

# 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 make us healthy, balancing and nourishing 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 impose different effects. 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 is beneficial to take advantage of cooling fruits and lighter greens in the summertime, when they are at their peak in harvest. At the same time, heartier vegetables such as deeply rooted carrots and squashes grow more abundantly in the wintertime, and add warmth to 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 are mindful of our meals.



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

*The Energetics of Food*, The Journal of Chinese Medicine [www.balancedwayconsulting.ca/Documents/food-SP.pdf](http://www.balancedwayconsulting.ca/Documents/food-SP.pdf)