Lung-Qi may lead to a weakness of Defensive Qi. This can make someone prone to frequent colds". *The Foundations of Chinese Medicine, Maciocia, 1989*

## Spleen & Kidney functions

The Spleen has a function of 'controlling the raising of qi' and the 'transformation and transportation' of food essence and waste in the body. This can refer to the symptom of loose stools i.e. failing to transform and hold the stool effectively or incomplete bowel movements. Loose stools can also be due to a weakness in the Kidney Yang function which I believed to be contributory in Jenny's case.

## Results

### Eyes:

The Hayfever eye drops were no longer needed and the sensitivity to sunlight was reflected in Jenny not needing to wear her sunglasses on dull days. Her eyes felt more at ease.

### Throat:

Less itchy and was no longer unbearable.

### Postural Dizziness:

No longer experienced.

### Tiredness:

Less lethargic and more energised.

### Lower Legs:

No itchy skin, no aching limbs and no cramps.

### Nose:

Jenny still experiences a slight blocked nose but it felt a lot better than it did.

### Loose Stools & Bloating:

Well formed bowel movements once a day and no bloating.

Nb. Jenny also tried eliminating dairy, a DAMP forming food that hinders the Spleen Qi, from her diet which helped immensely with the loose stools and bloating.

## To recap

The symptoms associated with Hayfever aren't as simple as you may have thought! We started the case study by saying that each person is different; different Hayfever symptoms and different accompanying symptoms too.

In Jenny's case, the organs and vital essences most out of balance were the Liver Blood and Lung Qi and these had been influenced through the Spleen and also the Kidneys failing to nourish. Her body had been weakened over a period of time, both from natural life events such as having children and also from inherent weaknesses from birth, which we all have incidentally!

## Hayfever Remedial Diet

You will now read how we strengthened Jenny's system from the core with dietary advice, alongside the acupuncture treatment she received over an eight week period.

The main focus for Jenny was to strengthen her Earth Element and this meant eating foods to strengthen the Stomach/Spleen & Pancreas and also taking care of her own emotional needs alongside those of her family. These organs produce Blood rich in vitality that nourishes all other organs, it lies at the core of her being. Eating lighter meals such as lightly steamed vegetables and stir fried food during the spring season can benefit the symptoms of Hayfever. There are also topical remedies to try (see page 23).

....and Jenny's quote which sums it up is:

“I've been able to smell roses for the first time this year”





## Foods to Include

### Foods to strengthen the Earth Element

(Spleen/Stomach/Pancreas)

grains: brown rice, cous cous, oats, quinoa

vegetables: steamed root vegetables

juice: carrot

good protein: orange lentils, chickpeas

### Foods to nourish Liver Blood

chlorophyll rich vegetables: kale, cabbage,

pulses: mung beans

fruit: dark coloured such as red grapes and

blackcurrants

molasses

### Foods to strengthen the Lungs

nuts: walnuts, almonds

fruit & juice: pears

### Foods to strengthen the Kidneys

good protein: fish

seaweed/sea vegetables (nori, kelp, kombu)

*(an extremely rich source of iodine, calcium & iron and other important minerals)*

sea salt *(used sparingly)*

## Foods to Reduce/Avoid

### Refined Sugar

intensely sweet flavour 'shocks' the

Spleen & Stomach and hinders the Blood

forming capability.

### Fatty & Damp Forming Foods

ice cream

dairy foods: milk, cheese, cream, yoghurt

*(goats milk products are less Damp forming)*

fatty meats

### Tropical Fruit & Juices:

bananas, oranges & juices from concentrate

*(these fruits are imported to this country in their unripe state and ripened artificially; creating a food which is Damp forming to the body).*

citrus fruits are 'cooling' in their thermal nature and may weaken the digestive fire.

### Alcohol

alcohol influences the Liver in beneficial ways

by moving Qi Stagnation, which is why we feel more relaxed after drinking it! However,

if it is drunk in excess, it can have the opposite effect by depleting the Liver energy.

