



**TCM**

food as medicine

You are:

## **The Low Energy Type**

You struggle to get out of bed in the morning and/or find it difficult to have enough energy to get through the day. You tend to overexert yourself or stay up too late, leaving you feeling tired, burnt out, and stressed. Not to worry, getting the proper amount of rest, nourishing your body with good food, getting adequate exercise, and managing stress are all you need to get your energy back.

### **Possible Symptoms:**

- fatigue or exhaustion
- lack of appetite
- poor concentration
- bloating
- soft stools or diarrhea
- feel cold easily
- lower spine pain
- frequent clear urination
- waking at night to urinate
- shortness of breath
- low libido
- premature ejaculation
- impotence

### **Causes:**

- Excessive stress
- Overexertion
- Lack of sleep
- Excessive worry, anxiety, fear or overthinking
- Excessive sexual activity
- Giving birth frequently
- Chronic illness
- Eating too many cold/raw foods or dairy products
- Eating late at night or when in a hurry

### **Helpful Tips:**

- Eat warm meals, soups and stews.
- Eat congee or oatmeal for breakfast.
- Sleep a minimum of 8 hours per night and go to bed before 10 pm.
- Avoid skipping meals.
- Manage stress by getting regular acupuncture.



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## **Food as Medicine: The Low Energy Type Diet**

<b>Best Foods to Eat</b>	
Meat:	beef, chicken, ham, lamb, venison
Seafood:	anchovies, eel, herring, lobster, mackerel, octopus, oysters, salmon, sardines, trout
Vegetables:	carrot, corn, fennel, leeks, potato, pumpkin, sweet potato, shiitake mushrooms, winter squash, yams
Starches/grains:	millet, oats, quinoa, rice, spelt
Fruit:	cherries, coconut, date, figs, grapes
Dairy/eggs:	eggs, organic milk
Nuts/seeds:	almond, black sesame seeds, chestnuts, hazelnuts, walnuts
Beans/legumes:	chickpeas, lentils
Herbs/spices:	coriander, ginger, garlic, sage
Other:	molasses, royal jelly
Beverages:	room-temperature/hot/warm water, ginger tea

<b>Foods &amp; Drinks to AVOID</b>
cold/raw foods, juices & smoothies
ice in drinks
dairy products
sugar
fruit
tofu
chiles
cayenne pepper
hot peppers
beer
black tea
green tea

## Energy Boosting Recipes:

### **Eggcellent Breakfast Congee**

(vegetarian, gluten-free, dairy-free)

#### Ingredients:

- 6 cups of water
- 2 cups organic chicken bone broth
- 1 cup organic jasmine rice, rinsed and drained
- 1/2 tsp sea salt

#### Toppings:

- Organic eggs (scrambled or hard boiled)
- Scallion, chopped
- Garlic powder
- Onion powder
- Dried ginger
- Black pepper
- Pinch of sea salt
- Sesame seeds



#### Instant Pot Directions:

- Rinse rice under cold water until water is clear. Drain and add rice to the pot and stir in bone broth, water and sea salt. Seal the pot and set on manual for 22 minutes. Once timer beeps, let the rice sit in the pot for 20 minutes before releasing the pressure valve.
- Once congee is ready, cook the eggs by scrambling in a pan or boiling for 10 minutes.
- Ladle one cup of congee into a bowl and top with 1-2 eggs, scallion, and a sprinkle of garlic powder, onion powder, dried ginger, sea salt, black pepper and sesame seeds.

#### Crock Pot Directions:

- Add water and bone broth to a large pot and bring to a boil.
- Once the water is boiling, add the rice and sea salt to the pot.
- Reduce the heat to low and simmer for 2 minutes.
- Pour everything into a slow-cooker set on low and let cook for 6 - 8 hours (or overnight). Stir occasionally to prevent the rice from sticking to the sides of the slow cooker.
- Once congee is ready, cook the eggs by scrambling in a pan or boiling for 10 minutes.
- Ladle one cup of congee into a bowl and top with 1-2 eggs, scallion, and a sprinkle of garlic powder, onion powder, dried ginger, sea salt, black pepper and sesame seeds.



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## Heart-y Cherry Vanilla Oatmeal

(gluten-free, dairy-free option, vegan, vegetarian)

### Ingredients:

- 1/2 cup gluten-free oats
- 1/2 cup frozen sweet dark cherries
- 1 cup water
- pinch of himalayan salt
- 1/4 tsp vanilla extract
- 2 TBSP organic cow/goat milk, or coconut milk



### Directions:

Add oats, cherries, water and salt to a medium saucepan. Bring to a boil and reduce the heat to simmer, cooking for 5 minutes. Stir in vanilla extract and serve in a bowl. Top with milk and enjoy!

## Beef Up the Chest

(gluten-free, dairy-free)

### Ingredients:

- 1 can organic chick peas, drained and rinsed with liquid reserved
- 1 lb organic grass-fed ground beef
- 1 cup organic cooked white rice
- 2 cloves garlic, minced
- 2 tsp cumin
- 1 tsp chili powder
- 1/8 tsp cinnamon
- 2 scallions, diced
- fresh parsley, diced
- himalayan salt
- black pepper



### Directions:

In a deep frying pan or wok on high heat, add the ground beef. Break up the beef, start to brown and add in chick peas. Cook for 10 minutes until chick peas are slightly browned. Add in garlic, cumin, chili powder, and cinnamon and cook for 1 minute. Add in reserved liquid from

chick peas and rice. Season with salt and pepper. Reduce heat to low and simmer for 1 minute until liquid is absorbed. Divide into bowls and garnish with scallions and parsley.

### **Lovely Lentil Heart Nourishing Soup**

(gluten-free, dairy-free, vegetarian)

#### Ingredients:

- 1 cup red lentils, soaked for 6 hours or overnight, rinsed and drained
- 7 cups vegetable broth
- 1 sweet potato, peeled and chopped
- 3 carrots, peeled and chopped
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tsp cumin
- 1 tsp coriander
- 1 tsp chili powder
- 1/8 tsp cinnamon
- 1/4 tsp cayenne pepper
- 1 tsp himalayan salt
- 1 TBSP ghee



#### Directions:

Mix cumin, coriander, chili powder, cinnamon and salt in a small bowl. In a large soup pot, add ghee and melt over medium-high heat. Add onion, garlic and carrots and saute for 3 minutes. Add 1 cup of vegetable broth and spices and turn heat to low. Simmer for 6 minutes. Add lentils, sweet potato, and remaining 6 cups of broth. Bring to a boil. Once boiling, reduce to low and simmer for 20 minutes.