



5 seasons

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).



spring

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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summer

The Fire Element

Match the climate to feel comfortable

Cook lightly * Add pungent spices

Hot drinks induce sweating & cool the body

Enjoy salads, spouts, fruit, cucumber

Avoid cold food/drink e.g. ice cream, cold drinks

Apples * Watermelon * Lemons * Limes

Heavy foods will cause sluggishness

Hot spices bring heat to the surface, which disperses and then cools your body.

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late summer

The Earth Element

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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autumn

The Metal Element

The season of dryness

Nature contracts & moves inwards

**Enjoy the warmth of baked & sautéed food, which
thickens the blood in preparation for Winter**

Have small amounts of sour foods

Sourdough * Plums * Grapefruit * Green apples

Low heat cooking for a longer time

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winter

The Water Element

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

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