



# Welcome to Feed the Body + Soul

## Fall Nourishing Foods and Tips

**Cooking Class with Aerin Alexander**



## Fall Season



Autumn brings shorter days and preparation for the winter. Everything pure and necessary is used and maximized, and anything unnecessary or wasteful is eliminated.



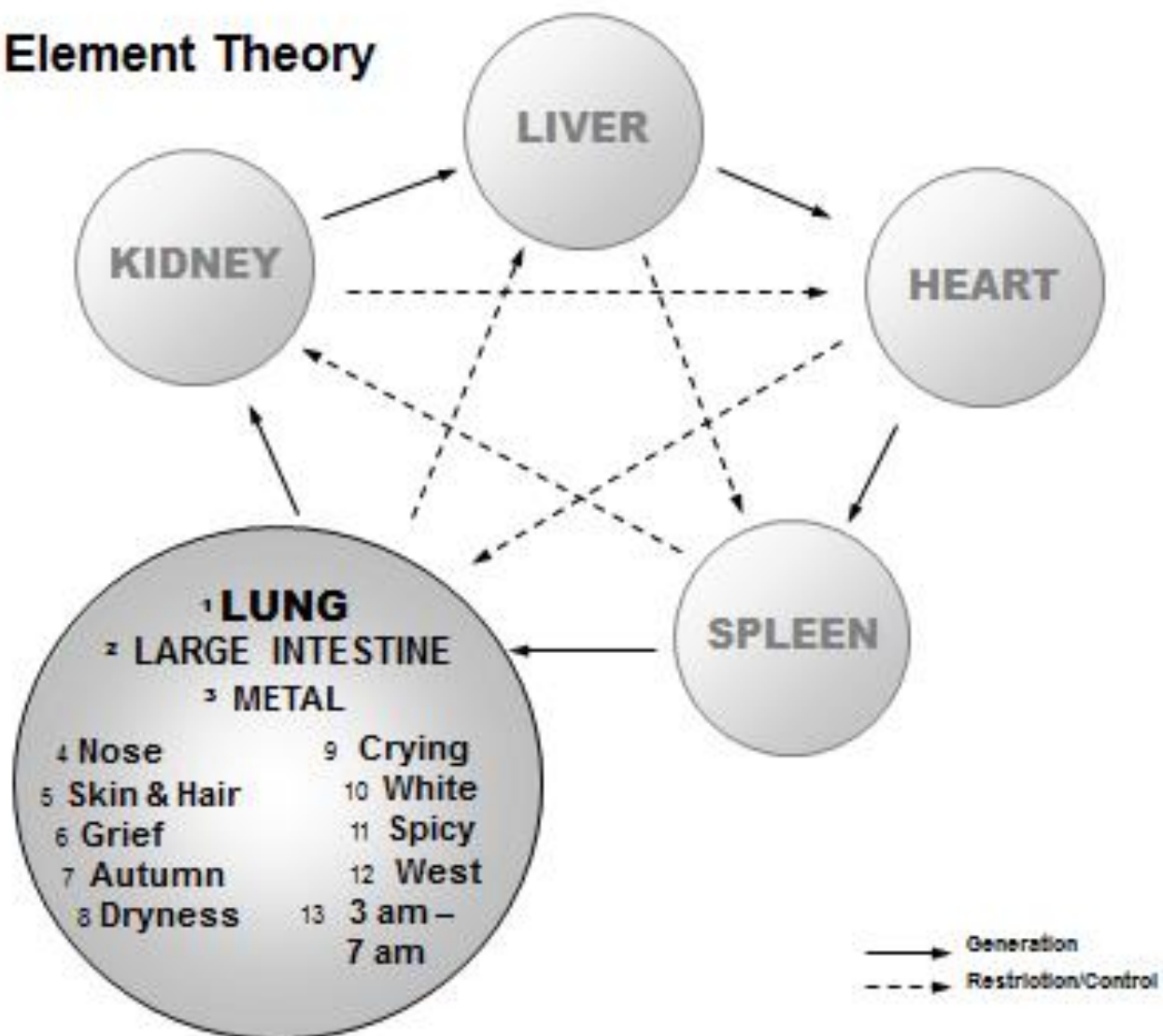
**Element:** Metal – Related to Air and Breath, Spirit