# Old Chinese Medicine

## Remedies

Chinese medicine is full of weird and wonderful ways to use food. Here we have selected a few remedies that might come in handy during spring and the forthcoming year.

We've talked about Hayfever in 'Our Body Speaks to Us' section, the following remedy can help with Hayfever and also other sinus related problems such as rhinitis, sinusitis:



### Sinus Infection Remedy

- Rinse nostrils with salt water.  
and/or
- Apply the juice of an onion to each nostril with your little finger or a cotton bud. *(Onion has a pungent flavour, resonant with the Lungs and Metal Element, whose sense organ happens to be the nose. The power of the Five Flavours will be discussed in depth in the Summer issue).*  
and/or
- Steam inhalation of thyme oil (add boiling water and a few drops of the oil to a bowl. Cover your head with a towel to keep the steam on your face).



## Cystitis Remedy

(burning or cold sensation in bladder upon urination)

Hot type: (aversion to heat e.g. sweating)

- Barley Water (cook whole roasted barley or pearl barley 2oz to 1/4 pt water. Boil for at least an hour, drain and drink the water).
- Courgette, Potato & Onion Soup

Cold type: (aversion to cold e.g. shivering)

- Bearberry leaf tea (available from [www.e-teas.co.uk](http://www.e-teas.co.uk) a healthy teas website in the UK) together with general consumption of warm water.



*Continue with the remedies on a regular basis until symptoms subside. If adverse reactions occur stop immediately.*

## Spring Renewal Remedy

Symptoms:

- Migraine due to Liver Yang Rising
- Hypertension from Liver Fire
- Irritable Bowel Syndrome due to Liver Qi Stagnation Invading the Spleen & Stomach

*(ask your Practitioner to confirm your particular patterns of disharmony)*

Spring is a new beginning

- Rise early with the sun, take brisk walks, “The sight of the green colour of tender young plants nourishes the soul through the eyes” *Paul Pitchford, Healing With Wholefoods, 1993*
- The appetite for food decreases and the body naturally cleanses itself of fatty and heavy food residues left over from winter. Eating less and more raw/lightly cooked food naturally cleanses the body.
- This is the season for liver and gall bladder renewal therefore drink green tea and fresh nettle tea, eat fresh young sprouted shoots from pulses and beans, make nettle soup.

# Food Suggestions for Spring

## Breakfast

(Your body has been without food all night, so eat well!).

- Favourite Muesli (sugar free)
- Make your own muesli with: organic oats, sunflower seeds, flaked rice, sultanas, sesame seeds, hazel nuts, walnuts and add a small amount of fruit. Use soya milk or organic dairy milk plus rice or almond milk
- Baked Beans (sugar free) on toast

## Protein Rich

- Poached Fish and Egg with a slice of wholemeal bread & butter (put 1 mug of organic dairy milk in a pan, add haddock fillet or similar fish, bring to simmer gently and cook for 5-10 minutes). Poach the egg in boiling water
- Kedgeree - flaked fish with left-over rice and vegetables (this can also be eaten cold in a food box for lunch).



*Smoked fish is really tasty but try not to eat too much.*

## Lunch

(eat a larger portion as your body has plenty of time to digest it).

- Nettle Soup
- Chicken Salad with rocket and young spinach leaves, capers, new potato, and green beans.
- Salad Dressing: Balsamic Vinegar, Extra Virgin Olive Oil, Lemon Juice
- Grilled Salmon with steamed broccoli. A salad of: shredded cabbage, grated carrot, fresh coriander and toasted sunflower and sesame seeds.
- Dessert: Stewed Rhubarb & Pear Crumble, using oats, butter and honey for the crumble.



## Supper

(eat a smaller portion before 7pm to allow for good digestion).

- Houmous or Mung Bean Pate served with oatcakes. Try a slice of pear or cucumber on top it's delicious!
- Carrot & Coriander or Split Pea Soup (recipe on page 37)
- Chicken and Veg Risotto or Leek & Asparagus Risotto (recipe on page 41).



