

Oriental Medicine

Eastern Nutrition

Qi deficiency

Qi is the term used in traditional Chinese medicine to describe your body's energy. Qi flows around your body in a series of meridian pathways. These pathways are separate from your circulatory, lymphatic, and nervous systems and influence the way in which your body functions. The qi that is presently in your body is a combination of your genetic makeup at conception, how you have lived your life since birth, and your daily intake of food and air.

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Foods that build Qi include:

Grains:	Barley, buckwheat, corn, lentil, oats, rice, sweet rice, wheat bran
Vegetables	Asparagus, button mushroom, cabbage, eggplant, peas, potato, pumpkin, shiitake mushroom, squash, sweet potato, tomato, yam
Fruit	Apple, cherry, date, fig, grape, logan
Bean Products	Black soya, chickpeas, kidney, tofu
Nuts and seeds	Almond, black sesame seeds, coconut (meat), peanut, walnuts
Fish	Eel, herring, mackerel, mussel, octopus, oyster, sturgeon, tuna, trout
Meat	Beef, chicken, chicken liver, duck, goose, ham, lamb, pheasant, quail, rabbit
Dairy	Chicken egg
Herbs and spices	Bay leaves, liquorice
Condiments	Barley malt, honey, molasses, rice syrup
Supplements	Algae, ginseng (American, Chinese, and Korean), pollen, royal jelly

Foods especially useful to tonify Spleen Qi Deficiency.

Grains	Oats, rice, sweet rice
Vegetables	Potato, squash, sweet potato, yam
Fruits	Cherries, dates, figs, grapes, longan
Bean product	Tofu
Meat	Beef, chicken, goose, ham, lamb
Herbs/ spices	Liquorice
Oils/ condiments	Molasses
Supplements	Algae, pollen, American ginseng, Chinese ginseng, royal jelly

Examples of every day western foods that can be used to build qi, include

- Oat porridge with dates and honey
- Roasted sweet potatoes with pumpkin and yams
- Chicken stir fry with shiitake mushrooms and rice
- Shepherds pie with beef or lamb mince, mushrooms, carrots and mashed potato as a topping
- Tuna fish pie made with hard-boiled eggs and served with mashed potatoes peas and corn.
- Stir fired Tofu, eggplant and mushrooms with black sesame seeds on rice
- Home made oat/muesli slice with honey and dates

Foods to avoid. People with Qi deficiency tend to seek out sweet foods. In Traditional Chinese dietary therapy there are two categories for sweet foods; the first is termed empty sweet which in small amounts is considered cooling and eliminating. It contains simple sugars such as fruits, juices, honey and raw sugar. The second category is termed full sweet, is considered warming and nourishing. It includes complex carbohydrates, protein and tonifying herbs and contains food such as rice, potatoes, meat and red dates.