

Five Phases Nutrition

Compiled by Fernando Bernall, AP, Dipl. Ac.
www.FernandoBernall.com

"Eat not for pleasure thou mayest find therein. Eat to increase thy strength. Eat to preserve the life thou has received from heaven." - Confucius



This report is offered to you without any claims to treat, heal, diagnose any illness or health condition. This report is not meant to offer any medical, nutritional, or medicated diets advice. All information that I have included in this report is meant for informational purpose only, and should not be construed as medical advice. Please consult with a practitioner of Chinese Medicine, a physician or nutritionist for proper treatment.

The information on the introduction page is my current understanding and interpretation of the energetic components of foods from a Chinese Medicine perspective. My current views are subject to change with time, growth, insight and further study.

Table of Content

Introduction..... III

Cool/Cold Foods

-
- Vegetables..... 5
 - Frutis, Grains, Seeds, Nuts..... 6
 - Meat, Fish, Poultry & Animal Products, Miscellaneous Foods..... 7
-

Warm Foods

-
- Vegetables, Fruit Grains,..... 8
 - Seeds, Nuts & Legumes..... 9
 - Meat, Fish, Poultry & Animal Products..... 9
 - Miscellaneous Foods..... 9
-

Five Phases Nutrition Therapy (FPNT) is based on two fundamental theoretical frameworks of Chinese Medicine, Yin-Yang and the Five Phases.

This project is a work in progress and will grow as my understanding of both, Chinese medicine and the human body continues to increase. Most of the information on this booklet comes from various sources including text books from my studies while in Chinese medicine school .

This booklet is not about a method of weight loss and is not about a particular type of diet. Rather, it is holistic approach to nutrition that encourages the consumption of foods that supports the body's vital energy by offering a wide range of food choices in accordance to the body's overall state of being.

According to Chinese medicine theory, the two primary components which keep the body in a state of homeostasis are Yin and Yang. To offer a deeper explanation of what these two forces are, would take an entire volume and would be outside the scope of this publication. However, a brief introduction is in order.

Yin-yang is a philosophical construct found within all aspects of Asian thought including art, calligraphy, painting, martial arts and medicine. It postulates that all things, living or otherwise are a continuum of two complimentary opposites. For example, male/female, black/white, up/down, good/evil, and hot/cold. The list can go on forever since all things can be further divided into yin-yang components.

Humans are also part of the yin-yang scheme. Males are yang while females are yin. Furthermore, each person regardless of gender is also made up of these complimentary opposites. The front of the body is yin, the back is yang. The head is yang in relation to the feet which are yin. The left side is yang and the right yin. The organs are yin in relation to the skin which is yang.

Yin-yang attributes are not limited to tangible structures in the body. The concept is also applied to body fluids, brain chemistry, hormones and literally to all living cells in every organism. Body fluids that are thick such as mucus are mostly considered yin while thin and viscous fluids such as tears are yang. Hormones such as estrogen are yin in relation to testosterone which is yang. Brain

(Continued from page 3)

chemicals like serotonin are considered yin while dopamine could be classified as yang.

In regards to dietary considerations and to focus on the topic of this article, the body's metabolism is also view through yin-yang principles. It is thought that person with a hypermetabolism is a hot or yang individual. While hypo-metabolism is yin or cold state.

The regulation of these last two yin/yang opposites (cold/hot) is where Five Phase Nutrition Therapy plays an important role. And, when we classify nutrients as either yin or yang, we step into an endless field of food choices and combinations.

Five Phase Nutrition categorizes yin-yang foods into five groups which are closely related to the Five Phases table of correspondences of Chinese medicine. In Western languages these have been translated as the Five Elements. However, "elements" is no a good translation in that it gives a static connotation to the original Chinese word "xing". Phases is a better translation in that it conveys the meaning of 'change' or constant state of flux.

A "Hot-type person" is one who tends to feel hot frequently, sweats freely, at times is red in the face or tongue, has an excess of energy, is thirsty for cold drinks and is prone to skin rashes or infections. In Five Element Nutrition, a "hot-type person" is a "yang" individual and needs relatively more yin (cooling) foods.

Signs and symptoms of a heat type or yang type person could include: a loud voice, dry mouth thirst, ferocious appetite, constipation, easily angered, irritability, insomnia, an aggressive or outgoing personality. Females may experience menstrual disorders.

Foods of cool or cold nature have a counteracting effect to heat in the body, i.e., elicits a cooling response from the body. In Five Element Nutrition, these foods are considered to be of a "yin" nature; food that lowers/balances metabolism.

Thomas Edison once said, "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Five Phases Nutrition

Cool/Cold Foods

[Back to Table of Content](#)

A "Hot-type person" is one who tends to feel hot frequently, sweats freely, at times is red in the face or tongue, has an excess of energy, is thirsty for cold drinks and is prone to skin rashes or infections. In Five Phases Nutrition, a "hot-type person" is a "yang" individual and needs relatively more yin (cooling) foods.

Signs and symptoms of a heat type or yang type person could include: a loud voice, dry mouth thirst, ferocious appetite, constipation, easily angered, irritability, insomnia, an aggressive or outgoing personality. Females may experience menstrual disorders. Foods of cool or cold nature have a counteracting effect to heat in the body, i.e., elicits a cooling response from the body. In Five Phases Nutrition, these foods are considered to be of a "yin" nature; food that lowers/balances metabolism.