## Snacks

- Toasted pitta bread, slice open the pitta pocket and spread with houmous with sliced avocado & young spinach leaves.
- Tin of refried beans heated served on a bed of raw grated carrot, shredded cabbage and spring onion in an organic wrap.
- Left-over brown rice, stir fried with spring onion, green beans, courgette and left-over aduki beans. This can be eaten hot or cold in a food box for lunch.

## Drinks

- Room temperature water
- Slice of lemon in hot water (great cleanser and the sour flavour resonates with the Liver)
- Nettle Tea (detoxing and nourishing for the Blood).



*For fresh Nettle Tea or Nettle Soup, pick the top four young leaves from a plant in your garden or local woodland. They tend to be less bitter. The sting disappears when boiling water is poured on them. Remember to wear gloves!*

# Spring - what do we eat?

by Neil Kingham

Eating to follow the seasons is a basic and simple way to tune-in to the changes in the environment and maintain health and well-being. By following the principles of Chinese Medicine, it is easy to adjust your diet to take the season into account.



*Neil Kingham*  
*Practitioner & Teacher*





## Lesser Yang Time

Spring is the time of 'lesser Yang', which means that things are beginning to awaken and grow after the dormancy of Winter. The sap rises, plants begin to grow new leaves, seeds burst into action and push fresh shoots up into the world. Animals shake off their slumber and come out of hibernation. The movement of Qi in this season is hence said to be upward and outward.

## Our Own Body

Our own Qi follows this same pattern in the Spring, becoming more active, and moving up and out. In Winter we tend to be more sluggish and withdrawn, and we eat energy rich foods to keep us going through the cold months. Overeating or gorging on chocolates over Christmas also tends to clog us up and there's a high chance of putting on weight! In order to get our Qi moving, we need to eat appropriate foods that will support the light, upwards and outwards energy of the season.





## Light and Clear

The nature of the diet in Spring should be light and clear, which in Chinese is called '*Qing Dian*'. If we eat too much heavy and rich food it will put extra strain on the digestion, and clog up the Qi. A light clear diet consists of plenty of fresh vegetables, whole grains, and a little lean meat/fish. Herbs can be used to give flavour, and spices in moderation. A light, easily digestible diet like this will support the Spleen and Stomach and help the Qi to move and circulate.



## Foods to avoid in Spring

Dairy products and greasy or fatty food should be avoided, and not too much meat. Some fruit is fine, but fruit tends to have a cooling nature (*read about the Thermal Temperature of food in The Basic Principles on page 5*), which can work against the stirring of Yang Qi in the Spring, so it's best not to have too much. Food should be lightly cooked, with not too much grilled, barbequed or roasted food (these cooking methods are too heating for the time of year and may lead to overstimulation of the Qi). Steaming and stir-frying are good ways to cook, see pages 15 & 16.

fruit tends to have a cooling nature which can work against the stirring of the Yang Qi in Spring



## Green is the colour of Spring

The colour associated with the Spring according to the Five Elements theory is green, and this is the time for new green leaves and shoots. In Spring, we should eat the sprouts and new leaves of plants, for instance sprouted seeds and beans such as alfalfa, mung bean sprouts and salad cress. You can get simple seed sprouters quite cheaply, and it's very easy to sprout a range of seeds and beans at home to ensure a constant supply.

## Gently cleansing nature of lettuce

Fresh green leaves are also appropriate, such as lettuces and rocket. Although Chinese Medicine does not usually recommend too much raw or cold food, some lettuce leaves in the Spring and Summer are quite appropriate, and their gently cleansing nature will help to clear out the stagnancy and heaviness that often develops in Winter.

Other foods that are in season are sprouting broccoli, spinach, watercress and spring onions. Towards the end of spring, broad beans, peas and asparagus become available.

## The Flavour

Foods with a pungent flavour are useful in the Spring (*you will learn more about the Five Flavours in the Summer issue*), as they help to counteract stagnancy and get the Qi moving. Some examples are broccoli, asparagus, leek, onion and cabbage and mustard greens. Spices in moderation can also be helpful, as they strongly move Qi.

