Intro to Nutrition and Food Therapy in Traditional Chinese Medicine
GOAL OF THE COURSE

- Introduce TCM theories, especially focused on food and digestion
- Discuss modern dietary issues
- Explore therapeutic value of foods
LEARNING OUTCOMES

- Understand how TCM views diseases
- Understand how TCM categorizes diseases
- Understand the role of food and food therapy in TCM
- Able to plan a proper diet
- Able to eat according to your diagnosed condition
WHAT IS TCM?

- Ancient Chinese had no idea it’s “Traditional”
- Traditional Chinese Medicine is a modern term
- It arise in contrast to Modern (Western) Medicine
How about modern/western medicine?

- Had its’ own Traditional Medicine (Humorism)
- Based on Pathological Dissection
- Using physio-anatomy as framework
- Reductionism (smaller part is fundamental to the whole)
THE BENEFIT OF WESTERN/ MODERN THINKING

- Precision
- Predictability
- Scalability

Monday, October 15, 2012
THE LIMITATION OF MODERN WESTERN THINKING

- Mechanization 機械化
- Dominated by Chemical therapy 以化學治療為主
- Cannot explain psychosomatic illness 無法解釋情志致病
- No fuzzy treatment 無法模糊治療
TCM HAS A VERY DIFFERENT ROOTS

- Do not use anatomical structure as framework (due to legal and technical limitation)

- Based on classical texts (philosophical and meditative)
TCM USES VERY DIFFERENT TOOLS

- Based on observations of physicians
- Utilizes physicians’ sensual organs
- Use Traditional Chinese Logical Inference
TRADITIONAL CHINESE LOGIC

- YIN-YANG 陰陽
- FIVE-PHASE (x) 五行
- HOLISM (DIVISIBLE & INDIVISIBLE) 整體觀（可分與不可分）
WHY SUCH LOGIC?

Based on the observation of natural world, Chinese discovered everything follows a pattern.
Three Definition of I-Ching

- Change
- Not Change
- Simple

“《易》者，易也。具陰陽動靜之妙。醫者，意也。合陰陽消長之機。雖陰陽已備於《內經》，而變化莫大於《周易》故曰天人一理者，一此陰陽也；醫易同源者，同此變化也。” - 張介賓
Yellow Emperor says, “Yin-yang is the way of heaven and earth, the order of everything, the progenitor of change, the origin of life and death, and the domain of Spirit. Treatment of any illnesses must seek this source.

-The Great Treatise on Yin-yang’s Manifestation on Phenomena, Chapter 5, Yellow Emperor’s Internal Classics
ABSTRACT AND ANALOGOUS (PATTERN) REASONING

• Five Organs correlates with Five-Phase, not the actual anatomical organ.
  • e.g. Liver on the left, Lung on the right

• Pattern Diagnosis and Therapy
  • e.g. Kidney-yin deficiency
FEATURE OF TCM

- Believe in the interaction between human body and its environment (geography/climate/season)
- Emphasize on harmony and balance
See disease as a result of either internal imbalance or imbalance between healthy-qi and pathogenic factors

Believe that treatment of disease should be focused on the fundamental pattern

Focused on patient's immunity
ADVANTAGE OF TCM

- Allow great variety of treatment
- Allow fuzzy treatment
- Customized treatment according to the individual
- More explanations for psychosomatic conditions
Are the five organs in Traditional Chinese Medicine your actual organs?

(T/F) It is forbidden to do dissection in ancient China

What classic text is the foundation of Chinese philosophy?

What are some of the limitation of modern medicine?

Name one definition of I-ching
NEXT TIME

- TCM Physiology and Pathology of Digestion
- The role of nutrition and food therapy in TCM
- Problems in modern diet and how to plan for ideal diet
- Common conditions and food therapy
- Discussion of select foods