



V E R V E

Food Therapy  
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# Food Therapy

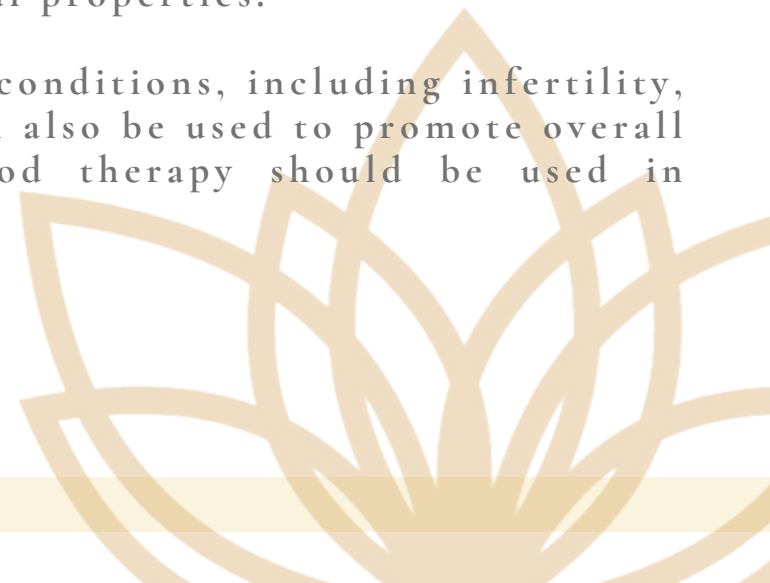
Chinese food therapy, also known as "nutrition therapy" is a traditional Chinese medicine (TCM) approach to using food as medicine. It is based on the principle that food can balance and unbalance the body's energy and promote or disrupt overall health and wellness.

According to TCM, each food has its own unique properties and can be used to balance the body's energy, which in turn can help to prevent and treat illness.

Some common examples of Chinese food therapy include using ginger to warm the body and stimulate digestion, using peppermint to soothe the stomach, and using black beans to nourish the kidneys. The foods that are recommended will depend on the individual's specific needs and health concerns.

Chinese food therapy is not only about the ingredients, but also the method of preparation, such as cooking methods, seasoning, and combination of ingredients. For example, ginger and spring onions are often used together in dishes to enhance their beneficial properties.

Chinese food therapy is used to help with a wide range of health conditions, including infertility, digestive issues, skin conditions, and emotional imbalances. It can also be used to promote overall health and wellness. It's important to note that Chinese food therapy should be used in conjunction with other TCM treatments, such as acupuncture.



# FOOD THERAPY INSTRUCTIONS

Here are the instructions for keeping a Chinese Medicine Food Diary:

1. Your practitioner will start by identifying your individual health concerns and goals, such as improving digestion, boosting energy, or managing stress. For those coming for fertility your overall health has an impact on everything so this is important.
2. Begin each day by writing down what you eat, soft drinks, and anything else you consume (e.g. caffeine, alcohol).
3. Record the meal or snack in detail including, preparation method.
4. Assess how you feel after each meal, noting any symptoms such as bloating, fatigue, or headaches.
5. We'll be consider the temperature, flavor, and color of each food, as well as its nature (warming, cooling, moistening, drying).
6. I will regularly reflect on your food diary, paying attention to patterns and correlations between what you eat and how you feel.
7. We can use this information to make adjustments to your diet and lifestyle, incorporating more of the foods that support your health goals and reducing or eliminating those that don't.
8. This isn't about healthy/non healthy foods, it's about achieving balance in your diet and the energetics of each food. Therefore if you've had a mars bar for lunch that's fine do not hide this, I need to know.
9. Consult a licensed practitioner of Chinese Medicine for personalized guidance and support in using your food diary to achieve optimal health.

Remember, a food diary is a tool to help you become more mindful of your eating habits and to make positive changes.

Be honest with yourself and consistent in recording your food and physical symptoms.



# DAILY FOOD DIARY

Date:

	DESCRIPTION	BOUGHT FROM (i.e. tesco)	COOKING METHOD MICROWAVE/OVEN ETC	HOW DOES DO YOU FEEL AFTER?	LEAVE BLANK
BREAK FAST					
SNACK					
LUNCH					
SNACK					
DINNER					
SNACK					
OTHER					

