


Let Food Be Your Medicine



*“Let your food be
your medicine
and let your
medicine be
your food”*

-Hippocrates

Cancer Support Community-
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Life As A Candle



The Three Treasures

•Shen

Shen is usually translated as "spirit" and refers to that aspect of our being that is spiritual.

•Qi

Qi (pronounced "chee") can be defined as the "force" or "vital substance" that animates and controls the observable functions of living beings.

•Jing (Prenatal and Postnatal)

Prenatal Jing

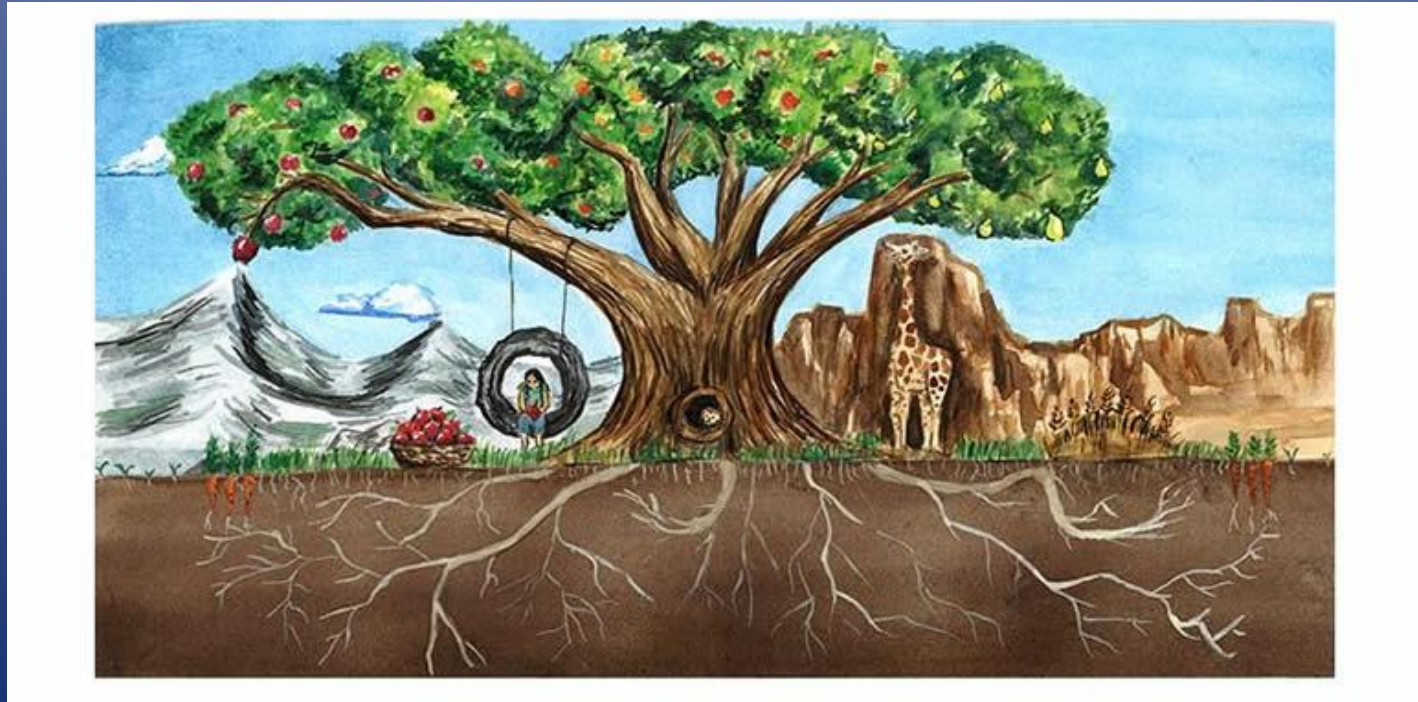
At conception, the Prenatal Jing is passed to the fetus from the parents.

Postnatal Jing

After birth, the child begins eating, drinking, and breathing independently. Jing, translated as Essence, is a very precious substance, which should be guarded and not wasted.

