

Chinese Medicine Healing Bundle

FOOD TEMPERATURE



part 4



TCM FOOD TEMPERATURE

In Traditional Chinese Medicine (TCM), the concept of food temperature refers to the innate thermal properties of foods and their effects on the body. Each food is classified as either hot, warm, neutral, cool, or cold, based on its thermal nature and its potential impact on the body's internal balance.

Why food temperature matter?

In Traditional Chinese Medicine (TCM), food temperature refer to the innate temperature or thermal properties of foods, which play a crucial role in maintaining the body's balance and promoting health.

Each food is classified according to its energetic nature, categorized as either "cooling," "warming," or "neutral."

These energetic properties interact with the body's internal environment, influencing factors such as digestion, metabolism, and the flow of Qi (vital energy).

Consuming foods with appropriate energetics can help harmonize bodily functions, while imbalances can lead to disharmony and health issues.

The effects of food temperature can vary depending on individual constitution and health conditions.



For example, green tea is cold in nature. Drinking it hot makes it slightly less cold, but still cold. If you already feel cold all the time, you shouldn't drink too much green tea.

For instance, while garlic is considered a hot food in TCM, it may exacerbate heat-related symptoms for individuals prone to feeling hot.

However, for someone with a cold constitution or experiencing symptoms of internal coldness, consuming garlic may help alleviate coldness and promote warmth in the body.

COMMON FOOD TEMPERATURE

The key to maintaining balance is to incorporate a variety of foods with different energetic temperatures into your diet. Aim for a balanced mix of hot, warm, neutral, cool, and cold foods to support your body's unique needs and promote overall harmony.

Additionally, consider your own constitution and any health conditions you may have when selecting foods. Pay attention to how different foods make you feel and adjust your diet accordingly to maintain balance and vitality.

Here, I've listed the energetic temperature of commonly consumed foods, including fruits, vegetables, dairy, beverages, spicier, cooking methods.

Most food that is green is cool. Most food that is red is warm.





FRUITS

HOT

Cherries, Dates, Lychee, Longan,
Apricot, Persimmon

WARM

Peach, Raspberry, Mango, Cherry,
Papaya, Plum

NEUTRAL

Apple, Fig, Grape, Lemon

COLD

Watermelon, Kiwi, Grapefruit,
Melon, Cantaloupe, Pomelo,
Pineapple

COOL

Pear, Orange, Tangerine, Banana,
Blueberries, Strawberries,
Raspberries, Blackberries,
Avocado



VEGETABLES

HOT

Garlic, Onion, Chili Pepper,
Ginger, Turnip, Radish

WARM

Leek, Carrot, Pumpkin, Sweet
Potato, Bell Pepper, Squash,
Brussels Sprouts, Beets.

NEUTRAL

Potato, Cauliflower, Zucchini,
Sweet Corn, Green Beans, Celery,
Mushrooms, Cabbage

COLD

Eggplant, Sprouts, Spinach,
Avocado.

COOL

Cucumber, Lettuce, Asparagus,
Artichoke, Broccoli, Tomato, Peas.
Most green-leaf veggies are col.

MEAT & SEAFOOD

HOT

Lamb, Venison

WARM

Beef, Chicken, Mutton, Turkey, Shrimp, Lobster, Cod, Tilapia, Salmon, Most fish

NEUTRAL

n/a

COLD

Crab, Oyster, Squid, Shellfish, Clams, Mussels

COOL

Duck, Pork, Rabbit

GRAINS

HOT

N/A

WARM

Glutinous rice

NEUTRAL

Quinoa, Oats, Rice, Roasted Barley, Corn, Chickpea, Adzuki beans.

