

It is finally my favorite season. I love the fall and in Canada it is fall. I know not everywhere in the world. It is, but right now it's my favorite season. It's a time where you can put your scarf back on and your sweaters and the leaves are changing colors.

Becoming really pretty in Canada. We have. Maple trees, which turn red-orange. Brown. And it's just so pretty. In the fall. Many animals started preparing for winter squirrels. For example, gathering store nuts. And then there's the harvest moon. This is the full moon closest to the fall. Autumn Equinox. And it's called a harvest moon. It's named for the extra lighted provides allowing farmers more time to harvest crops before the shorter days of winter set in.

And we're going to see harvesting really relates to the metal element and fall season and the lung and large intestine system. In today's episode, I'm diving into TCM nutrition, specifically focusing on the lung and the large intestine. As it relates to the fall season.

And like I said, harvesting to prepare for winter, we were looking at the symptoms and food recommendations for the four. Most common TCM, lung patterns of diagnosis. Heat in the lung, phlegm in the lung, the lung qi deficiency and lung yin deficiency. Those are not exclusive, but they're common. So it's easier to kind of look at the food that we can recommend our patient because of each pattern. Offers unique insights into how diet can either hinder or support the TCM lung system.

I'm also going to share a personal story and stay till the end, because I have a free PDF I created, especially for you, you are going to love. Oh, let's go.

Welcome to Acupro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks!

In Chinese medicine, the lung is connected to the fall season. As I said, in the introduction. It's a time when yang energy from the summer started to slowly wean and yin energy takes its place. Preparing for winter. Fall is seen as a period of preparation reflection and moving on from the summer to a quieter time. The lung and large intestine in TCM or associated with the fall season in specifically in the five element theory. It is a time of transition. And a time of letting go because the large intestine. Is the organ that let's go.

The lung is connected to respiration immunity and the large intestine is connected to elimination. As the air becomes cooler and the trees are drying and everything around us is drying. It's important to protect the lung by keeping them moist and strong. This is a time where I see a lot of patients with asthma that started having very dry cough or dry nose a lot of people start having dry skin as well.

When you think of the fall, it's not just a season in a year, but it's also the season of our lives. And for transition like menopause in women. This is the fall of our lives. And what happened during menopause, everything starts to dry. Skin's dry there's vaginal dryness. So fall is really associated with the dryness.

Climate. In the five element theory. This is why really important to keep hydration and moisture for the lung and large intestine makes sense. So this is a time to focus on nourishing the lung with warm, hydrating foods like pears, apples, and soups. And we want to support the large intestine with high fiber rich food, but also with food that brings probiotics into the large intestine in order to have a strong immune system to prepare for winter flu and cold season. We want to emphasize on breathing exercises, which makes sense, because the lung is all about breathing.

Letting go and reflection. It's part of the fall and it encourages introspection and the release of what no longer serves us emotionally this season, represents grief. Sadness and let it go. Supporting mental health by acknowledging and processing emotions. Can support the lung and immune system overall creating a daily routine.

That includes time for relaxation, reflection like journaling and gentle movement will support both physical and emotional health. Now during the fall, it's vital to nourish the lung and large intestine. By avoiding excessive pathogens. And where does pathogen enters the body through, upper back and neck, specifically wind external wind.

And there's the body through that area and brings along heat or cold, . Like wind heat, wind cold, which is basically common cold or the flu. So I love to wear scarves because they are perfect to protect the NAPE from invasion of external wind.

We also want to prepare for winter so we can do canning, do preserves, do jams, basically take everything that we need to have ready for winter for the next season. And we want to let go of summer. By practicing journaling and writing everything that . We need to let go that no longer serves us.

Now today's episode is specific to nutrition, right? The uniqueness of each individual is key to healing and TCM. So treatment, when it comes to nutrition is always tailored to one

personal characteristic environment and stage of life. We're not going to treat the same way a young man that is 16 years old and a woman in a menopause, of course not.

Right. So when it comes to TCM nutrition, though, we still have four principles that apply to everyone. First, we want to eat foods that are. We're in season. So here are the fall, fall season food. This align our diet with the natural rhythm of our environment. Of course, second, we want to eat. Local food.

Local foods are fresher and more harmonious with our surrounding, right. We want to be in harmony with nature. Third, we definitely want to practice mindful eating. Which means chewing our food thoroughly and avoiding this distraction, like working at a desk while eating or being on our phone. Right? This is so common.

I see this all the time. Being from France, we are used to sit and really enjoy food and have conversation or gather around the table with friends. And lastly, we want to consider our genetic background in our diet choices. For instance, a first generation Korean person in the US might be lactose intolerant, reflecting a diet in Korea where dairy is not commonly consumed.

Does that make sense? Okay. So before we started talking about the best foods, when it comes to lung specifically, I just wanted to share a quick story. I have said this many times, but if it's your first time listening to me, I was born premature 10 weeks premature to be exact, which is a lot right. And my mom smoked during the whole pregnancy.

According to my mom who smoked two packs a day doing her pregnancy. Cause she's French. Babies are born early all the time. And smoking had nothing to do with me being born premature. Oh, okay.

