

Join Us for 2 Hours of Five Element Cooking Class Plus a Discussion and Demo of Traditional Chinese Medicine

Arroyo Food Co-op
494 N Wilson Ave, Pasadena, CA 91106
Saturday January 10th, 2-4:00pm

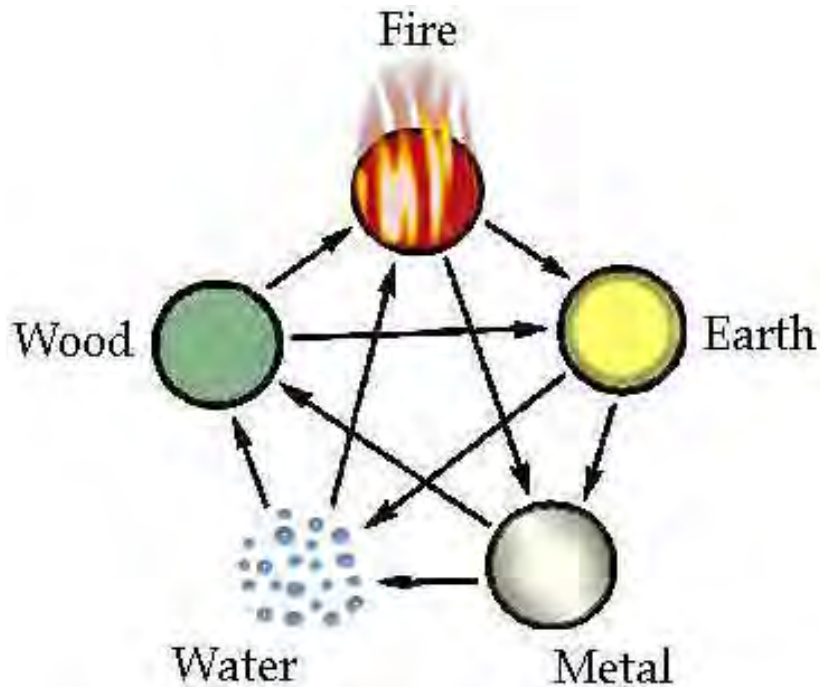


Join a discussion of Chinese Medicine during an application of Five Element Theory to a 5 Ingredient Stir-Fry using Organic produce. Everything provided, simply bring yourself and enjoy the experience. A demonstration of Acupuncture to follow.

Presenter: Jad Dawson L.Ac. www.QiBoAcupuncture.com



Five Element Theory



Chinese Five Elements theory refers to the five elements of wood, fire, earth, metal, and water. Based on observations of the natural world, ancient Chinese recognized continuous patterns of transformation and change in their environment. Initially, these observations were interpreted using Yin Yang reasoning, but later these interpretations were expanded using a new theory called The Five Elements. The yin yang theory has a close relationship with the five elements theory. They are often used simultaneously to explain natural phenomena. Today we refer to this medical system as Traditional Chinese Medicine (TCM).

The five elements theory evolved from the study of various processes, functions, and phenomena of nature. The theory asserts substances can be divided into one of five basic elements: wood, fire, water, metal and earth, which contain their own specific characteristics and properties. Today, the five elements theory is still used as a tool for grouping objects, and as a method for analyzing changes of natural phenomena. This theory can also be used to describe the movement and the relationship between different elements and phenomena as applied to health and wellness.



Basic Five Elements Characteristics and Classifications

Element	Yin/Yang Organs	Colors	Flavors	Sense Organs	Emotions	Body Parts	Climate
wood	liver/GB	green	sour	eyes	anger	tendons	wind
fire	heart/Sl	red	bitter	tongue	joy	pulse	heat
earth	spleen/ST	yellow	sweet	mouth	pensiveness	muscles	dampness
metal	lung/LI	white	pungent	nose	sadness	skin	dryness
water	kidney/UB	black	salty	ears	fear	bones	cold

The Cycles

Promoting	Controlling
wood promotes fire	wood controls earth
fire promotes earth	earth controls water
earth promotes metal	water controls fire
metal promotes water	fire controls metal
water promotes wood	metal controls wood

Promoting Cycle

This cycle is explained most easily by a simple metaphor. The relationship is the same as a mother and child relationship, where the child is dependent upon the mother for nourishment and therefore growth and well-being. When the mother is weak the child suffers accordingly and is starved for nourishment. When the mother is overly resilient this can be reflected in the child as being overly nourished thus prone to excessively influencing other elements creating imbalances.