COLD

Buckwheat

COOL

Job's tears, Millet, Wheat, Barley, Mung beans

DAIRY

HOT

N/A

WARM

Butter

NEUTRAL

N/A

COLD

Ice Cream, Frozen Yogurt,
Milkshakes

COOL

- Plain milk (cow's milk, goat's milk)
- Plain yogurt (without added flavors or spices)
- Cheeses

BEVERAGES

HOT

Ginger Tea, Cinnamon Tea, Chai
Tea, Alcohol, Hot Water, Coffee

WARM

Black Tea, Warm Water

NEUTRAL

Water, White Tea

COLD

Iced Tea, Fruit Infused Water

COOL

Chamomile Tea, Peppermint Tea,
Chrysanthemum Tea

SPICES

HOT

Cinnamon, Ginger, Chili Pepper,
Dill, Basil

WARM

Black Pepper, White Pepper,
Turmeric, Coriander, Cumin,
Cloves, Nutmeg, Fennel

NEUTRAL

Lemon Salt

COLD

Peppermint, Spearmint

COOL

Mint

COOKING METHOD

HOT

Grill, Frying

WARM

Stir Fry with Warming Spices

NEUTRAL

Steam, Stir Fry without spices

COLD

Consuming it fridge-temperature

COOL

Raw

Signs of Too Much Cold in Your Body

- Feeling excessively cold, especially in the hands and feet
- Cold intolerance, preferring warm environments
- Digestive issues like bloating, diarrhea, or loose stools
- Slow metabolism and sluggish digestion
- Pale complexion or pale tongue, possibly with a thick white coating
- Fatigue and lethargy
- Joint pain or stiffness, worsened by cold weather
- Menstrual irregularities or cramps, worsened by cold
- Tongue Diagnosis: A pale tongue body with a thick white coating may indicate excess cold in the body.



Tips for Balancing Excess Cold

- Avoid consuming too many cold foods and beverages, especially raw vegetables and fruits.
- Opt for warming foods like ginger, garlic, cinnamon, and black pepper to enhance digestion and circulation.
- Cook vegetables rather than eating them raw to make them easier to digest.
- Incorporate warming spices and herbs into your meals, such as turmeric, cumin, and cloves.
- Pair cold foods with warming ingredients, such as adding ginger to a green smoothie or cooking fruit with cinnamon.

Recipes for Balancing Excess Cold

STIR FRY SPINACH WITH GARLIC

INGREDIENTS:

- 300g fresh spinach leaves
- 15g minced garlic
- 15ml oil (for frying)
- Salt and pepper to taste

INSTRUCTIONS:

1. Wash the spinach leaves thoroughly and drain excess water.
2. Heat 15ml of oil in a pan over medium heat.
3. Add 15g of minced garlic to the pan and sauté until fragrant, about 1 minute.
4. Add the washed spinach leaves to the pan and stir-fry until wilted, approximately 3-5 minutes.
5. Season with salt and pepper to taste.
6. Remove from heat and serve immediately as a side dish, or incorporate into rice or noodles.

AVOCADO TOAST WITH CAYENNE PEPPER

INGREDIENTS:

- 2 slices of whole grain bread (about 60g each)
- 1 ripe avocado (about 150g), mashed
- 2 large eggs (about 100g each)
- Cayenne pepper, to taste
- Salt and pepper, to taste
- Olive oil or butter, for frying

INSTRUCTIONS:

1. Toast the slices of whole grain bread until golden brown and crispy.
2. While the bread is toasting, heat a frying pan over medium heat with a little olive oil or butter.
3. Crack the eggs into the pan and fry until the whites are set but the yolks are still runny, about 3-4 minutes. Season with salt and pepper to taste.
4. Spread the mashed avocado evenly over the toasted bread slices.
5. Carefully transfer one fried egg onto each slice of avocado-covered toast.
6. Sprinkle cayenne pepper over the fried eggs according to your preference.

Signs of Too Much heat in Your Body

- Feeling excessively hot, especially in the palms, soles, or face
- Profuse sweating, especially with a strong odor
- Irritability, restlessness, or difficulty sleeping
- Digestive issues like acid reflux, heartburn, or constipation
- Skin conditions like acne, rashes, or inflammation
- Red complexion or tongue, possibly with a yellow coating
- Headaches or dizziness
- High blood pressure or rapid heartbeat
- Tongue Diagnosis: A red tongue body with a yellow coating may indicate excess heat in the body.



Tips for Balancing Excess Heat

- Incorporate more cooling foods into your diet, such as cucumber, watermelon, and leafy greens.
- Avoid spicy and heating foods like chili peppers, ginger, and alcohol.
- Drink plenty of water and herbal teas to stay hydrated and flush out excess heat.
- Practice relaxation techniques like deep breathing, yoga, or meditation to calm the mind and body.
- Balance cold and hot foods in your meals to maintain harmony and support overall health.

