



*Food to support your health*

<https://livingroomastrology.com>



# *What is food in Traditional Chinese Medicine*

<https://livingroomastrology.com>

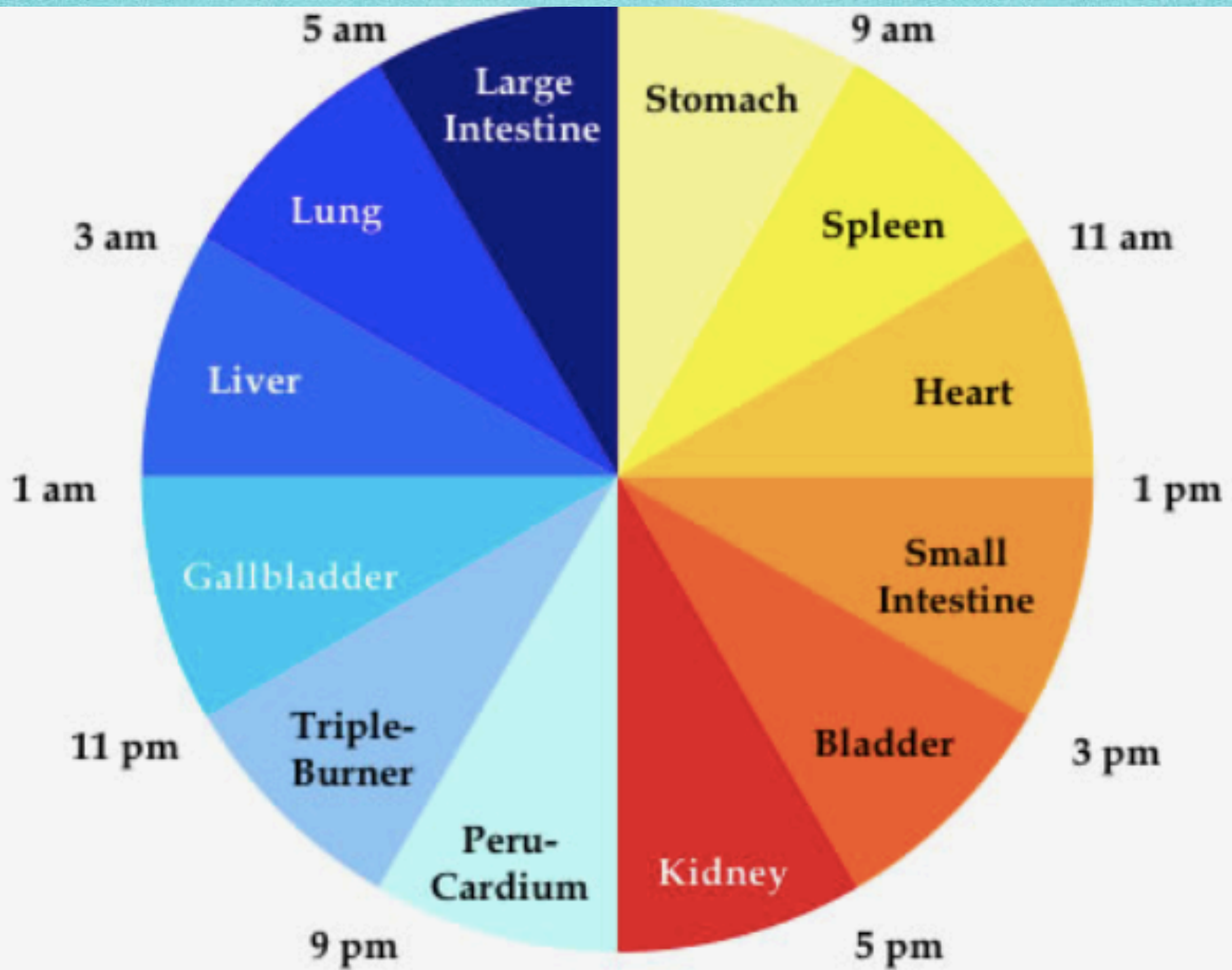


**In Chinese medicine, it is believed that food has energy,  
as does your body.**

*Yin foods are cool and moist.  
Yang foods are warm and drying.*

*Eating too much from one category or the other  
can upset your internal balance, leading to illness.*







# Breakfast

## Ideal time

### 6.30-9.00

- DO
- *Balancing breakfast*
- *Fruit tea, green tea, water*
- *Porridge cooked with rice milk, almond milk*
- *Brown bread*
- *Cream cheese, ham, low fat cheese*
- *yoghurt (room temperature) fruit, seeds*
- *Cooked eggs or scrambled eggs*
- AVOID
- *Heavy ham fried or baked (unless you are under 50 kgs)*
- *Strong coffee with a lot of sugar*
- *White bread with jam*
- *Cold water, cold juices directly from the fridge*
- *All drinks with ice cubes*