The other useful flavour to include at this time of year is Sour, the flavour associated with the Liver. Making sure you have a small amount of Sour foods in your diet will help to support the Liver's job of moving the Qi. Olives and aduki beans would be good examples. Just make sure that you don't overdo it, as too much will have the reverse effect - a little taste here and there is fine. As always moderation is the key!



### Qi rises in us like the sap in a tree

Sometimes the strong stirring of energy in the Spring can be a little too much.

Although we need to support this upwards and outwards movement of Qi with Pungent and Warm foods, it is important to avoid foods that are too Hot as they can cause the Qi to rise too strongly, leading to symptoms of Heat Rising such as sweating, headaches, irritability and anger. This means not too much spicy food, spirits or red meat. Eating celery is a good way to prevent or counteract this strong upwards rushing of Heat, due to its Cooling effect on the Liver.

### Other symptoms that can occur

The other common problem that can be encountered at this time is that the strong movement of energy interferes with the digestive system, called 'Liver Invading Stomach and Spleen' in Chinese Medicine. (*symptoms such as: abdominal distension and pain, alternating constipation and diarrhoea and emotional fluctuations*) To avoid this problem, make sure that your digestion is strong by following the general eating advice of Chinese Dietary Therapy, and include plenty of whole grains and root vegetables in your diet.

## Wild Foods

Two wild foods that appear in the Spring are stinging nettles and ramsons (wild garlic), which are both easy to find and quite delicious. To pick nettles use gloves to take the top 4 leaves, and then use in the same way as you would use spinach. They are great added to soups and stews (and they lose their sting as soon as they are cooked!). Ramsons like to grow in damp wooded areas, and often take over large areas - it's not uncommon to find thousands of them growing together! They are easily identified by the strong garlic scent, and small white star shaped flowers. Pick the leaves and add to salads, or use in place of garlic in any recipe. They are great for making your own pesto.

## nettles are great added to soups and stews

Both plants also make a wonderful springtime soup, boiled with potato and onion, and then blitzed in a food processor. (See <http://tinyuri.com/69c3zmb> for the recipe). Needless to say, if you have any doubts about identifying either plant, leave it well alone!

## In summary

So, in summary, in the Spring we need to shake off the dormancy of Winter, and support the outward and upward movement of Qi. We also need to support the digestive system. To do this, eat a light clear diet, comprising of a wide range of whole grains and vegetables, including some root vegetables. Include seasonal shoots and leaves, and eat a balance of flavours, making sure to include some Pungent foods.

If you follow this simple advice, you should quickly shake off the sluggish feelings of Winter and feel light, energised and happy, as you feel your own Qi rise in tune with the world around you, and be in an ideal position to enter the hot summer months....

Neil Kingham  
[www.neilkingham.com](http://www.neilkingham.com)



# Editors quick tips

## Pulses: The Vigorous Boiling Stage

We mentioned in the Introductory issue about cooking pulses very well because if they're undercooked they can cause flatulence, bloating and stomach cramps.

To explain a little further, the reason for the initial 10 minutes of vigorous boiling is to release the chemical which the bean plant used to protect itself from being eaten by insects. During this boiling stage, skim off the froth that appears and then add more boiling water.

**We tend to talk ourselves out of eating a healthy diet - why not try talking ourselves into it?**

## Patience is a Virtue

To reap the rewards of eating a more health promoting diet, it needs to be done on a regular basis for at least 6 months and hopefully for the rest of your life! It takes time for your body to adjust and benefit from good food and good eating habits.



## Broccoli

Many of us waste the stem of this nutritious vegetable because it tends to be quite hard. I've found if you peel the stem it is really rather tasty - try it and see!

Broccoli is cooling in thermal nature, pungent and slightly bitter. It is also high in vitamin A and has more vitamin C than citrus fruits. Naturally high in sulfur, iron and B vitamins too!

If you have thyroid deficiency and low iodine, broccoli is best avoided due to the goitrogenous chemicals which disrupt the body's ability to use iodine.

