

Chinese Five Elements

PART 1 (Wood Element and the Liver)-Season-Spring

Section A-foods which stimulate the liver out of stagnancy:

Salad vegetables:Watercress, alfalfa sprouts, raw sauerkraut, romaine lettuce and sprouted grains, beans and seeds.

Cooked vegetables: asparagus, beets, broccoli, brussels sprouts, cabbage, cauliflower, mustard greens and onions.

Fruit:Strawberries, peaches, cherries and lemon juice.

Grains:Brown rice, quinoa and sweet rice

Nuts: Chestnut, pine nut,

Herbs and Spices: Agave, basil, bay leaf, cardamom, cumin, dill, fennel, ginger, horseradish, licorice root, marjoram, mint, rosemary, stevia and turmeric.

Section B-Foods for cooling liver heat:

Salad vegetables: mung bean sprouts, celery, cucumber, seaweed watercress, radish and daikon radish

Grains:Millet and legumes: tofu

Fruit:plum

Section C-Foods for building liver yin:

Salad vegetables:Cucumber, mung bean sprouts and watercress,

Grains: Millet and legumes:tofu

Misc.:Blue-green algae, cold pressed flax oil, drinkable aloe vera juice and seaweed

Section D-Foods and spices which reduce liver wind symptoms:

Salad vegetables: celery and fennel

Grains: Oats and legumes:black soybeans

Fruit:lemon

Herbs and Spices: Anise, basil, ginger and sage.

Nuts:Black sesame seeds, coconut and flax seed oil, oats and pine nuts.

Foods that worsen with wind conditions are:Eggs, crab meat and buckwheat.

Spring Green Soup:Asparagus, beets, broccoli, dandelion greens, fennel, kale, mustard greens and garlic, onions (or leeks), olive oil and sea salt.

PART 2 (Fire Element and the Heart-Mind)-Season -Summer

Section A-(Dietary suggestions for calming and focusing the mind)

Silicon vegetables:Celery, cucumber, romaine lettuce

Cooked vegetables:Cabbage, corn and mushrooms

Fruit:Apples, lemons, mulberries and schizandra berries

Grain:Barley gruel, brown rice and oats

Herbs and Spices:Chamomile, dill, basil and rose hips.

Misc.:Chia seeds, clarified butter (ghee) and goat milk.

Avoid:Coffee, alcohol, refined sugar, very spicy or rich foods and late-night eating and large evening meals. These can cause insomnia.

PART 3 (Earth Element and Spleen-Pancreas)-Season-Late summer

Section A-(Dietary suggestions for deficient spleen pancreas)

Cooked vegetables:Pumpkin, scallions, sweet potato, turnip, winter squash and yam

Fruit:Cherries

Grains:Oats, millet, rye, sweet rice and legumes:Garbanzo beans and black beans

Cooked vegetables:Carrots, parsnips, pumpkin, scallions, sweet potato, turnips, winter squash and yams

Herbs and Spices: Cinnamon, fennel, garlic, ginger and nutmeg

Fish, chicken and meat: Beef, beef liver, beef liver, chicken, halibut, lamb, mackerel and turkey

Section B (Foods which dry dampness, mucus and microbes)

Salad vegetables:Celery and lettuce

Cooked vegetables:Onions, pumpkin and turnips

Grains:Barley and legumes:Aduki beans

Herbs:Chamomile

Soup:Carrot ginger soup

Avoid:Raw, cold, mucus forming or sweet foods.

Part 4-(Metal Element and the Lungs)-Season-Autumn

Section A. Heat congesting the lungs

Salad vegetables:Carrots, radishes, daikon radish, olives and watercress

Cooked vegetables:Bok choy, cabbage, carrots, cauliflower, chard and shiitake mushrooms.

Fruit:Apples, cantaloupe, grapefruit, citrus, papaya, pears, peaches and persimmons.

Grains:Rice, barley and millet

Soup:Barley, millet or rice soup

Avoid:Alcohol, anchovy, beef, chicken, cinnamon, coffee, fennel, garlic, ginger, onion, salmon and trout.

Section B. Phlegm in the lungs

Salad vegetables:Daikon radish, seaweed and watercress.

Cooked vegetables:Seaweed and shiitake mushrooms

Herbs and Spices: Cayenne, fennel, flax seed, garlic, ginger and onion.
Avoid: Dairy, meat, miso, peanuts, soy sauce, soy milk, tofu and tempeh.

Section C. Deficient yin of the lungs

Salad vegetables: Seaweed

Cooked vegetables: Seaweed and string beans

Fruit: Apples, banana, orange, pears, peaches and watermelon.

Legumes: Soy milk, tofu and tempeh.

Misc.: Butter and eggs.

Section D. Deficient chi of the lungs

Cooked vegetables: Carrots, mustard greens, potato, sweet potato and yams

Grains: Oats, rice and sweet rice.

Herbs and spices: Garlic, ginger and licorice root.

Misc. Herring

Restrict: Chard, citrus fruits, dairy products, salt, seaweed and spinach.