**Organs:** Lungs and Large Intestine

**Emotions:** grief, sadness and loss



## Five Element Theory





# LUNG Functions in Chinese Medicine

**Controls the defense/  
immune system**



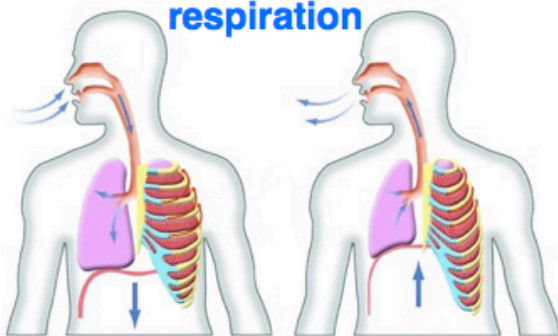
**Regulates water  
metabolism**

**Opens into  
the nose**



**Controls  
Skin & Body Hair**

**Governs Qi &  
respiration**



**Controls  
Qi in all  
Meridians**



**It houses mind &  
body connection**

# Five Elements, Emotions and Seasons



	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>	<b>Wood</b>
<b>Yin Organ</b>	Heart	Spleen	Lungs	Kidneys	Liver
<b>Yang Organ</b>	Small Intestine	Stomach	Large Intestine	Urinary Bladder	Gall Bladder
<b>Sense Organ</b>	Tongue	Mouth	Nose	Ears	Eyes
<b>Tissue</b>	Blood Vessels	Muscles	Skin	Bone	Tendons
<b>Tastes</b>	Bitter	Sweet	Pungent	Salty	Sour
<b>Colors</b>	Red	Yellow	White	Blue	Green
<b>Sounds</b>	Laughing	Singing	Crying	Groaning	Shouting
<b>Odor</b>	scorched	fragrant	rotten	putrid	rancid
<b>Emotion</b>	Joy	Worry	Grief	Fear	Anger
<b>Season</b>	Summer	Late Summer	Autumn	Winter	Spring
<b>Environment</b>	Heat	Dampness	Dryness	Cold	Wind
<b>Developmental Stage</b>	Growth	Transformation	Harvest	Storage	Birth
<b>Direction</b>	South	Center	West	North	East





## Fall Season: What to Do

- Eat root vegetables, whole grains and hearty foods as a way to clean out the intestines
- Do weight training for muscle-building protein you crave as winter comes.
- Focus on relaxation in the evening hours. Autumn is associated with late afternoon and evening time, and getting ready for sleep.

- It is a time of getting rid of things that are not serving us. Letting go through:



- Breathing
- Digestive waste elimination
- Skin (Sweating – Stay hydrated!)
- Sweating by aerobic exercising and by eating spicy foods, like garlic and onions

- Foods that support the Lungs and Large Intestines include white foods such as pears, radishes, daikon radish, cauliflower, and cabbage. Herbs like Reishi mushrooms and Astragalus root support the Lung energy and the immune system.
- Breathing: Expand your chest, open your lungs, and breathe in deep, to honor and nourish your powerful body!




# Immune Support





## Two Herbs for Immune Support

- Great to cook with in soups and stews!
- Synergistic and complimentary functions
- **Astragalus root** boosts energy and
-  strengthens the immune system
- It has antioxidant effect and heart protector properties



- **Dong Quai root** *angelica sinensis* is a blood tonic while stimulating the circulatory system and benefiting the heart and kidneys





