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TCM nutrition: Providing a different mindset using foods for balanced health

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This paper discusses about overview of improper diets and lack in correct food; and recommendations for balanced health. Traditional Chinese Medicine (TCM) encompasses eight strategies: Meditation, exercise (Tai Chi), diet and nutrition, astrology, Feng Shui (geomancy), body work, herbs, and acupuncture. The Chinese recognized nutrition as one of these pillars was crucial for Doctors to incorporate into their teaching and practices. Food can prevent, correct or cause disease depending of a person's choice. Ideally, a combination of dietary therapy, acupuncture, and herbal prescriptions specifically designed for the patient's individual needs along with lifestyle changes will heed a positive outcome. TCM nutrition is the product of 5,000 years of China's history. TCM influenced diet therapy was first introduced in the Zhou Dynasty (1100–700 BC). This is when the first detailed herbal books were written. It has continued to evolve with modern Western medical standards while still keeping its roots in the ancient's teachings and philosophies. The word dietetics, from the Greek word diata means life care or art of living, illustrates the breadth and importance of using nutrition to support life. The famous doctor Sun Si Mao accentuated the important role of nutrition by explaining, without the knowledge or proper diet, it is hardly possible to enjoy good health. In many cases, TCM doctors used nutrition first and foremost to treat a condition with other approaches for healing coming second. According to the ancient practices, doctors first have to find the cause for an illness and determine which disharmony prevails. To balance this disharmony, the first and foremost measure is appropriate diet. It is not until this measure bears no results that one should use medicines (herbs) (Chinese Nutrition Therapy). In other words, nutrition is an important therapeutic method used in traditional and modern (integrative) Chinese Medicine to ensure all people achieve optimal health by becoming more resilient and resistant in their daily life.

Biography

Yi-Chuan Liu has earned her Bachelor of Medicine degree from the Nanjing University of Chinese Medicine, Master's and Doctoral degrees from Midwest College of Oriental Medicine. She is a Professor at the Midwest College of Oriental Medicine where she teaches TCM nutrition, and herbs. She is also a Supervisor of student interns in the College's clinic. She brings classical TCM as well as any new herbal research in the field into the classroom and clinical setting. Her teaching and clinical style is traditional because it encompasses a Mind/Body/Spirit approach that exemplifies the same attitudes of the famous Chinese doctors of old. It also aims to fully merge the practices of east and west by taking the best of the old and combines it with modern scientific advances in medicine to provide an integrative approach to patient center care.

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