Part 5 (Water Element and the Kidneys)-Season-Winter

Section A. Foods that nurture kidney yin:

Salad vegetables: Mung bean sprouts and seaweed.

Cooked vegetables: Potato, seaweed, string beans and water chestnuts.

Fruit: Blackberries, blueberries, watermelon and other melons.

Grains: Millet and barley and Legumes: Black beans, kidney beans, mung beans and tofu

Herbs and Spices: Aloe vera and asparagus root

Nuts and seeds: black sesame seeds and walnuts

Fish etc.: Eggs and sardines

Avoid: Alcohol, cayenne, cinnamon, cloves, coffee, ginger and lamb.

Section B. Foods which warm kidney yang

Cooked vegetables: Leeks, onions and scallions

Grains: Quinoa and Legumes: Black beans

Nuts and seeds: Walnuts

Herbs and Spices: Anise seeds, chives, cinnamon, cloves, fennel seeds, garlic, dried ginger, rose hips, scallions and schisandra.

Fish etc.: Chicken, lamb, salmon and trout.

Soup: Black bean seaweed soup with garlic, ginger and onion.

Avoid: Cold drinks, fruit, ice cream, salad, raw food and salt.

Section C. Deficient kidney chi

Herbs: Parsley tea, rose hips and schisandra

Grains: Sweet rice,

Fruit: Blackberry and raspberry

Section D. Damp-Heat in the bladder (Bladder Infection)

Avoid: Refined sugar, too many fatty foods and too much starch.

Soup ingredients: Aduki beans, asparagus, beets, carrots, celery, shiitake mushrooms, peas, potatoes with skins, seaweed, spinach, string beans, swiss chard or winter squash.

Fruit: Lemon, cranberry juice and huckleberries

Herbal teas: Uva ursi, dandelion leaf and plantain leaf

Soups for Each Season: Wood Element-Spring Green Soup

6 cups vegetable stock
1 cup green peas
1 medium onion and or leek, chopped
6 cups spring green vegetables, chopped
2 cloves garlic
1-2 teaspoons sea salt
4 tablespoons olive oil
2 tablespoons of chopped, fresh basil, dill, tarragon or thyme

Chop 2 cloves garlic, 1 medium onion and/or 1 leek. Saute the garlic, leeks and onions in 4 T of olive oil on medium heat in a large soup pot for 5 minutes, until soft. Chop 6 cups total, of any combination of three of the following vegetables: Arugula, asparagus, broccoli, dandelion greens, fennel, kale, mustard greens or rapini. Add the vegetables and stir for 10 minutes until soft. Add 6 cups of chicken stock or vegetable stock. Bring to a boil, turn to simmer for 45 minutes, until everything is soft. Add frozen green peas. Puree until smooth in a blender or food processor. Add 2 tablespoons chopped fresh herbs. Add sea salt to taste and 2 tablespoons of lemon juice (optional).

Earth Element-Late Summer Carrot and Ginger Soup

1 pound carrots
1 medium onion
2 tablespoons unsalted butter
4 cups chicken stock
1 bay leaf
2 teaspoons ground cinnamon
2 teaspoons grated fresh ginger
1 teaspoon sea salt
2 tablespoons lemon juice
dash of ground cloves

Trim, peel, and cut the carrots into 1-inch lengths. Trim, peel, and chop the onion. In a heavy pot, saute the onion in the butter over low heat, stirring, until translucent. Juice 2 teaspoons grated fresh ginger. Add the stock, bay leaf, carrots, cinnamon, ginger, and sea salt and cover and simmer about 45 minutes, until the carrots are soft. Turn off the heat and let the soup cool. When the soup has cooled, puree it in batches in a food processor or blender. Return the puree to the pot and place it over medium-high heat. Reheat and bring the puree to just below a boil. Add lemon juice and a dash of ground cloves.

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Roots of the Earth Soup

Preparation time 45 minutes. Cooking time 40-45 minutes.

3T olive oil

2 large onions, chopped

4 garlic cloves, chopped

2 large carrots, sliced in rounds

4 stalks of celery, sliced

3 large asparagus spears, cut into 1 inch pieces

2 large red bell peppers, diced into 1 inch pieces

2 large winter squash or yams, peeled and diced into 1 inch pieces

3-4 red beets, peeled and diced into 1 inch pieces

2 cups arugula

6-8 cups vegetable stock (Chicken stock is o.k. when you're not on the liver enhancement program)

2 tsp. each, cumin and coriander, or to taste

Sea salt and black pepper, to taste

Heat a large stockpot over medium heat and add 3T of olive oil. Add the garlic and onions and sauté for 5 minutes. Do not brown. Add the vegetables except the arugula and stir well for 10 minutes or more. Add chicken broth to cover then add sea salt, black pepper, cumin and coriander to taste. Bring to a boil, then reduce heat. Cover and continue to simmer until vegetables are tender (approximately 10-15 minutes). Taste for seasonings, add arugula and serve. Serves 6-8.