Relationship between Matter and Energy

- Qi is shared by everything in the universe
- Qi is necessary for life and it's ability to give nutrition to the body which comes mainly from the food we eat and air we breathe



Nutritive Qi



- Qi is necessary for life
- Qi has ability to give nutrition to the body
- Each kind of food has it's own particular Qi
- During digestion, food is transformed and becomes blood and body fluids
- Provides nutrition to the whole body

Essentials of Chinese & Western Dietary Theory

Western Nutrition

- Biochemical nature of food
- Calories

Chinese Nutrition

- Energetic Level of the Food

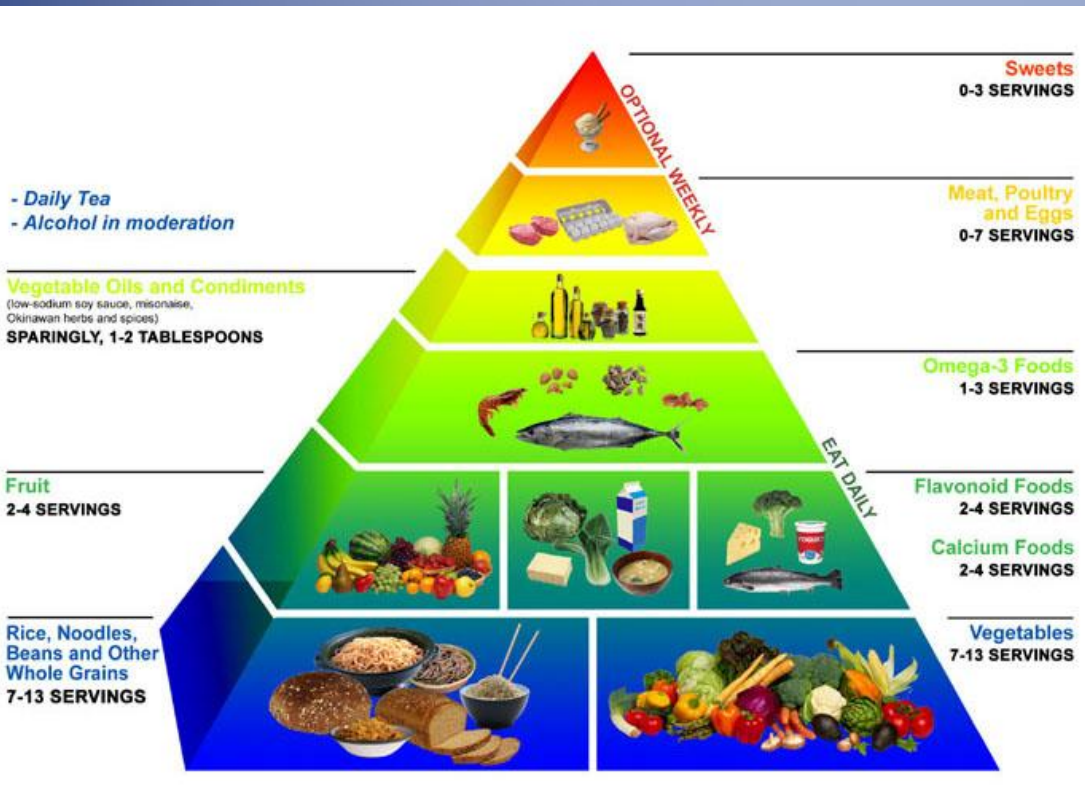
5 Elements

5 Flavors

5 Temperatures



Western Diets



Anti-Cancer Diet

- Breuss Diet
- Gerson Therapy
- Budwig protocol
- Macrobiotic Diet
- Ketogenic Diet

Others

- Vegan Diet
- High Protein
- Zone Diet
- South Beach Diet
- Blood Type Diet
- Paleo Diet

Five Flavors In Chinese Medicine

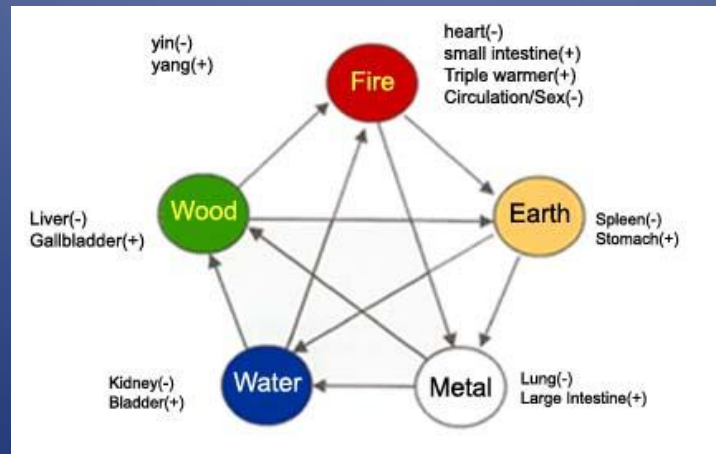
Five Flavors

- Spicy: To disperse
- Bitter: To purge and dry
- Sweet: To strengthen and moderate
- Sour: To receive and restrain
- Salty: To soften and relax



