

Following the Chinese medicine theory of 5 elements and 5 seasons, we are able to support our bodies through practical and easy modifications to diet and lifestyle. Print this booklet and display the current season on your fridge as a handy reminder that keeps your family well.

Remember to shop locally for in-season produce, which is designed to keep you healthy (food is medicine).

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The Wood Element

Keep your diet light * Cleanse the heaviness of Winter Enjoy raw foods * Salads and sprouts
Short cooking methods * Light steaming, stir fry Enjoy plenty of strawberries, lettuce, asparagus, sprouts, and tomato.

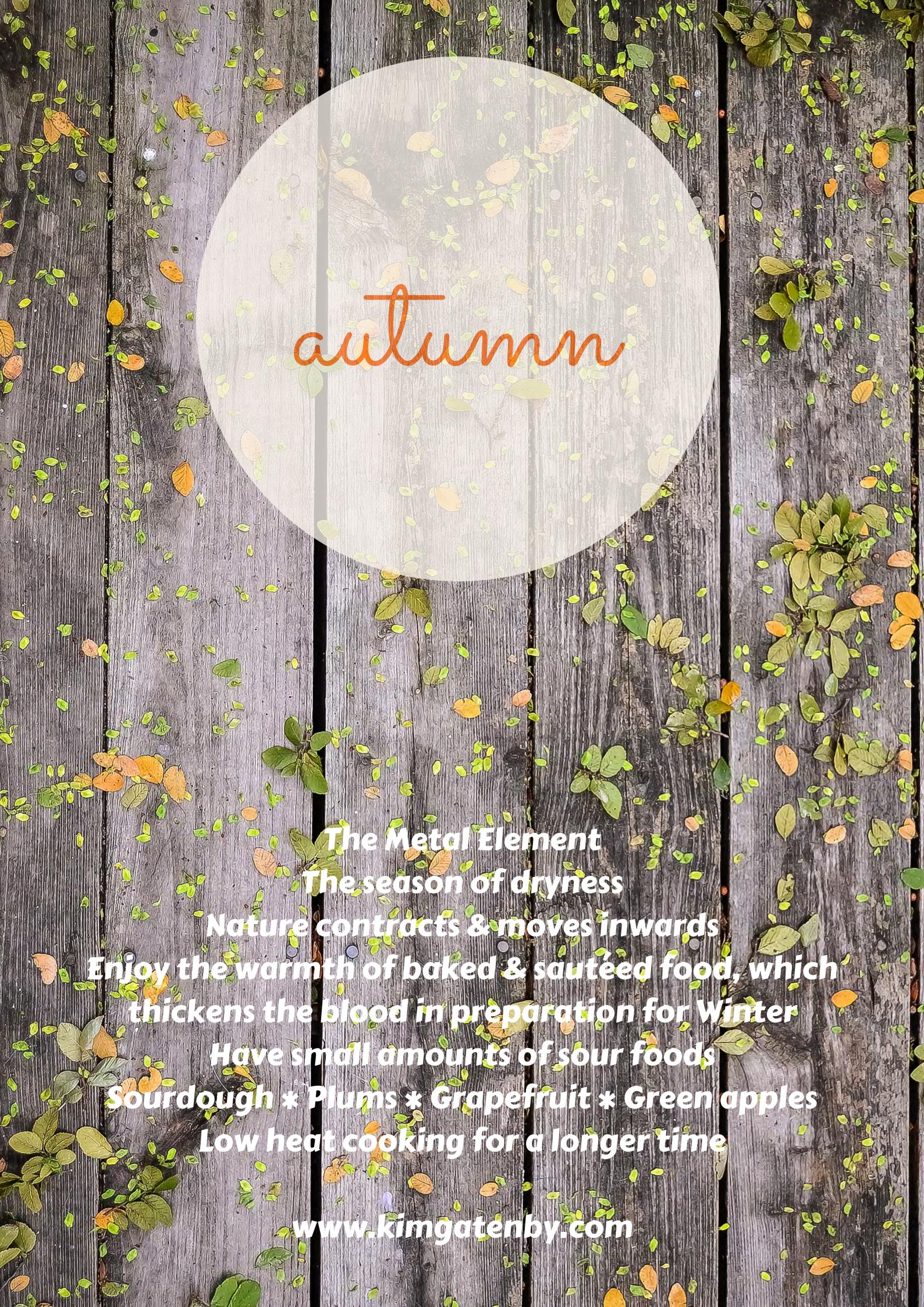