**“digestion begins with the eyes”**

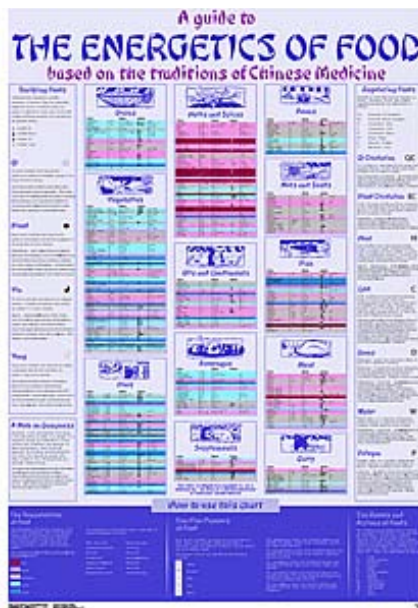
# Useful Websites & Products

## Review

There is an Energetics of Food wallchart and Herb wallchart that are great reference resources. Keep on the wall or on the inside of a kitchen cupboard door (which is what I do).

The charts are incredibly detailed and provide the temperature, flavour, action and route information on almost every natural food available. A fantastic companion to Five Flavours Magazine!

Please see [www.meridianpress.net](http://www.meridianpress.net) for all of Daverick Leggett's books and charts. They can also be purchased from Amazon.



There may be certain ingredients such as rice syrup, which is an alternative to sugar, sea salt, sea vegetables, sugar free baked beans, tofu etc. that are not readily available from supermarkets or healthfood stores. These can be purchased online from:

**Useful websites for online ordering:**

[www.healthysupplies.co.uk](http://www.healthysupplies.co.uk)

[www.clearspring.co.uk](http://www.clearspring.co.uk)

[www.vit-shop.co.uk](http://www.vit-shop.co.uk)

[www.ethicalsuperstore.com](http://www.ethicalsuperstore.com)

[www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)



A man with glasses and a goatee, wearing a white apron over a light blue striped shirt, is smiling in a kitchen. He is standing behind a wooden counter, preparing a sushi roll. He is holding a piece of nori (seaweed) with rice and vegetables (shredded carrots and green onions) on it. In the foreground, there is a plate with more shredded carrots and green onions, a bowl of rice, and a bottle of soy sauce. The background shows a kitchen with various utensils hanging on the wall and a sink.

# spring recipes

by Jon Guest

# Green Split Pea Soup

This soup is beneficial for irritable bowel syndrome caused by a weakness in Stomach & Spleen Qi. Split Peas strengthen the Stomach and have a mild action against Dampness.



## method:

1. Soak split peas overnight. Discard soaking water.
2. Heat a little oil in a saucepan. Add the onions and leeks and sauté on a low heat until translucent and leeks are soft.
3. Add the split peas and the water. Bring to the boil and simmer for about an hour or until the peas are soft.
4. When the peas are soft add 1 tsp of bouillon powder (or a bouillon stock cube) and the lemon juice.
5. Season with sea salt and pepper if needed and blend until smooth.
6. Serve with chopped parsley and a twist of lemon.

## ingredients: (serves 4-6)

*½ cup green split peas - washed*  
*1 small onion – finely diced*  
*2” piece of leek – cut into 1 cm pieces*  
*1 tsp sunflower oil*  
*1 tsp of vegetable bouillon powder or a bouillon stock cube*  
*Juice of 1 lemon*  
*Salt and pepper*  
*1 litre water*



*This dish also includes the sour flavour of lemon, which resonates with the Wood Element, the Element associated with Spring. Sour is astringent in nature and therefore supports the Liver energy to produce Bile and move Qi. You'll learn more about the energetic actions of the Five Flavours in the next issue.*

# Baked Stuffed Mushrooms

Most mushrooms have the ability to reduce the 'heat toxins' for example post-chemotherapy or from meat over-eating. *Healing With Wholefoods*, Paul Pitchford, 1993



## ingredients: (serves 4)

4 portobello mushrooms – washed

250g block tofu

1 small red onion – diced

1 carrot – grated

1 small garlic clove – crushed

1 tsp cumin

1 dessertspoon shoyu (or soy sauce)

1 small red chilli – finely chopped (optional due to its heating nature)