# Herbs to Support Immunity



- **Mint** (*Mentha*) Mint has anti-inflammatory and anti-microbial properties. It can be used to relax tight muscles and reduce gas or bloating, and its analgesic properties help reduce pain
- **Thyme** (*Thymus*) Thyme is ubiquitous in the kitchen but less well-known for its medicinal qualities. Thyme has anti-inflammatory and calming effects. With its mild scent and flavor, thyme is great for kids or adults when used in a steam tent to help with cough and congestion.
- **Chamomile** (*Matricaria*) “Chamomile does everything. It’s a tonic to the nervous system; it is anti-viral, antimicrobial, great for the respiratory system, and it tastes good. This is one herb I think everyone should have in their cabinet,” says Dr. Brammer.
- **Elder** (*Sambucus*) Elder helps the body form powerful mucosal surfaces, strengthening our first line of defense against cold and flu.
- **Yarrow** (*Achillea*) Like Elder, yarrow is diaphoretic. Yarrow is also anti-inflammatory and anti-microbial, and its bitter quality aids in digestion.
- **Boneset** (*Eupatorium*) In addition to alleviating aches, boneset is diaphoretic and stimulates the immune system. It has astringent qualities in small doses and laxative qualities at higher doses.
- **Yerba Santa** (*Eriodictyon*) Yerba Santa may be used as a bronchodilator to help alleviate cough and is sometimes prescribed by naturopathic physicians for asthma relief.

# Vegan Butternut Squash & Spinach Curry



## Ingredients:

1 medium butternut squash

1 coconut milk can (13 oz.)

3 large handful of Spinach

1 medium onion

3 clove of garlic

2 tablespoons curry powder

2 teaspoons arrowhead root powder

Olive oil, salt, pepper, half a lemon, and a cup of water.



# Vegan Black Bean Quinoa Stew



## Ingredients:

1 cup of dried organic black beans, rinsed and picked over, soaked overnight (or 2 cans of organic black beans)

1/2 cup uncooked quinoa, rinsed.

1 sweet potato

1 can or jar organic diced tomatoes

1 onion, diced

3 cloves garlic, minced

1/4 green bell pepper, chopped

1/2 teaspoon coriander powder and 1/2 cumin

1/4 cup fresh cilantro

Olive oil, sea salt, pepper and 1/2 lemon or lime.

Corn or gluten free tortillas to make tacos if you wish





# Vegan Pumpkin Pie

Ingredients for filling:

- 1<sup>3</sup>/<sub>4</sub> cups or 1<sup>1</sup>/<sub>4</sub> oz can pureed pumpkin (not pumpkin pie filling)
- 1/4 cup Maple syrup
- 1/2 cup brown sugar/or brown rice syrup (low glycemic load)
- 3/4 cup full fat coconut milk (from a can)
- 4 tablespoons cornstarch
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 pie crust (purchase from store or make your own! See the ingredients on next slide)



# Vegan Pecan Oat Crust



Ingredients:

3/4 cup pecan halves

1/4 cup virgin coconut oil

3 tablespoons pure maple syrup

1/4 teaspoon fine grain sea salt

1/2 cup + 1/3 cup gluten-free oat flour

1 cup gluten-free rolled oats.







## Coconut Whipped cream

- 1 can full-fat coconut milk refrigerated for 24 hours
- 1/2 teaspoon pure vanilla extract
- A chilled mixing bowl



# Teeth and Organs relationship



Traditional Chinese Meridian Organs															
Heart, Small Int., Circulation/Sex, Triple Warmer	Stomach Pancreas	Lung Large Intestine	Liver Gallbladder	Kidney Bladder	Kidney Bladder	Liver Gallbladder	Lung Large Intestine	Stomach Spleen	Heart, Small Int., Circulation/Sex, Triple Warmer						
Associated Western Medicine Joints, Organs and Glands															
Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS. Ant. pituitary	Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #2 Parathyroid; #3 Thyroid Right Breast	Right: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine #4 Right Breast	Right: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Rt. Liver, gallbladder.	Right: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Left Liver, biliary ducts.	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine #13 Left Breast	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Left Side of Stomach. #14: Thyroid #15: Parathyroid Left Breast	Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant. pituitary						
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
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**AcuMeridian Tooth-Organ Relationships** from various sources including Gleditsch and Klinghardt ([www.NeuralTherapy.com](http://www.NeuralTherapy.com)). Compiled by Dr. Ralph Wilson