*Lunch Ideal time*

*12.00-15.00*

*Dinner Ideal time*

*17.00-19.00*

*Balancing + lung strengthening food:*

*Apple*

*Tangerine*

*Pear*

*Apple juice*

*Cinnamon tea*

*Orange tea*

*Soy milk*

*Asparagus*

*Garlic*

*Onion*

*Spring onion*

*Carrot*

*chicken duck turkey*

*Barley, oat flakes*

*White cabbage cooked or steamed*

*Cauliflower*

*Cow milk (not cold)*

*Nettle tea*

*Raddish*

*White fungus*

*White pepper*



# *FOOD TO AVOID*

*After 7.pm*

*Heavy fried and fat meat*

*Fatty cheese*

*Coffee*

*Green tea*

*Too much salt*

*Slow cooked beef + red wine*

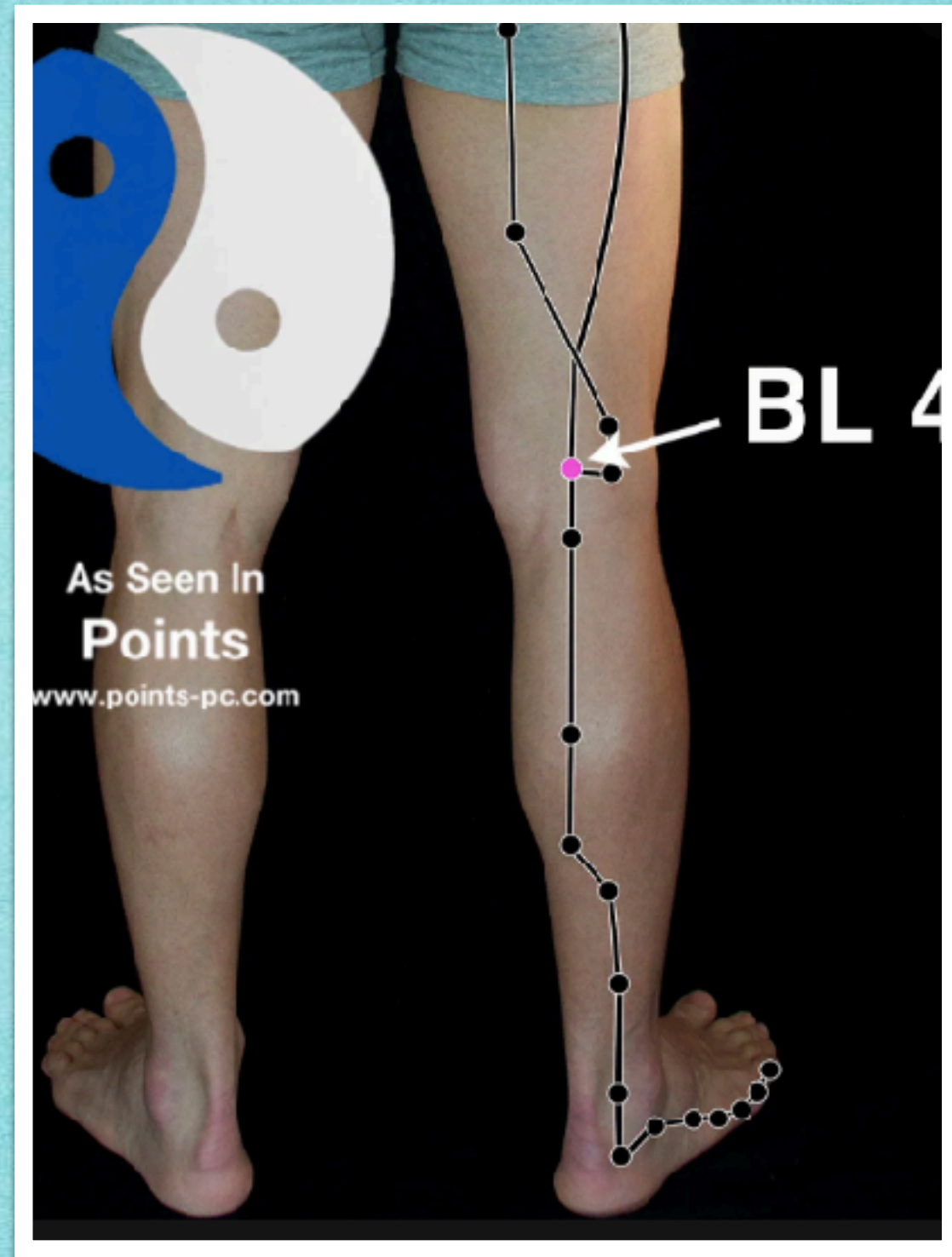
*White pasta*

*Slow cooked beef with beans, corn,  
onion*



# ACUPRESSURE MASTER POINTS

*Through the  
treatments of these  
points you can access  
the entire energy  
system of the body*





