



Healing with food is a potent daily practice. These recipes are intended for meeting you wherever you are at when it comes to Grief. Being that Grief and Sadness are associated with the Lung and Large Intestine systems these recipes may also be healing for any Lung or Large Intestine concerns such as respiratory conditions, lower digestion concerns or skin issues.

These recipes are not a replacement for medical advice (of either Eastern or Western origin) so please discern for yourself if these foods work for your body, and feel free to reach out if you have questions, want an assessment or need a referral.

May each chop, slice, boil and spoonful offer you presence and connection.

with love,
Lamia Gibson @portal_ArtAcupunctureAlive

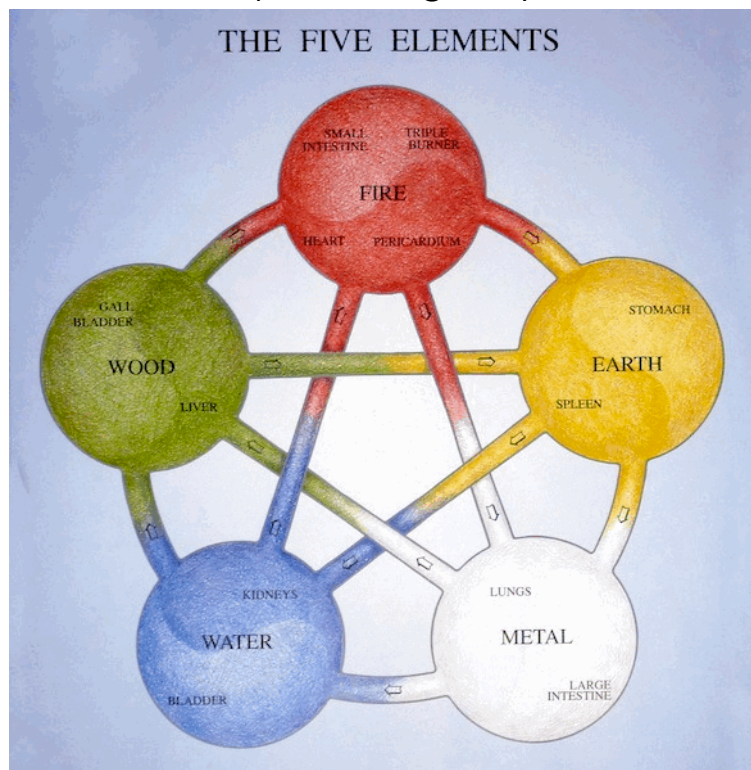
Energetic properties of food according to Traditional Chinese Nutrition Principles

“According to Traditional Chinese medicine (TCM), foods are just as herbs that can be selected and prepared appropriately to tonify, cleanse and regulate the body.”

Shen-Nong.com

Below each recipe you will see charts identifying the connections between ingredients and their energetic properties or functions. Each organ system is associated with a colour and each food has an energetic temperature. I hope you enjoy learning about how food can be medicine. If you want to know more... check out Shen-Nong.com

The five elements also reflect the colours of food that connect with each paired organ system



Five Element Chart © E D Goodchild and College of Integrated Chinese Medicine, Reading, UK

Recipes

Kale and navy Bean Soup **serves 4**

2 large onions- halved and sliced thin

1 bunch kale coarsely chopped

2 cans navy beans strained

1/4 cup fresh dill, chopped

oil

4 cups vegetable stock

- Saute onions in a heavy bottomed soup pot until translucent.
- add kale and dill, cook until kale is wilted
- add beans and stock, season with salt and white pepper to taste.
- bring to a boil and simmer for 45 minutes

Food	Energetic properties
Onion	Pungent – good for opening Lungs
Kale	Green – nourishes Liver Blood, pungent-Supports Lung, tonifies Qi
Navy Beans	Green – moves Liver Qi, cooling for all heat
Water/veg broth	Water -Kidney support
Dill	Green – supports Liver, pungent – Opens Lung
Oil	Supports all Yin of the body, nourishing and calming

Borscht

serves 4

1 small onion, diced	2 L of water/vegetable broth
2 medium-size beets, peeled and cubed	1 tbsp of salt
1 large carrot, peeled and chopped	5 medium-size potatoes, diced
1 tbsp olive oil	½ cabbage, shredded
1 tomato, diced	1 tsp olive oil
2 tbsp of water	5-7 whole black peppers
juice of ½ lemon	3-4 bay leaves
	handful fresh dill plus some for garnish

