



Chinese Food Therapy (Yao Shan)

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Traditional Chinese Medicine Clinic

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Home made rice wine with wolfberry



Winter tea with tea rose, orange, Cinnamon bark, clove, green tea, apple juice and wolfberry



Herbal tea for beautiful skin

Chinese **Yao Shan** has a long history. People explored various benefits from natural foods and plants especially herbs. Beginning during the Zhou dynasty (1000 BC), Chinese medical doctors who worked inside the Palace were divided into four areas. One of the specialties was Yao Shan therapy. This specialty was developed to promote the Emperor's well being, prevent disease and encourage a long healthy life.

THE INNER CLASSIC (2600. B.C), the earliest book written in Chinese Medical History stated that herbs and foods belong to the same category. Different tastes of food have different medicinal nutrients and balance different organs.

Yao means medicinal herbs and spices. **Shan** means food in general and the way it is prepared. Yao Shan is part of Traditional Chinese Medicine therapy that provides therapeutic nutrition, strengthen the immunity and increases energy, nourish organs, improve circulation, and detoxify the body. If a person does not eat the right kind food or consume food not applicable to their physical condition, it might become detrimental to their health. Yao Shan is not simply adding herbs into foods.

Yao Shan has several of the following characteristics:

- 1. The body is treated as a whole entity:** Before formulating Yao Shan therapy for an individual, Chinese Medical doctors need to understand each individual's constitution, the stage of an illness, physical condition, lifestyle and age. For example if a person has chronic cold type of gastritis, the patient should be eating a grain soup (congee) with warm herbs such as dry ginger, cinnamon bark and /or other warm herbs. If a woman has menopausal symptoms with deficiency heat (hot flashes), she should avoid hot spicy foods, consume more cooling herbs such as Go Qi Zi (wolfberry) and Chrysanthemum flowers in tea or prepare soups with cooling herbs and certain grains that nourish kidney yin energy.
- 2. Yao Shan increases the body's immunity enhances energy and promotes well being.** I often suggest a special chicken soup with several herbs and shitake mushrooms for a person with a weakened immunity system, low blood count, chronic fatigue, especially, after chemotherapy.
Most Chinese families know how to make Qing Dynasty's famous "Eight Treasure Congee" for daily consumption. Some of the ingredients include wild Chinese yams, Lotus seeds, hawthorn fruit and red Chinese dates.
- 3. We enjoy food more than medication.** Many Yao Shan recipes are easily digested and tasty with therapeutic properties in the form of soups, desserts and main dishes. They do not have side effects.
- 4. Yao Shan is definitely an art form of Medicine**
Formulating Yao Shan is an artwork. It integrates a variety of grains, plants, herbs and sometimes meats by their property, color, and taste. Chinese Medical practitioners believe that different flavors of food work on different organs. For example, a sour taste tends to assist the liver organ. Different color foods go to different meridians. Such as red color food tends to go to the heart meridian and black color food tends to nourish the kidney.





In general, foods that are helping to promote well being and increasing body immunity are considered as anti-aging food such as black sesame seeds, mulberry, wolfberry, Logan fruit, black walnut, Chinese yam, Chinese red dates, grapes, lily bulbs, ginger and pear barley.

When the patient visits the Traditional Chinese Medicine Clinic for consultation with Dr Helen Hu, they will be treated for their medical condition. They also will receive lifestyle and diet consultation with Yao Shan, herbal teas and exercise.

If you want to know how Yao Shan can help you and your friends, please call Dr. Helen Hu at **(619) 226- 6506** or visit the website. www.sandiegolongevity.com .