5 Element Chart

	Wood	Fire	Earth	Metal	Water
Organs	Liver, gall bladder	Heart, small intestine	Stomach, spleen, pancreas	Lungs, large intestine	Kidneys bladder
Emotion	Anger	Joy	Sympathy, worrying	Grief	fear
Energy	Planning, decision making	Commanding to action	Imagining	Establishing rhythmic order	Preserving by will power
Function	Purification	Circulation	Digestion	Respiration	elimination



Common Food and Their Properties

Category by Temperature	Hot	Warm	Neutral	Cold	Cool
Function	Increase yang, move qi, warm the body	Strengthen yang, warm qi and the organs	Strengthen qi and body fluids. Harm onize body	Cool internal heat. Calm the Spirit	Slow down qi, clear heat, and supplement body fluids
Beverages	Alcohol	Cocoa Coffee, Wine		Water	Black Tea, Fruit Juices, Peppermint, Tea Soy Milk
Dairy		Butter Goat Cheese	Cheese	Cow's Milk	Yoghurt
Animal Products	Lamb	Beef, Chicken, Eel Salmon	Carp, Duck, Egg, Pork, Goose	Shrimp Crayfish	Rabbit

Common Food and Their Properties

Category by Temperature	Hot	Warm	Neutral	Cold	Cool
Fruits and Vegetables		Cherry, Fennel Leek Peach Onion	Carrot Cauliflower Grape Fig Plum Potato Orange	Asparagus Banana Rhubarb Seaweed Tomato Watermelon Bitter Melon	Celery Cucumber Soy Bean Sprouts Spinach Zucchini
Grains and legumes		Mushrooms -Reishi -White -Ganadera -Ling Zhi -Shitakke	Corn Lentil Millet Peas Rice Spelt	Mung beans	Barley Tofu Wheat Mushroom -Button
Herbs and spices	Cinnamon Chili Curry Garlic Ginger Paprika Pepper	Anise Basil Rosemary		Dandelion Yellow Gentian	Seaweed Tarragon
Nuts		Walnut	Hazelnut		

Cancer from Chinese Medical Point of View



Result of Stagnation:

- Qi
- Blood
- Mucus
- Body Fluids
- Heat

Cause of:

- External Irritants
- Smoking
- Chemically Treated Foods
- Strong Negative Emotions

Before Surgery

1. Drink carrot and celery juice

-to clear heat, lower blood pressure, prevent inflammation, calm the spirit

2. Mushroom soup

Blend shitake and white mushrooms, boil for a few minutes, drink soup 3 times a day. Promotes healing, detoxifies, anti-tumor



After Surgery

Chicken Soup

To tonify qi, nourish blood, benefit kidney, stomach and spleen

Eggs

To tonify blood

Fish Soup

To tonify qi, regulate blood

Goat Milk

Tonify qi, nourish blood, strengthen bones, calm spirit

Lotus Root to steam

Clears heat, stops bleeding



During and After Chemotherapy

1. Tea from dandelion and chrysanthemum flowers
2. Green tea (up to 6 cups a day)
3. Mushroom Soup
4. Seaweed and garlic (slightly stir fry in water)
5. Lotus root juice (diluted) to stop nausea, cook with rice for diarrhea



Foods for other side effects of chemo

Constipation

1. Aloe Vera Juice
2. Beets
3. Plums
4. Ginger Tea
5. Fresh or dry figs



Nausea

1. Ginger tea
2. Lemon Juice (diluted in water)

Ulcers in the mouth

1. Bitter melon (steamed)
2. Watermelon (juice from rind)



Foods during Radiation

1. Green tea
2. Dandelion & Chrysanthemum flower tea
3. Mushroom soup
4. Mung beans, barley, fig porridge
5. Pumpkin (baked or steamed)



Recommendations

1. All fruits and vegetables, preferably organic
2. If not organic, wash in salt water with a few drops of peroxide or special wash for fruits and vegetables.
3. Grow your own fruits and vegetables (ex. add Amal Gold Nutrients – for better quality of fruits and vegetables)
4. Fish-preferably wild and small in size
5. Chicken- free range, hormone and antibiotic free



Acupressure Points

1. To Stop Nausea



2. To Build Immune System



3. To Stimulate Energy





The Yellow Emperor's Classic of Medicine

Huang Di: “I have heard that in the days of old everyone lived 100 years without showing the usual signs of aging. In our time people aged prematurely, living only 50 years. Is this due to change in the environment or is it because people have lost the correct way of life?”

Qi Bo: “In the past, people practiced the Way of Life. They ate a balanced diet at regular times, arose and retired at regular hours, avoided overstressing their body and mind...it is not surprising that they lived over 100 years”

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