Controlling Cycle

To understand the relationship of the controlling cycle, we must look more closely at the origin of the five element theory in China where the responsibility of disciplining the children rested with the grandparents. The controlling cycle describes the relationship of a grandmother disciplining a grandchild.

Over-controlling and Counteracting

Over-controlling means that an element is too strong/hyperactive and is controlling the other element too much. A common condition in which the wood element controls earth too much (or overacts) will manifest itself with symptoms of hyper wood as well as hypo earth, sometimes making the deficient-earth element even more deficient. Counteracting is the reverse situation as a controlled element is rebelling against its controlling element.

Diagnosis According to Five Element Theory

The colors, emotions, flavors, senses, climates, body parts, and organs are all related. Through viewing the human body in this way, we can infer and diagnose internal disharmonies. For example, if a patient has a green hue to her complexion, a sour taste in her mouth, and her eyes are bothersome to her in some way, we would look more closely at the Wood element (Liver and Gallbladder) as these symptoms suggest the related organ systems are being effected by their corresponding element being out of balance.

The Five Elements and their Relationships with Nature and the Body

The five elements correspond to and relate to different aspects of the natural world and easily overlay onto the health of the human body. Wood, for example, corresponds to spring and wind in the natural world and to the liver, gall bladder, eyes and tendons in the body. There are organized relationships between the elements, nature and the body as seen in the chart below. The different vertical characteristics belong to the same element, and horizontally, each characteristic interacts with another according to a specific order and element. Working within this system of thought, everything has a correlation in nature.

	Wood	Fire	Earth	Metal	Water
Orientation	East	South	Middle	West	North
Season	Spring	Summer	Late Summer	Autumn	Winter
Climate	Wind	Summer Heat	Dampness	Dryness	Cold
Cultivation	Germinate	Grow	Transform	Reap	Store
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Orifice	Eye	Tongue	Mouth	Nose	Ear
Tissues	Tendons	Vessels	Muscles	Skin & Hair	Bones
Emotions	Anger	Joy	Pensiveness	Grief	Fear
Color	Blue/ Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Voice	Shout	Laugh	Sing	Cry	Groan

**"He that takes medicine and neglects diet,
wastes the skills of the physician."
(Chinese proverb)**

Five Element Pathological Symptomology

Element	Organ	Excess of energy	Deficiency of energy
Fire	Heart Sense: Tongue	Palpitations, thirst, mouth and tongue ulcers, mental restlessness, heat, insomnia, red face, bitter taste, dream disturbed sleep, incoherent speech, pain in the heart region which can radiate to inner aspect of the left arm, feeling of oppression of chest.	Palpitations, shortness of breath on exertion, sweating, pallor, fatigue, listlessness, dizziness, insomnia, dream-disturbed sleep, poor memory, malar flushed face, low grade fever, feeling of heat
Fire	Small Intestine	Mental restlessness, tongue ulcers, pain in throat, abdominal pain, thirst, scanty and dark urine, painful urination, blood in urine. Lower abdominal twisting pain that may radiate to the back, abdominal distention, borborygmus, flatulence, pain in testis, dislike of abdominal pain, constipation, vomiting, diarrhea.	Abdominal discomfort, borborygmus, Scanty urination, flatulence, and diarrhea.
Metal	Lung Sense: Nose	Chronic cough, phlegm-clear or yellow, stuffiness of chest, shortness of breath, asthma.	Shortness of breath, cough, weak voice, catches colds easily, fatigue, dry throat, low-grade fever, night sweating, thirst.
Metal	Large Intestine	Abdominal pain, diarrhea, mucous in blood, burning anus, smelly stools, fever, sweating, scanty dark urine, constipation, cold, diarrhea with pain, chronic diarrhea, prolapsed anus, hemorrhoids, cold limbs, borborygmus.	Diarrhea, constipation, prolapsed anus, hemorrhoids, abdominal distention.
Wood	Liver Sense: Eyes	Distention or pain of the hypochondria and chest, sighing, hiccup, fluctuation of mental and emotional state, nausea, vomiting, poor appetite, a feeling of a lump in throat, irritability, anger, menstrual disorders, PMS, headache, digestive disorders, dizziness, convulsions, tremor of limbs, numbness of limbs, bitter taste, jaundice, vaginal discharge and itching,	Anemia, menstrual disorders, numbness of limbs, weak nails, dizziness, blurred vision, menstrual irregularities, pale expressions, pale lips, muscular weakness, muscle spasms, cramps, brittle nails,
Wood	Gall Bladder	Hypochondriac pain, nausea, vomiting, inability to digest fats, yellow complexion, and bitter taste.	Dizziness, blurred vision, nervousness, timidity, lack of courage, sighing.
Earth	Stomach	Epigastric fullness, Sour regurgitation, thick tongue coat, fullness, distention pain of epigastrium relieved by vomit, belching, acid regurgitation, gas, borborygmus	Dull burning pain or feeling of obstruction in epigastrium, hunger pains, no desire to eat, Nausea, hiccup, dry mouth and throat
Earth	Spleen	Abdominal fullness, sticky white tongue coat, no thirst: nausea, tiredness, heavy head and body, profuse Leucorrhoea, edema, no appetite no taste due to damp	Tiredness loose stool, food qi, poor appetite & fullness, more severe post meal, retention of fluids, can't warm or nourish
Water	Kidney	Kidneys can never be in excess.	Soreness, weakness of the lumbar regions and knees, dizziness, ringing in the ears, hearing problems, dry mouth and throat, hot sensation in the palms, soles and chest, spontaneous sweating, constipation, seminal emission