Nevertheless, I probably couldn't wait to get out of there. I do finally breathe fresh air.

I probably wasn't a smoke in there. That's what I'm thinking in my head. Right. . So when I was born, I was put in an incubator for weeks . Before I was able to breathe on my own. Well, duh. Of course I had asthma as a child, but fortunately for me, as I grew older, my lungs got stronger and I've never had to deal with any bronchial issue ever again.

So touch wood.

What's interesting is for many years now I have been teaching. And when you teach for three hours in a row, you talk a lot. I also record podcasts. I make videos. I talk to my patients. So I speak. A lot and use my voice a lot daily. this depletes, my lung qi. Singers are the same.

You look at Celine Dion. By the way. Celine Dion is born the same day as me. So if you want to know how old I am, Google Celine Dion's birthdate and you'll see how old I am, because we are exactly born the same day, same year, same day, same month. Her lung, qi must have been so depleted because she sang to her heart's content for decades.

And I don't know if you've seen the documentary on her disorder. She's been diagnosed with stiff person syndrome. It's really, really sad to watch because she has such talent. But I also believe that she overworked her whole life overused her lung qi her voice, and just didn't really have time to kind of breathe, relax, and, and reflect a lot.

And what was interesting in that documentary, one of his son asked her, what's the place you've been in the world that you love the most because she's traveled the world. Right. And she said, I've been to so many place in the world. But I've never seen any of them. Because all I did when I was there, I was working. And when I heard that, it made me really sad because you can see that people can have a lot of money. And do things that they really passionate about, but they miss out on life. And that's really sad to see.

Right. So anyway, if you haven't seen this documentary, sorry for the sidebar, but it really, really touched me again because she's also from Quebec. She's French. I'm from France, but we speak the same language. She has a French accent when she speaks English. I do, and we're born the same day.

So I relate to her a lot, except I can't sing. I can't sing for the life of me. So. If you've watched my YouTube videos live, where I sing. You know what I'm talking about.

Now because we're talking about nutrition. I really truly love how nutrition can heal our body and TCM food. Cures is amazing if the patient is willing to be compliant, which is not always easy, right. That's the hard part is compliancy. So here are the best food for the four most common TCM, lung patterns along with some great recommendation. By the way, if you missed it in the show notes, I will also have the link to episode number 12 , which is a food recommendation for the liver patterns . Which I released in the spring and number 24, which are the food for the heart, which I released in July and the kidney is coming in December for you.

So you're going to have them all pretty soon.

Let's look at the first common pattern we're talking about chronic heat in the lung. I'm not going to talk about acute today only about chronic. So heat in the lung would have dry cough. Feeling hot during the day, having a red tongue, having yellow nasal discharge. Maybe having an itchy throat often dry bowel movement that is smelly and constipation probably. And the person can not focus because they're hot all the time.

They probably wake up early in the morning at lung time around 5:00 AM. Feeling hot. Healing food for heat in the lung are cantaloupe, apple pear peaches, radishes, cabbage. Papaya cauliflower bok choy. Really good to help. Cool. That heat. And on top of it, we want to try to avoid alcohol coffee, garlic, onion, ginger, all the spicy food, because that's going to create more heat.

Makes sense. Right. So when designing a meal plan for a patient that has lung heat. It's essential to focus on food that are going to clear the heat and cool the lung. You could have pears with nuts. You could have tofu Stir fried with greens served on the bed of quinoa and you could have mint tea mint is very cooling. When I lived in Morocco years ago. They have the best Moroccan mint tea. Oh, so good.

And it's very cooling, even though it's hot in Morocco, when you're drinking a warm drink, it cools you from the inside. So I love that. The second, most common pattern in TCM when it comes to chronic lung issue, it's phlegm in the lung. A lot of people have asthma have phlegm the lung, but some people cough, phlegm every day. And they might be coughing a lot of phlegm without being sick, per se, but there's a lot of mucus that needs to come out.

Right. They may be wheezing. Like I said, asthma, but not necessarily all the time, but they definitely cough a large amount of mucus. Now, when it comes to the mental symptoms for this, it's usually that people can not let go of their own possession.

So for example, hoarding, or really keeping everything and never letting go of anything. That is a phlegm in the lung because phlegm kind of clouds your judgment. Does that make sense? Good example for foods that dry phlegm are mushroom seaweed, flax seed, fennel, asparagus.

Those are really good. Lemon as well. And we want to try to avoid dairy because that creates more mucus, of course, and we don't want to have food that is too cold as well, because cold has a tendency to congeal. Which doesn't allow for flow of qi to kind of expectorate and get rid of the phlegm. If that makes sense. So when we look at people that have phlegm the lung something like in the morning, you could have raspberries with porridge made of quinoa and flaxseed.

This is very good. Quinoa is bitter and sweet. So it is drying, which is great. Lentils and mushroom soup with a romaine lettuce with lemon dressing would be good or just simple ginger lemon tea, very drying, right. With a piece of dark chocolate on the side, because why not?

