

ENERGETICS OF FOOD

Traditional Chinese Medicine (TCM) focuses on using food to prevent and treat disease. Instead of describing foods by how much protein, fat, or calories they contain, TCM focuses on the quality of the food.

All foods have a distinct energy and characteristic properties that either balance and nourish our bodies or create imbalances that result in sickness. This is food energetics. Knowledge of food energetics can help one build a stronger sense of health and well-being by eating different foods that have different effects on the body. Like the saying, “you are what you eat.”



Eating from your own garden or buying your produce from the local farmers’ market will leave you feeling more connected to your home or local community. When you eat seasonally and locally, the body is more in touch with the natural order of things and able to maintain balance from the inside out.

It’s beneficial to take advantage of cooling fruits and lighter greens in the summertime, when they’re at their peak harvest. At the same time, heartier vegetables like carrots and squash grow more abundantly in the wintertime, and have a warming effect on the body.

Another food energetic tip to promote health and healing is cooking and eating mindfully – slowing the pace of your meals and eating in a relaxed setting. We absorb more of the nutrients from our food when we’re mindful.

FOOD	QUALITY	PREPARATION
• Root vegetables • Sweet vegetables • Meat, fish • Beans	• Grounded • Relaxed	• Stewing • Pressure cooking • Baking
• Leafy greens • Wheat, barley, quinoa • Fruit • Raw foods • Chocolate	• Light • Creative • Flexible	• Boiling • Steaming • Gas stove cooking
• Sugar • Caffeine • Alcohol	• Tense • Anxious	• Microwave cooking • Electric stove cooking • Factory farming
• Organic foods • Whole foods • Local foods • Brown rice	• Connected • Harmonious	• Home cooking • Home gardening

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