Directions

- Heat 1 tbsp of olive oil in a large pot over medium heat. Add onion, beets, carrot, and tomatoes.
- Add 2 tbsp of water and lemon juice to the vegetables and stir.
- Reduce the heat to low, cover the pot and simmer for 20 min.
- Boil 2L of water in a kettle. Add the water to the vegetables after they have been simmering for 20 min.
- Bring to a boil and add 1 tbsp of salt.
- Add diced potatoes and shredded cabbage to the soup and cook for 10 minutes.
- Finally add black pepper, bay leaves, and fresh dill (including stalks) to the soup and continue cooking for another 5-10 minutes.
- Remove borscht from the heat. It is now ready to be served.
- add sour cream and fresh dill to individual bowls to serve.

Borscht

Food	Energetic properties
Onion	Pungent – good for opening Lungs
Carrot	Sweet & Orange & root vegetable– supports Spleen
Tomato	Sour–moves Liver Qi, red–nourishes heart
Water/veg broth	Water -Kidney support
Potatoes	White food (Lung) & Root vegetable (Spleen)
Black pepper	Pungent-opens Lung, Black – supports Kidney
dill	Green – supports Liver, pungent – Opens Lung
Beets	Red food – supports Heart, Blood nourishing, Root veg - Spleen
Oil	Supports all Yin of the body, nourishing and calming
Lemon	Sour – moves Liver Qi
Salt	Supports Kidney
Cabbage	White/Green – Lung/Liver food, pungent – opens Lung
Bay leaves	Soothes Stomach and Lung

Lentil Soup

serves 4

1 tablespoon olive oil
1 large carrot, diced
2 large ribs celery, diced
2 yellow onions, diced
1/4 teaspoon salt, plus additional to taste
1 cup red lentils
4 cups water or low-sodium broth
1 whole bay leaf
Lemon juice from 1/2 large lemon, plus finely grated lemon zest
1 tbsp Turmeric

Directions

- In a saucepan heat the olive oil over medium heat. Add the carrot, celery, onion, and 1/4 teaspoon salt and turmeric, stir to combine. Cover and let the vegetables sweat until the onions are soft and translucent, about 5 minutes.
- Add the lentils, broth, and bay leaf. Bring up to a boil. Turn the heat down to low and let simmer, covered, until the lentils begin to fall apart, about 20 minutes.
- Turn off the heat, stir in the lemon juice and finely grated lemon zest and add salt to taste. Ladle into bowls and serve.

Lentil Soup

Food	Energetic properties
Onion	Pungent – good for opening Lungs
Carrot	Sweet & Orange & root vegetable– supports Spleen
Celery	Green – moves Liver Qi, cooling for all heat, clears dampness
Water/veg broth	Water -Kidney support
Red lentils	Supports Kidney, Heart and Jing
Oil	Supports all Yin of the body, nourishing and calming
Lemon	Sour – moves Liver Qi
Salt	Supports Kidney
Turmeric	Moves Qi & Blood Stagnation, Support Spleen/Stomach
Bay leaves	Soothes Stomach and Lung

Potato Leek

serves 4

Ingredients

1 bunch leeks, sliced	1 head of garlic roasted
4 large potatoes cubed	olive oil
1 celery root bulb, peeled, cubed, and roasted.	6-8 cups of vegetable broth
	sea salt
	freshly ground black pepper

Directions

preheat oven to 400°C

Roast celery root for 20 minutes in a 400°C oven until golden brown and softened slightly.

Cut top off of head of garlic. Drizzle with olive oil and drop in foil.

Place in 400°C oven for 20 minutes until golden brown and soft.

Allow to cool and then extract roast garlic

In a large soup pot sauté sliced leeks in olive oil until soft and fragrant. Add your potatoes, roasted celery root, roasted garlic paste and vegetable broth.

Bring to a boil and reduce heat

Simmer for 2 hours.

Allow to cool slightly and then puree with a hand blender.

Potato Leek

Food	Energetic properties
Leeks	Pungent – good for opening Lungs, supports Kidney as well
Potatoes	White food (Lung) & Root vegetable (Spleen)
Celery root bulb	Green – moves Liver Qi, cooling for all heat, clears dampness
Water/veg broth	Water -Kidney support
Garlic	Supports Lung, Spleen, Stomach. Warms and moves Qi
Oil	Supports all Yin of the body, nourishing and calming
Salt	Supports Kidney
Black Pepper	Pungent-opens Lung, Black – supports Kidney