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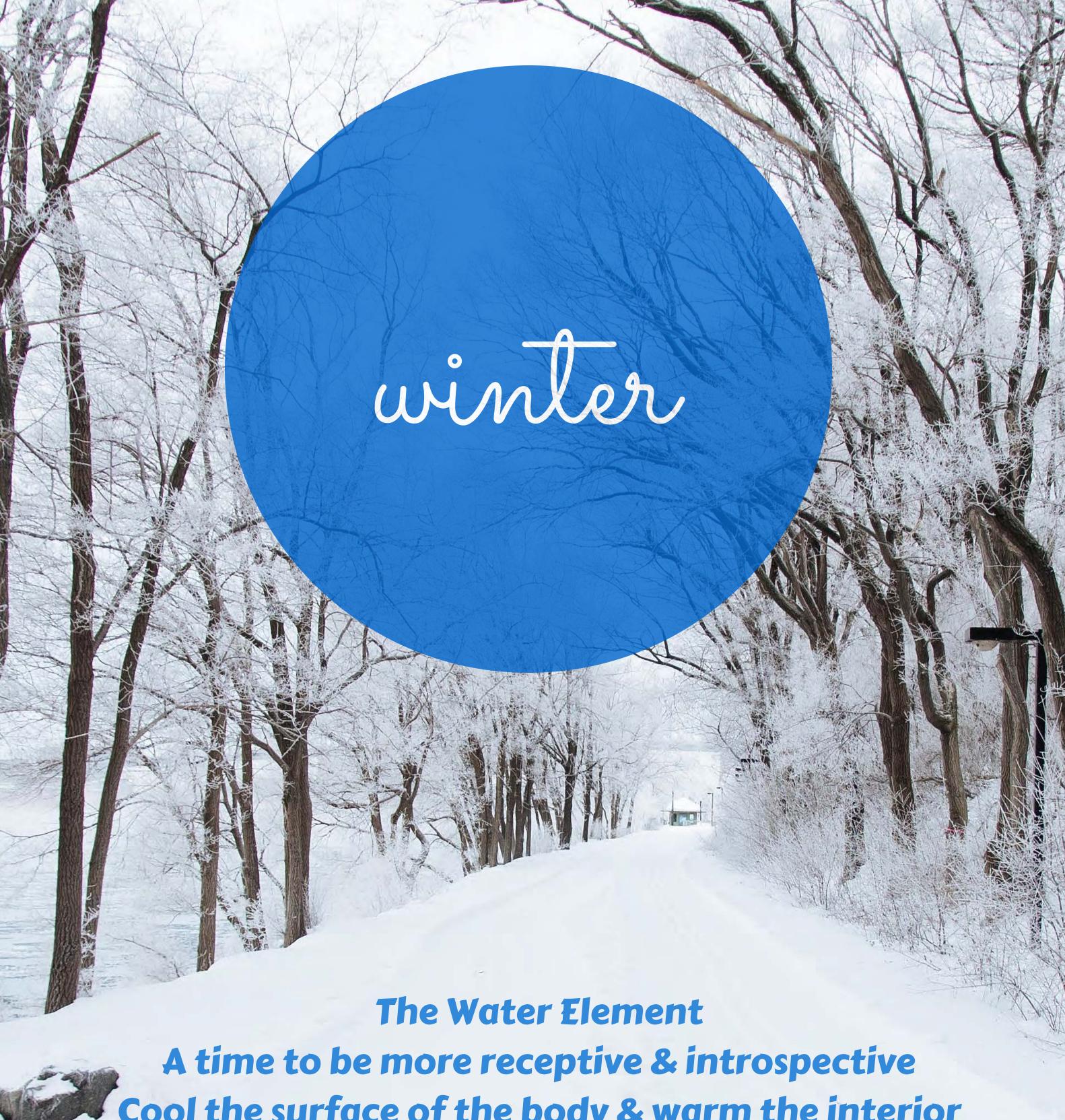




Eat harmonising foods that represent the centre
Mildly sweet foods * Yellow foods * Round foods
Use less seasoning than in Summer
Simple recipes with less ingredients
Remember to eat foods available locally at this time
of year.

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A time to be more receptive & introspective

Cool the surface of the body & warm the interior

Rest & meditate, but maintain some activity for joints

Warm, hearty soups * Whole grains * Roasted nuts

Dried foods * Steamed winter greens

Cook foods longer at lower temps e.g. slow cooker

Salty & bitters foods move warmth to your centre