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VEGETABLES AS
POWERFUL
MEDICATION FOR
CANCER

FLAVOUR in Neijing

Salty

Sour

Bitter

Sweet

Pungent

Cancer in TCM

"Tumor" → This word was discovered
on 3,500 years old bone inscription

The Yellow Emperor's Inner Canon

"With discomfort, improper diet
cold temperature from time to time,
pathogens prevail and accumulation left"

Cancer Treatment in TCM

Experience of Chinese TCM doctor

* Emotional factors (Contribute to cancer development)

7 Emotions:

Depression (repressed anger) → LIV

Anxiety (worry, fearfulness) → SP

Grief (death of loved one) → LU

These stagnation → if continues

Cause Accumulation → lead to "Tumor"
mass - at weak point
in body

FLAVOUR & ELEMENT

KID'

LIV

HT

SP

LU

Food therapy in Negjing

Yin

Essence

wind

Yang

Dampness

Qi

Cold

Blood

Heat

Yin Tonic

Yang Tonic

Qi Tonic

Blood Tonic

ESSENCE Tonic

Food to resolve

Dampness

Water

Phlegm

HOT Food

COOLING Food

DRIVING OUT WIND Food.

PROMOTING Qi FLOW Food

PROMOTING BLOOD FLOW

CALM SHEN & RELIEVE ANXIETY

FOOD & MERIDIANS

* GRAINS

* BEANS

* VEGETABLES

* NUTS & SEED

* FUNGUS

* OILS

* SEA WEEDS

* FRUITS