# *ACCUPRESSURE MASTER POINTS*

*LARGE INTESTINE*

*POINT*

*“HEGU”*

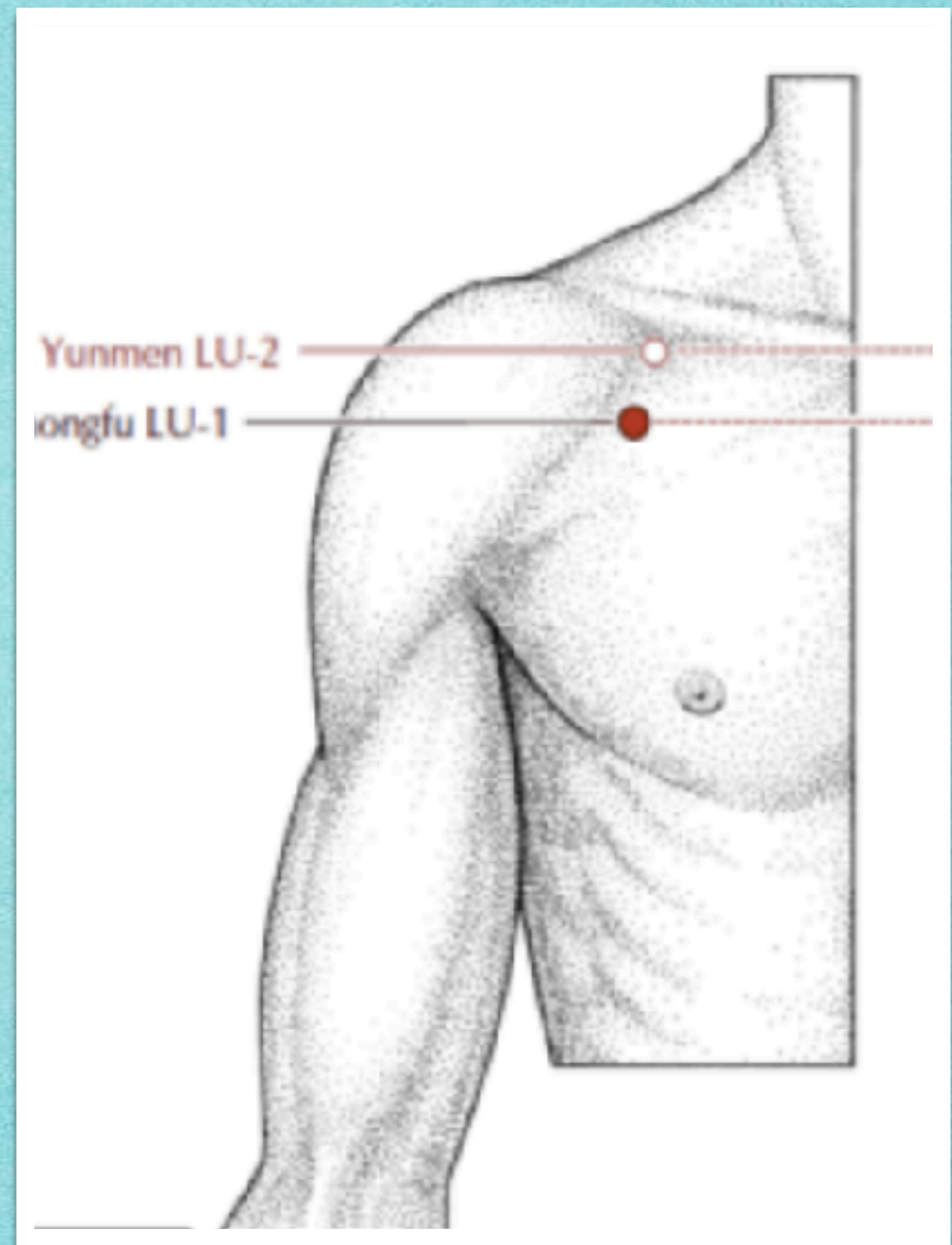




# *Accupressure Master Points*

*LUNG*

*LU 1*





# ACUPRESSURE MASTER POINTS

## REGULATOR CHEST POINTS

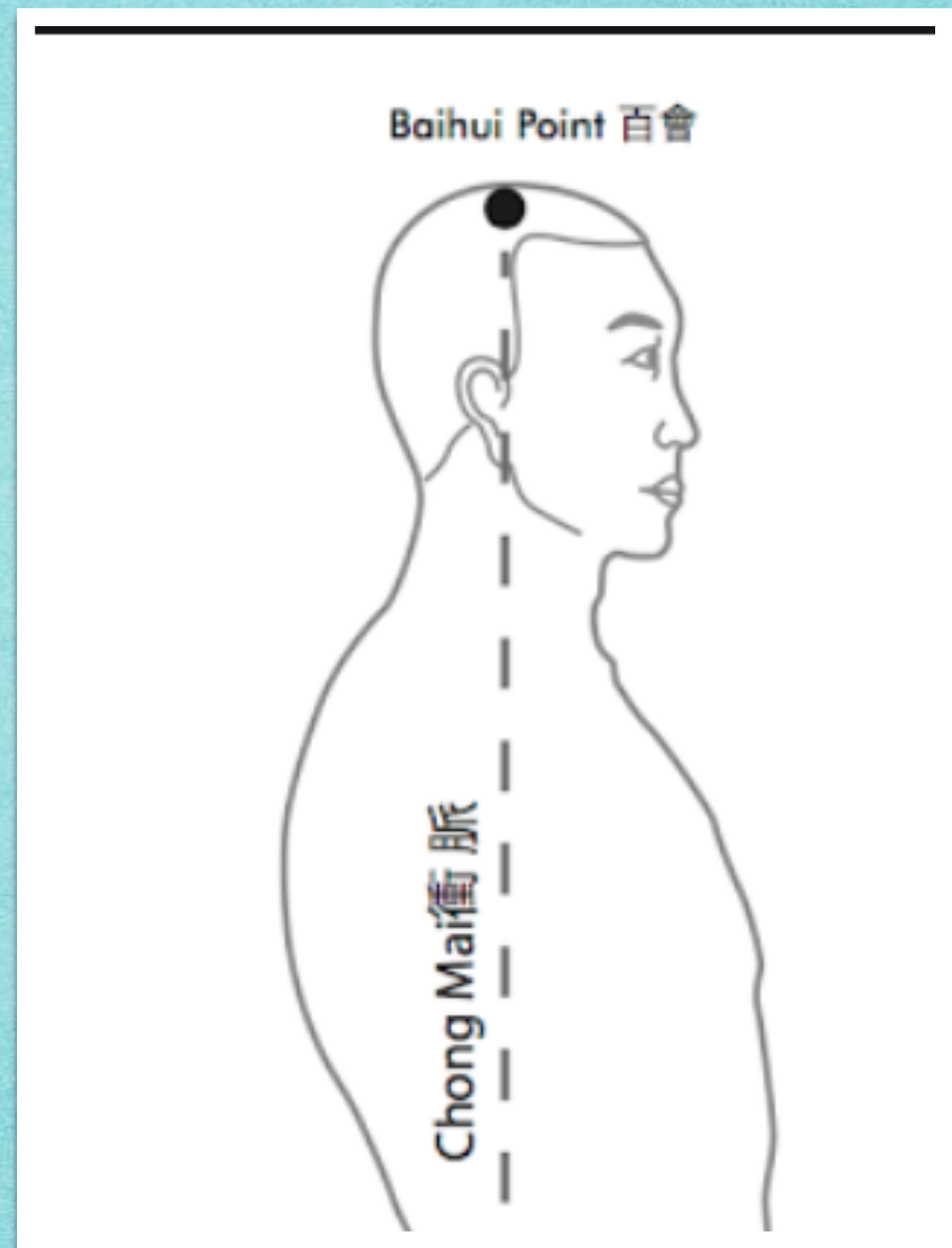