1 tbsp chopped fresh coriander

2 spring onions – finely sliced

juice of 1 lime

cherry tomatoes (cooling in nature)

extra virgin olive oil or sesame oil



*Tofu strengthens Qi and Blood, carrots are sweet and nourishing to the Liver, Lung and Spleen.*

## method:

1. In a hot pan sauté the onions in a little oil for a couple of minutes, then add the carrots, chilli (optional) and garlic and cook for 2 more minutes and stir in the cumin.
2. Add the lime juice and shoyu/soy sauce and remove from heat.
3. Crumble the tofu into a small bowl and add the onion mixture to it.
4. Add the chopped coriander and spring onion and check the seasoning, adding a little seasalt and pepper if needed.
5. Spread the mixture evenly on the mushrooms and place on a lightly oiled baking tray.
6. Place in a preheated oven at 180c for 20 minutes or until golden brown.
7. Serve with a rocket or watercress salad.

# Rolled Fillet of Plaice



White Fish supports the Kidney function by promoting appropriate distribution of bodily fluids. This recipe is therefore ideal for cases of oedema.

## ingredients: (serves 4)

*4 skinned plaice fillets approx. 150g – 180g each – your fishmonger will be able to do this for you.*

*1 small carrot – cut into fine strips*

*1 small courgette – cut into fine strips*

*2” piece of leek – cut into fine strips*

*herb salt*

*A splash of white wine or mirin (optional)*

*250 ml oat cream (optional)*

## method

1. In a small pan of boiling sea-salted water, dip the carrots and leeks for 30 seconds each and the courgettes for 10 seconds. Place in a bowl of cold water to cool then drain.
2. Season the plaice fillets with the herb salt and place a dessertspoon of the vegetables across the thin tapered end of the fillet and then roll up.
3. Put the rolled plaice fillets in an oven proof dish with a splash of white wine or mirin or water in the bottom (about 1cm)
4. Cover with tin foil and place in a preheated oven at 180c.
5. After 10 minutes remove the foil and pour over the oat cream and cook for another 5 minutes.
6. Serve with chopped parsley and any leftover vegetable strips.



*White Fish has a sweet flavour, the flavour associated with the Earth Element Spleen, Stomach & Pancreas. It can therefore strengthen their function such as in cases of lack of appetite.*

# Savoy Cabbage and Sauerkraut Rolls

## ingredients: (serves 4)

*1 jar sauerkraut*

*1 small savoy cabbage*

*1 apple – not too sweet*

Sauerkraut is cooling in its thermal nature and has a sour flavour. This dish is good for expelling heat from intestines and Stomach (a sign of heat in the Stomach is foul smelling breath, a sign of heat in the intestines is smelly stools).



## method

1. Remove the tough outer leaves from the cabbage and discard.
2. Remove the nicer leaves and remove the stalk
3. Place the leaves in a pan of boiling salted water for 30 – 40 seconds and place into a bowl of cold water to cool down then drain.
4. Drain some sauerkraut, squeezing out some of the juice.
5. Grate the apple and mix with the sauerkraut.
6. Arrange a couple of leaves on a chopping board so they overlap slightly and add a spoon of sauerkraut.
7. Roll up and put on a plate, continue until you have the desired amount.
8. Refrigerate for 20 minutes.
9. With a sharp knife slice into 3cm pieces.
10. Ideal for picnics or packed lunches.



# Leek and Asparagus Risotto

## ingredients: (serves 2)

- 1 small onion – finely chopped*
- 1 garlic clove - crushed*
- ½ leek – cut into 1cm squares*
- 1 bunch asparagus – thinner the better*
- 1 cup Arborio rice*
- 3 cups vegetable stock*
- 1 tsp light tahini*
- sesame oil*
- sea salt and pepper*



