

Warming and Cooling Foods

According to Traditional Chinese Medicine (TCM), the food you eat has specific and predictable effects on your body. We use food therapeutically and classify many of them as either "warming" or "cooling". Warming foods help raise body temperature and dispel stagnant pockets of cold within the body. Cooling foods moderate body temperature by calming and soothing areas aggravated by heat. Be careful not to confuse warming foods with spicy flavors, as these are warm just in taste. Also, cooling foods do not mean cold or raw foods, but rather foods with cooling properties.

HEAT

Excess heat in the body can cause inflammation and irritation. We become "hot" in several ways. Hot pathogens, eating too many heating foods, over-activity, or a hot environment all strain our system. Cooling, or expelling, heat is the best form of treatment. If you have too much heat, we recommend avoiding foods with heating properties and using cooling foods in your diet.

COLD

Too much cold in the body causes contraction, obstructs blood flow and energy, and inhibits our movement. Cold comes from the environment, viruses, inactivity, or eating too many cooling foods. We treat excess cold through physical activity, adding foods with warming properties, and using warming methods of food preparation. Warming foods literally warm the body in a nourishing way that encourages movement.

Have too much heat? EAT these cooling foods:

<i>Alfalfa</i>	<i>Cabbage</i>	<i>Kelp</i>	<i>Peppermint</i>
<i>Apples</i>	<i>Celery</i>	<i>Lemon</i>	<i>Persimmon</i>
<i>Asparagus</i>	<i>Chard</i>	<i>Millet</i>	<i>Potatoes</i>
<i>Bamboo shoot</i>	<i>Cucumber</i>	<i>Mint</i>	<i>Radishes</i>
<i>Bananas</i>	<i>Egg whites</i>	<i>Mung bean</i>	<i>Seaweed</i>
<i>Barley</i>	<i>Eggplant</i>	<i>Olives</i>	<i>Spirulina</i>
<i>Broccoli</i>	<i>Grapefruit</i>	<i>Pear</i>	<i>Tomatoes</i>

Have too much cold? EAT these warming foods:

<i>Bay leaves</i>	<i>Chicken</i>	<i>Garlic</i>	<i>Nutmeg</i>
<i>Black pepper</i>	<i>Chives</i>	<i>Ginger</i>	<i>Oats</i>
<i>Butter</i>	<i>Cinnamon</i>	<i>Goat & goat milk</i>	<i>Onions</i>
<i>Capers</i>	<i>Cloves</i>	<i>Kale</i>	<i>Parsley</i>
<i>Cardamom</i>	<i>Coriander</i>	<i>Lamb</i>	<i>Peaches</i>
<i>Cayenne</i>	<i>Dates</i>	<i>Leek</i>	<i>Spelt</i>
<i>Cherries</i>	<i>Dill</i>	<i>Lychee</i>	<i>Quinoa</i>
<i>Chestnuts</i>	<i>Fennel</i>	<i>Mustard</i>	

Have questions about warming and cooling foods?
 Never hesitate to call us for any of your needs; we're here to help!
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