The following are quotes from various texts, one selected for each organ network:

Liver:

The liver marks the beginning of cyclical action, the stirring of spring yang which all living things rely upon as a catalyst for their growth. By avoiding outbursts of anger and by fostering this particular type of yang energy, your prenatal qi will keep generating forever. The liver is also in charge of color; if its qi is in harmony, the body will exhibit a healthy luster. If its qi is injured, the body will appear dry and brittle. Nourishing the liver, therefore, first of all means to refrain from anger. This is the key for the maintenance of good health.

Heart:

The ancient book of definitions [Neijing] refers to the heart as the ruler of the human body, the seat of consciousness and intelligence. If we decide to nourish this crucial element in our daily practice, then our lives will be long, healthy, and secure. If the ruler's vision becomes distracted and unclear, however, the path will become congested, and severe harm to the material body will result. If we lead lives that are centered around distracting thoughts and activities, harmful consequences will result. The sage regards his body like a country: the heart is the ruler, and the jing and the qi are the citizens. If the heart does not abuse its superior position, if it remains centered and focused on the essential matters, the jing will flourish and the qi will be steady, noxious intruders will always be fought off, the dantian will be full with treasures, and every part of the body landscape will be light and at peace.

Spleen:

If we regulate our daily lives by adjusting them to the prevailing energy of the seasons, if we avoid exposure to extreme cold and extreme heat, if we eat and drink in regular intervals, if we protect our shen by avoiding states of extreme anger or extreme ecstasy, and if we strive for balance by living in moderation during all four seasons, there will be peace. Otherwise, the spleen and stomach will suffer harm, and our true qi will leak downward in trickles or currents, with the possibility of failing to rise again. This, then, would be like having autumn and winter but no spring and summer, and a situation would arise in which the functions of birth and growth are muffled by the qi of death and extinction.

Lung:

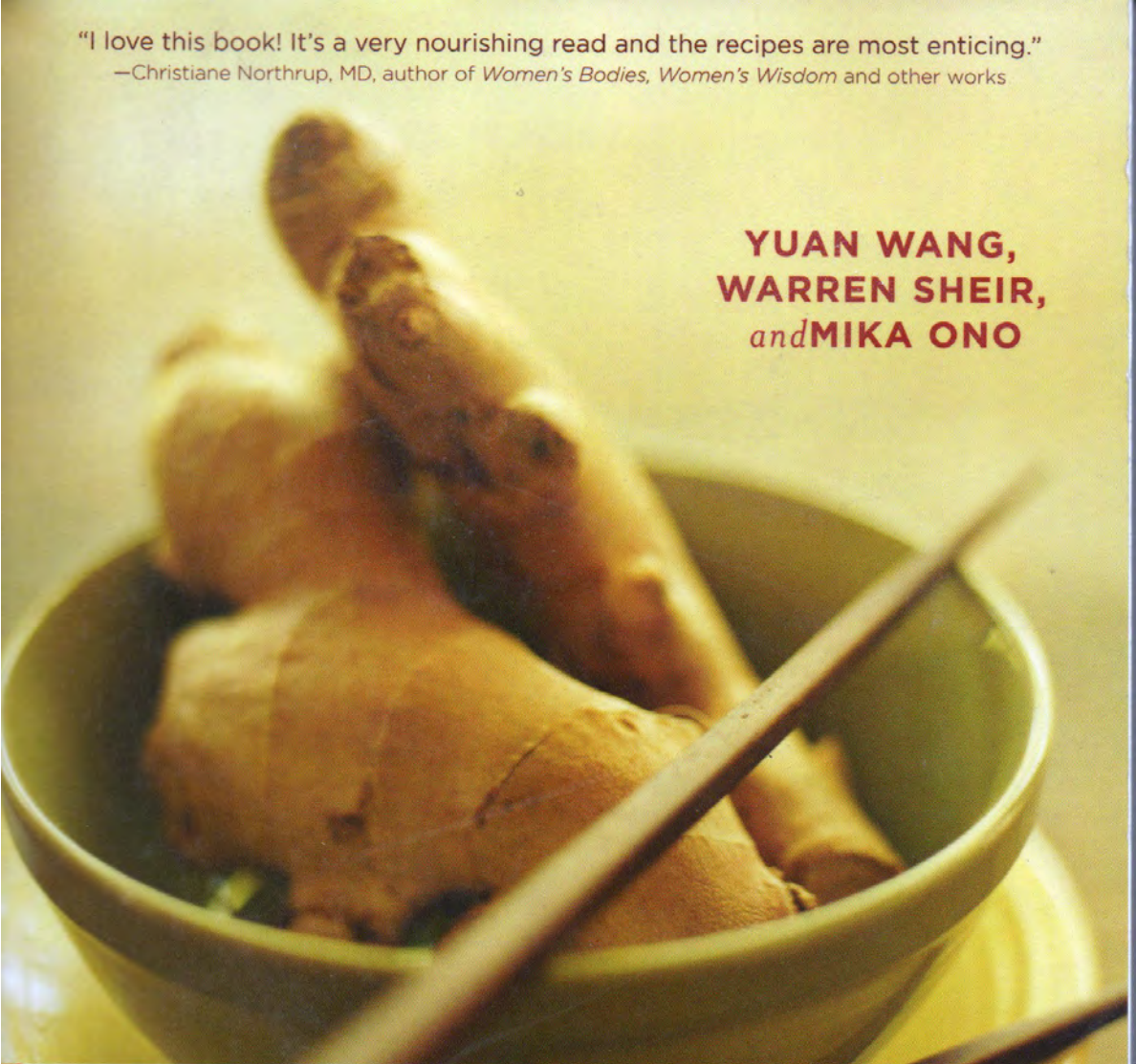
The lung is the lid of the five organ networks. It produces the voice, and it provides proper moisturization to the skin. As soon as there is either internal damage due to the seven harmful emotions, or external injury due to the six climatic influences, the rhythmical process of inhaling and exhaling and the general qi flow between the body's inside and outside are disturbed; the lung metal then loses its clear quality. If we want to restore purity in the metal, we must first strive to regulate the breath. Once the breath is regulated, erratic movement will not occur and the heart fire will calm down all by itself.

Kidney:

Everything between heaven and earth that is made from qi and blood has the urge to mate. Once fire and water separate and desire finds a match, the essence leaves the source, and what creates the body will turn into what kills the body. If you are a student of the Book of Change (Yijing) and align your desires by fooling around with the lofty hexagram 41 [Sacrifice, Decrease], then this is like being worried about floods at one moment and about water leakage the next-you 'sacrifice' again and again, thus using yourself up until there is nothing left to spare. Therefore, if you want to protect your source of longevity, there is no better way than to guard yourself against sexual desires.