Vegetables

Alfalfa (Cooling)	Lettuce (neutral)
Asparagus (Cooling)	Lotus Root (Cooling)
Bamboo Shoot (Cooling)	Lotus Seed (Neutral)
Beet (Cooling)	Mushrooms (Button) (Slightly Cooling)
Bitter Gourd (Cold)	Mushroom (Chinese Black or Shitake) (Neutral)
Bok Choy (Cooling)	Mushroom (White) (Cold)
Broccoli (Cooling)	Potato (Cooling)
Burdock Root (Gobo) (Cooling)	Pumpkin (and Winter Squash) (Cooling)
Cabbage (Red or Green) (Cooling)	Radish (Cooling)
Carrot (Cooling)	Seaweed (Cold)
Cauliflower (Cooling)	Snow Pea (Cold)
Celery (Cooling)	Soybean Sprout (Cooling)
Chinese Cabbage (Napa Cabbage)	Spinach (Cooling)
Chinese Wax Gourd (Cooling)	Squash (Summer Squash, Zucchini) (Cooling)
Cilantro (Chinese Parsley) (Cooling)	Sweet Potato (Yam) (Cooling)
Corn (Cooling)	Taro Root (Neutral)
Cucumber (Cooling)	Turnip (Cooling)
Daikon Radish (White Carrot) (Cooling)	Watercress (Cooling)
Dandelion (Cooling)	Winter Melon (Cooling)
Eggplant (Cooling)	Winter Melon Seed (Cooling)

Fruits

Apple (cooling)	Mulberry (Slightly cold)
Apricot (cooling, toxic at high levels)	Muskmelon (Cold)
Banana (cold)	Orange (cooling)
Cantaloupe (cold)	Papaya (neutral)
Chinese Date (Red or Black Jujube)	Peach (very cooling)
Chinese Prune (cooling)	Pear (Cold)
Fig (cooling)	Persimmon (cooling)
Grapefruit (cold)	Starfruit (Cold)
Hawthorn Berry (cooling)	Tangerine (Cooling)
Lemon (cooling)	Strawberry (cooling)
Loquat (neutral)	Tomato (Slightly cooling)
Mango (neutral)	Watermelon (cold)

Grains

Brown Rice (Neutral)	Pearl Barley (Cooling)
Buckwheat (Neutral)	Wheat (Cooling)
Hops (Cooling)	Wheat Bran (Cooling)

Seeds, Nuts and Legumes

Almond (Neutral)	Pea (Neutral)
Azuki (red) Bean (Neutral)	Sunflower Seed (Neutral)
Mung bean (Very Cooling)	Soybean (Cooling)
Peanut (Neutral)	Persimmon (Cooling)

Meat, Fish, Poultry & Animal Products

Chicken Egg (Cooling)	Milk & Milk Products (Neutral)
Clams (Cold)	Pork (Slightly Cold)
Crab (Cold)	

Miscellaneous Foods

Honey (Neutral, unless heated.	Salt (Cold)
Olives (Neutral)	Sesame Oil (Cooling)
Marjoram (Cooling)	Sugar Cane (Cold)
Peppermint (Cooling)	Tofu (Cooling)

Five Phases Nutrition

Warm/Hot Foods

[Back to Table of Content](#)

A "Cold-type person" is one who tends to feel cold often, has a pale or whitish complexion, low energy, normally prefers warm drinks and is prone to dizziness and edema. In Five Phases Nutrition, a "cold-type person" is a "yin" individual and needs relatively yang (warming) foods.

Signs and symptoms of a cold type or yin type person could include: a feeble or weak voice, drinks little fluids, lack of appetite, loose stools, introverted personality, and sleeps a lot.

Foods of warm or hot nature have a counteracting effect to cold in the body, i.e., elicits a warming response from the body. In Five Phases Nutrition, these foods are considered to be of a "yang" nature; foods that increase/balance metabolism.

Vegetables

Bell Pepper (Slightly Warming)	Leek (Warm)
Chinese Chive (Warming)	Mustard Green (Warm)
Garlic (Hot)	Parsley (Slightly Warming)
Green Bean (Warming)	Parsnip (Warming)
Kale (Warming)	Scallion (Hot)

Fruit

Cherry (Warming)	Kumquat (Warm)
Coconut (Warm)	Litchi Fruit (Warming)
Date (Red & Black) (Warm)	Pineapple (Hot)
Guava (Warm)	Plum (Slightly Warming)
Grape (Warming)	Raspberry (Slightly Warming)
Hawthorne Fruit (Warm)	

Grains

Oats (warming)	Sweet rice (Warming)
-----------------	------------------------

Seeds, Nuts & Legumes

Black Bean (Warming)	Sesame Seed (Slightly Warming)
Chestnut (Warm)	Sunflower Seed (Warm)
Pine Nut (Warming)	Walnut (Slightly Warming)

Meat, Fish, Poultry & Animal Products

Beef (Warm)	Liver (Warm)
Chicken (Warming)	Mussels (Warm)
Eel (Warm)	Mutton (Warm)
Ham (Warm)	Sheep's Milk (Warm)
Kidney (Warm)	Shrimp (Warm)
Lamb (Hot)	

Miscellaneous Foods

Anise (Warming)	Fennel (Warming)
Basil (Warming)	Ginseng (Warm)
Black & White Pepper (Hot)	Ginger (Hot)
Brown Sugar (Warm)	Molasses (Warm)
Caraway (Warm)	Nutmeg (Warming)
Carob Pod (Warming)	Rice Vinegar (Warm)
Cinnamon (Hot)	Rosemary (Warm)
Coffee (Warm)	Soybean Oil (Hot)
Coriander (Warm)	Spearmint (Warm)
Dillseed (Warm)	Wine (Warm)