



TCM Time

CHINESE MEDICINE WITH KATHY YANG

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FOOD AS MEDICINE

“
**Let food be thy medicine
and medicine be thy food**

Hippocrates
”



ChiropracticImages.com

<https://ellischiropracticofpuyallup.com/let-food-be-thy-medicine/>

Food as Medicine with Kathy Yang

Traditional Chinese Medicine (TCM) uses natural foods as medicine for promoting health, preventing disease and maintaining or losing weight. A healthy diet depends on your individual body type and its balance of yin (cooling and wet) and yang (warming and dry) foods. Choosing the right diet for you begins with understanding what foods are healing and what foods are disruptive for your digestive system, i.e. digestion, absorption, and elimination.

This discussion will address common questions about a healthy diet from a TCM perspective, such as:

- What should I eat to be healthy?
- How many vegetables should I be eating in a day?
- Why should we eat more vegetables?
- When should I eat my meals?
- Can food affect my mood?
- Is chocolate good or bad?

This information is for educational purposes only.