## method:

1. Remove the woody end of the asparagus and discard (this can be used to make a vegetable stock if you have time).
2. Slice the asparagus stalk so that you end up with 2”-3” spears and keep separate.
3. In a hot pan cook the onions until transparent in a little oil for about 3 minutes.
4. Add the leeks and garlic and cook for another 2 minutes.
5. Stir in the rice and cook for another 2 minutes before stirring in 1 cup of the vegetable stock (veggie stock cubes or bouillon can also be used) and simmer gently.
6. When this has been absorbed add another cup of stock.
7. As different rice absorbs liquid at different rates add the last cup of stock in 3 stages as we don’t want the rice to be too wet once it is cooked.
8. Test the rice and if it is nearly soft add the sliced asparagus stalks and the tahini, it will thicken slightly and have a creamy appearance.
9. Cook the asparagus spears in boiling salted water until just tender and drain.
10. Season with salt and pepper if needed. Serve the risotto and place the asparagus spears on top.
11. Serve with a green leaf salad.



*Asparagus can cleanse arteries of cholesterol and are useful in vascular problems such as hypertension and arteriosclerosis. However, too much asparagus can irritate the kidneys due to them containing the diuretic asparagine therefore TILTING (see page 9) the diet is important..*

# Lemon Mousse

## ingredients (serves 4)

*2 cups soya milk*

*1 lemon - juice and zest*

*2 tbsp rice syrup*

*2 tbsp ground almonds*

*1tsp arrowroot (healthier alternative to cornflour) - diluted with a little soya milk*

## method

1. In a saucepan bring the soya milk and lemon zest to the boil.
2. Stir in the almonds and add the lemon juice and diluted arrowroot and bring to the boil to thicken.
3. Taste to see if the sweet/sharp balance is to your taste.
4. Pour into glasses and chill until set
5. Serve with a twist of lemon or fresh berries.

# Citrus Cous Cous Cake



## ingredients: (serves 4)

*180g cous cous - washed*

*50g raisins*

*50g whole almonds - toasted and roughly chopped*

*500ml apple juice*

*1tsp rice syrup*

*Pinch of sea salt*

*Zest and juice of 1 orange*

*2 dessert spoons of sugar free apricot jam*

## method

1. Place the apple juice, salt, and raisins in a saucepan and bring to the boil.
2. Stir in the cous cous and orange zest.
3. Bring back to the boil then remove from the heat and cover with a lid.
4. After 15 minutes stir in half the almonds.
5. Lightly oil a pie dish and evenly spread the mixture and leave to cool
6. In a small saucepan boil the orange juice and apricot jam until you have a thick glaze.
7. Once the cake has cooled and set, turn out onto a plate, spread the glaze over the top and sprinkle with the remaining almonds.

# Commonly Used Terms

In the seasonal issues we are developing the concepts found in Chinese medicine such as qi (pronounced chee), yin and yang, the Five Elements, sometimes also referred to as the five phases, hot and cold, deficiency and excess and also pathogens such as Damp and Phlegm. This section of the magazine provides the reader with an insight into what these terms are pointing towards. I've used the term 'pointing towards' instead of 'what these terms mean' because nothing in the universe or the body is fixed, everything is adaptable and in flux.



<b>Yin</b>	<b>Yang</b>
water	fire
cold	heat
heavy	light
interior	exterior
dark	bright
wet	dry
slow	rapid
material	immaterial
inhibition	excitement
below	above
contraction	expansion
descending	rising

**Qi** may be described in a number of ways:  
vitality, energy, life force

<b>Yin Deficiency</b> (lack of yin)	<b>Yang Deficiency</b> (lack of yang)
afternoon fever	chills
red cheeks	pale face
weak, restless	weak, inert
insomnia	excessive sleeping
dry mouth	sweating on exertion
	limbs & body cold

*Yin and Yang terminology courtesy of College of  
Integration Chinese Medicine, 2003, Student Notes*

“Yin and yang, in essence, describe all phenomena. Some people may claim not to believe in yin-yang philosophy, yet these terms are merely descriptions of easily observed processes - day changing into night, youth into age, one season into the next”

*Healing with Wholefoods, Paul Pitchford,  
North Atlantic Books 1993*



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# Vision Statement

To raise the awareness of how  
Chinese Dietary Therapy  
can maintain good health and  
remedy unbalanced health  
in every day life  
using every day food

and

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