

## **PE #2c 5 Element Nutrition**

This mode opens the possibility of constructing a diet based on the 5-Element colours, tastes or foods.

There are times, according to the stress on an element or meridian, it may be prudent to increase the amount of e.g. sour or bitter foods, or foods of a certain colour.

Taste: TCM understanding, eating a variety of foods that contain the five different tastes is an important part of balanced diet. It is not necessary to consume equal amounts of each taste, or flavour. In nature there are more sweet-tasting foods than salty, spicy, sour, or bitter ones.

5-Element colours

In the same way that the taste of a food stimulates different organs, so does the colour. Eat a rainbow.

### **Metaphysics**

Relates to the element and meridian involved.

We need the vibration of the food, so we can also look at the metaphysics the specific foods that are involved.

Do you need to add more colour to your life

Has something left a bad taste in your mouth?

### **Evaluation:**

1. Mode in circuit: IM unlocks
2. CL MAP for meridian: 1st IM lock
3. Test for balance: 1st IM lock
  - A - Taste
  - B - Colour
  - C - Meridian muscle nutrition
4. Test add / delete / modify): 1st IM lock
5. Using chart on the following page (for A or B)
  - A. If colour, what food?
  - B. If taste - what taste?
  - C. If Meridian muscle nutrition, test the 2 muscles associated with that meridian looking for the first to lock. Now find associated food as per identified on the relevant muscle pages.
6. Close circuit
7. Find emotion

### **Balance:**

1. If add food, screen using C1 & ear acu (and IMR in diploma): IM locks it is the one.
2. Ask:
  - How much?
  - How long?
  - What amount to start with and if to then build up to or reduce it over a period of time?
3. Discuss with client outcomes, and how they need to modify their diet - in a way that is achievable for them.
4. Add to home reinforcements.

### **Checking changes:**

11. Check emotion
12. Check mode

## 5-Element Nutrition Table

| Element   | Wood            | Fire            | Earth          | Metal              | Water                 |
|-----------|-----------------|-----------------|----------------|--------------------|-----------------------|
| Organs    | Liver           | Heart           | Spleen         | Lungs              | Kidneys               |
|           | Gall Bladder    | Small Intestine | Stomach        | Large Intestine    | Bladder               |
| Colour    | Green           | Red             | Yellow         | White              | Blue/Black            |
| Functions | Purification    | Circulation     | Digestion      | Elimination        | Storage               |
|           | Metabolism      | Vitalisation    | Distribution   | Mental Circulation | Emotional Circulation |
| Taste     | Sour            | Bitter          | Sweet          | Spicy/Pungent      | Salty                 |
| Foods     | Lemons          | Lettuce         | Grains         | Onions             | Seaweed               |
|           | Other citrus    | Spinach         | Potatoes       | Garlic             | Ocean Fish            |
|           | Sauerkraut      | Chard           | Carrots        | Radish             | Celery                |
|           | Pickles         | Other Greens    | Beets          | Mustard            | Olives                |
|           | Vinegars        | Celery          | Squash         | Cayenne            | Salted Foods          |
|           | Buttermilk      | Asparagus       | Peas           | Chilli Peppers     | Miso                  |
|           | Yoghurt         | Eggplant        | Corn           | Horseradish        | Capers                |
|           | Preserved Foods | Some Nuts       | Yams           | Chives             | Soy Sauce             |
|           |                 | Herbs           | Sweet Potatoes |                    | Brine Foods           |
|           |                 |                 | Most Fruits    |                    |                       |
|           |                 |                 | Sugar Cane     |                    |                       |
|           |                 |                 | Honey          |                    |                       |
|           |                 |                 | Maple Syrup    |                    |                       |
|           |                 |                 | Milk           |                    |                       |