"I love this book! It's a very nourishing read and the recipes are most enticing."
—Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom* and other works

**YUAN WANG,
WARREN SHEIR,
and MIKA ONO**



**ANCIENT WISDOM,
MODERN KITCHEN**

Recipes from the East for Health, Healing, and Long Life

FIVE-COLOR STIR-FRY WITH SCALLOPS AND GINKGO

MAKES 3 SERVINGS

This attractive and tasty offering provides a variety of flavors, textures, and colors. Five is considered a balanced number in Chinese medicine and philosophy, as expressed in the five elements (wood, fire, earth, metal, and water), five climates (wind, heat, dampness, dryness, and cold), five yin organs (Liver, Heart, Spleen, Lung, and Kidney), five flavors (sour, bitter, sweet, spicy, salty)—and five colors (green, red, yellow, white, and black).

INGREDIENTS

- 6 (1 ounce dried; 5 ounces fresh) dried or fresh shiitake or other mushrooms
- 2 tablespoons dark sesame oil
- 2 cloves garlic, peeled and minced
- 1 (1-inch) piece fresh ginger, peeled and minced
- 1 pound sea scallops
- 10 to 15 (2 ounces) snow peas, strings removed
- 1 small bell pepper, seeded and cut into ¼-inch slices
- 18 canned ginkgo nuts, drained
- 2 teaspoons powdered kudzu, arrowroot, cornstarch, or other thickener
- 1 tablespoon water
- 2 tablespoons vegetable or chicken stock (For recipes, see "Mixed and Sundry.")
- 1 tablespoon rice wine
- Salt or soy sauce

DIRECTIONS

1. If you are using dried mushrooms, soak them in water for 20 minutes, or until soft. Remove the stems, if desired, and cut into 4-inch slices.
2. Heat the sesame oil in a wok or skillet. Add the garlic and ginger and cook until fragrant (30 to 60 seconds, depending on how hot your pan is).
3. Add the scallops, and stir-fry over medium-high heat for about 5 minutes, or until they turn white and opaque. Remove the scallops from the pan so they don't overcook, and set aside.
4. Add the mushrooms and cook, stirring, for about 1 minute. Add the snow peas, bell pepper, and ginkgo nuts, and stir-fry for 3 to 5 minutes.
5. In the meantime, in a small bowl, mix the kudzu with a little cold water to avoid clumping.
6. Add the stock and wine to the pan, and stir in the kudzu mixture. Return the scallops to the pan and stir again.
7. Add salt or soy sauce to taste, and serve with rice.



Yuan Says

In traditional Chinese medicine, one important concept is that you try to keep good energy in the body, while encouraging bad energy to exit. Ginkgo nuts focus on the first part of this equation, helping the body to hold in good energy rather than lose it to the outside.

Helpful Hints about Ginkgo

Ginkgo nuts—considered something of a delicacy in China and Japan, eaten roasted or used in soups, stir-fries, and desserts—can be purchased fresh, in their tan-colored shell, or canned. Caution: Ginkgo nuts can be slightly toxic in large quantities, so avoid overeating (more than 10 to 15 at a time, or eating frequently over the long term) and make sure to cook them. (For more information on ginkgo, see “One Hundred Healthful Asian Ingredients.”)

THEMES AND VARIATIONS

You can substitute shrimp if scallops are not available.

If you are starting with fresh ginkgo nuts instead of canned, don't despair. First, remove the fruit around the seed if you need to (only necessary if you are collecting them from nature; they are sold in the shell without the fruit), then crack open the shells with a nutcracker (or gently with a hammer) and remove the ginkgo nuts. Place the ginkgo nuts in boiling water for about 40 minutes. The dark inner peel should begin to flake off in the water. Drain the ginkgo nuts, and remove the rest of the peel by rubbing it off; as long as the nuts are warm the skin should rub off easily. Finally, take a toothpick or skewer and push it through the nut from end to end, pushing out the bitter core. The ginkgo nuts are now ready for cooking in your stir-fry.

ESPECIALLY GOOD FOR

Providing a balanced diet that promotes longevity, since this dish contains the five colors representing all five elements. The ginkgo nuts can also act to ease asthma, wheezing, and frequent urination, and to help prevent senile dementia.

FOR THOSE FAMILIAR WITH TRADITIONAL CHINESE MEDICINE

This dish strengthens the Kidneys, builds qi and Blood, and preserves the Lung qi.