If you still struggle to come up with the right treatment protocol for your patients, you are going to love my third book. By popular demand, I have created a guide for TCM treatments

for over 160 common syndromes with acupuncture points, herbal formula, ear points, diet, and so much more, including many, many of my clinical pearls.

It is the game changer for acupuncture students and specifically for practitioners. You can download the digital version on any device, and it comes with many video links to compliment it or. If you're like me and you'd rather have a hard copy version, the publisher ships it all over the world. But before you invest in my Chinese medicine treatments made easy, I want to make sure it's everything you were looking for.

So you can download a sample of it. Listen to what people who invest in this book had to say. Thank you, Clara. This is exactly what I needed. I love how you organized this book. It's truly helping me in my first year in practice. Yay! So excited, bought it immediately! It will be a great resource for studying for boards.

That's awesome! Oh my god! I immediately purchased this and it is such a bargain price that I almost feel ashamed for paying what I believe is worth of much, much more! Even as an experienced practitioner for over 10 years, I like your stuff just as much and benefit from it. Yay! All this is just so rewarding for me.

So I hope you get your copy if you don't have one. The link is in the show notes below. Or you can go to my website acuprofacademy.com and click the shop tab on the menu bar. You won't regret it. I put so much heart and soul in it. I hope you enjoy and benefit from it and in turn your patients do as well.

At the beginning I talked about, I have a surprise for you in the show notes link to below. You can grab my free Chinese medicine nutrition PDF. I created it just for you. With comprehensive food recommendation for all five yin organ common patterns. So not just the lung, but the spleen, the heart, the kidney, and the liver.

So make sure to grab your copy in the link below. Now let's continue and look at the deficiency pattern when it comes to lung. First, most common one is lung qi deficiency. I see so many patients specifically in the fall who need to boost your immune system to prepare for the flu and cold season.

Right. So they're usually fatigue. You have a weak voice. They have shortness of breath, they catch cold and flu easily, and it's really hard for them to get over an infection. So that's often the lung qi deficiency. And so we need to really new-ish cheap. With carrot, oat, Rice, sweet potato, yam, garlic, molasses. And fatty fish. We also want to restrict food that is raw or a lot of greens or dairy because it's going to make everything worse.

When designing a meal plan for a patient of lung qi deficiency, we want to focus on boosting the immune system with probiotic food like sauerkraut. So you get to have steam salmon with a side of sauerkraut and a sweet potato. For a snack you could have hot cacao.

Now, I don't know if you know about the cacao, organic, cacao is full of probiotics. So you can make a hot cacao with almond milk, for example, that you can make yourself the almond milk. And that is perfect for lung qi deficiency. We can have like a squash and carrot soup. Yummy!. With maybe some baked chicken on the side.

If you eat meat we can have roasted winter squash and carrot soup with ginger in it would, I would be so good.

I'm hungry. Are you. Oh man. And the last pattern that is really common specifically with smokers is lung yin deficiency or people that are exposed to a lot of chemicals and it dries their throat. So it would be dry throat, dry cough, feeling hot at night, thirsty for cold drink, but sipping not gulping. Red cheeks and basically feeling irritable or restless..

So the best food to nourish the lung yin would be pears. Pears are great because they're fall food, but also very moistening . Apple also bananas are very moistening. Now we have to be careful because they can create dampness banana. So we don't want to overdo it. Tofu, clam and tempeh all good food to nourish yin as well as seeds. And nuts. Now we want to avoid bitter food. Like dandelion. Or too hot food or spicy food because it's going to create more heat.

And when someone is yin deficiency, of course they feel overheated. Right. Makes sense. So when we look at patients with lung yin deficiency, we can recommend things like a warm porridge with a poached pear and a little bit of drizzle of honey over it. That would be perfect. Or we can have a baked fatty fish like salmon or halibut. We have a side of kale sauteed. And some roasted apples.

That sounds good to me. That sounds really delicious. Or, we can stir fried some tempeh or. Tofu with some greens and mushroom and serve it over. Quinoa. Now, one of my favorite snack and winter. , I don't have lung yin deficiency, but I have tendency to be more warm. So I have tendency to go more in the yin deficiency

side. One of my favorite snack is poached. Pear. With a drizzle of dark chocolate and some Walnut. Oh, that's my favorite warm snack in winter. Aren't you hungry by now?

This is a short and sweet episode to celebrate my favorite season the fall. It has been a pleasure guiding you through the TCM approach to lung health.

Remember your TCM journey, whether you're a practitioner or a student. Doesn't have to be walked alone. This is why create all this content for you. And there's so much more@acuproacademy.com, TCM resources, online courses, masterclasses books. So much for you on top of it, make sure to grab your TCM nutrition PDF, which is free and linked in the show notes below. . If you found value in today's episode, please follow the show.

Wherever you listen to podcasts. Share this episode with a friend with family or anyone, you know, could benefit from this timeless wisdom that is Chinese medicine.

You have no idea, but your support means the world to me. And together we can spread the knowledge that can transform lives. One patient at a time. Keep nourishing your body, mind, and spirit. Thank you for listening. And until next time, keep rocking it. We've TCM.

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