Recipes for Balancing Excess Heat

COLD TOSSED SPINACH AND BEAN SPROUTS:

INGREDIENTS:

- 200g spinach leaves, washed and trimmed
- 100g bean sprouts, washed and drained
- 1 tablespoon soy sauce
- half a tablespoon of black vinegar
- 1 teaspoon sesame oil
- Salt to taste

INSTRUCTIONS:

1. Blanch the spinach leaves in boiling water for 1-2 minutes until wilted.
2. Blanch the bean sprouts in boiling water for 2-3 mins until wilted.
3. Remove and rinse with cold water, then squeeze out excess moisture and roughly chop.
4. Add 1 tablespoon of soy sauce and half a tablespoon of black vinegar to the mixture of spinach and bean sprouts.
5. Drizzle with sesame oil.
6. Serve room temperature.

STIR-FRIED EGGPLANT IN SWEET AND SOUR SAUCE

INGREDIENTS:

- 2 medium-sized eggplants, sliced into strips
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon honey or sugar
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat vegetable oil in a pan over medium heat. Add minced garlic and sauté until fragrant.
2. Add the sliced eggplants to the pan and stir-fry for about 5-7 minutes until they start to soften.
3. In a small bowl, mix soy sauce, rice vinegar, and honey (or sugar) until well combined.
4. Pour the sauce over the vegetables in the pan and toss to coat evenly.
5. Cook for an additional 2-3 minutes until the sauce thickens slightly and coats the vegetables.
6. Season with salt and pepper to taste.
7. Serve hot with steamed rice.

Signs of Too Much dampness in Your Body

- Excess dampness in the body can lead to symptoms like bloating, fatigue, brain fog, and digestive issues.
- If your tongue diagnosis indicates a thick coating, it's essential to adjust your diet to reduce dampness and support optimal health.
- Dampness may not seem as a big deal, but it leads to them most variety of issues. Like fibromyalgia, depression, eczema, IBS, leaky gut, etc.

Dietary recommendations:

- **Minimize Alcohol Consumption:** Alcohol can further dampen the body's internal environment. Limit or avoid alcoholic beverages, especially beer and sweet cocktails.



- **Moderate Fruit Intake:** While fruits are nutritious, too much fruit can worsen dampness. Limit your fruit intake to half a fist-sized portion per day, and choose fruits that are room temperature rather than cold from the fridge.
- **Choose Warm, Cooked Foods:** Cooked grains like rice, quinoa, and oats are easier to digest and can help absorb excess dampness. Include steamed vegetables, soups, and stews in your meals.
- **Incorporate Dampness-Reducing Foods:** Foods like ginger, garlic, onions, and bitter greens can help dispel dampness from the body. Include these ingredients in your cooking to support digestion and reduce bloating.

Signs of Too little fluids in Your Body

- Experiencing dryness in the body, indicated by symptoms such as dry mouth, cracked lips.
- A lack of tongue coating, suggests a need to nourish fluids and promote hydration.
- Incorporating specific foods and recipes into your diet can help replenish moisture and alleviate dryness-related discomfort.

Dietary recommendations:

- Minimize Alcohol, caffeine, spicy food.
- Include Moisturizing Foods: Incorporate foods known for their ability to nourish fluids and alleviate dryness.
- Options like Tremella mushroom (银耳) and Chinese yam (山药) are renowned in Traditional Chinese Medicine for their hydrating properties.
- Drink goji berry tea every day.



TREMELLA MUSHROOM DESSERT SOUP

INGREDIENTS:

- 20g dried Tremella mushroom (银耳)
- 50g rock sugar or honey (adjust to taste)
- 5-6 red dates (optional)
- 1.5 liters of water

INSTRUCTIONS:

1. Soak the dried Tremella mushroom in water until softened, then rinse thoroughly to remove any impurities.
2. In a pot, bring 1.5 liters of water to a boil.
3. Add the soaked Tremella mushroom to the boiling water and simmer for 20-30 minutes until the mushroom is soft and translucent.
4. Stir in rock sugar or honey to taste, and add red dates if desired for added sweetness and flavor.