# *ACCUPRESSURE MASTER POINTS*

*TOP OF HEAD*

*BAI HUI*

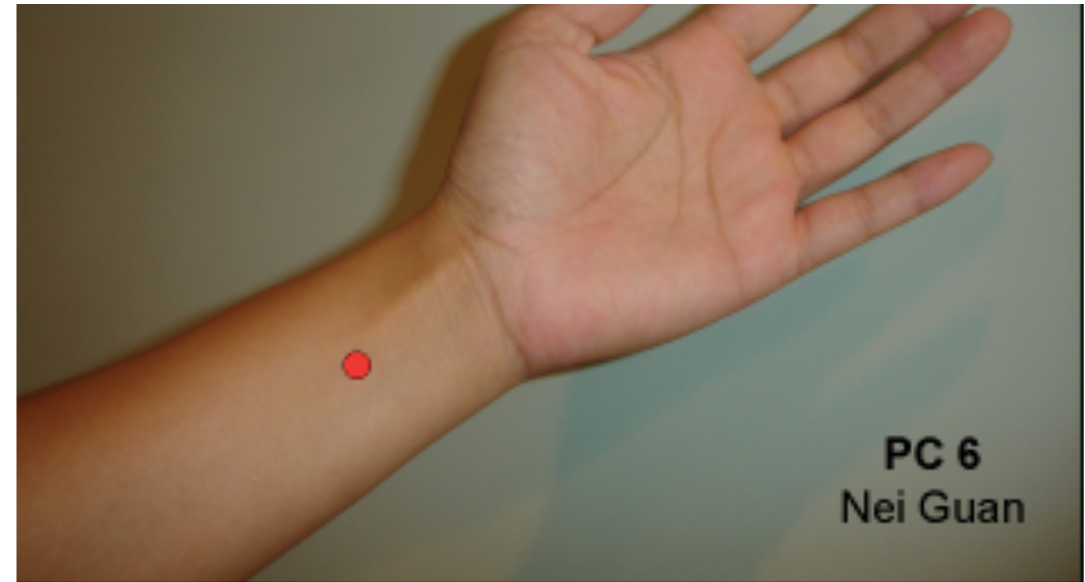




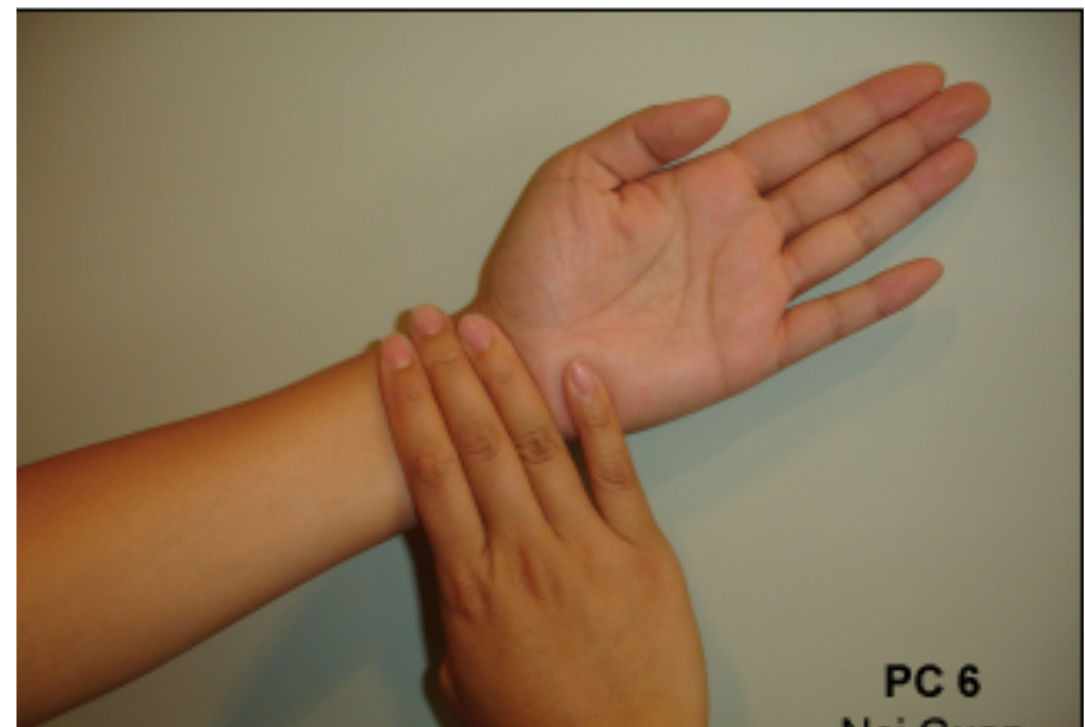
# *ACCUPRESSURE MASTER POINTS*

## *PERICARDIUM*

### *NEI GUAN*



The point is located at the medial aspect of the hand.





*Treatment of the points:  
1-2x per day  
Morning and during the day  
Evening before 9. Pm  
Apply medium pressure for 60 seconds  
Tapping 36 times  
Treat points on left and right side of the body  
Points can be treated individually as well*