

The 5 Food Groups

by Robert A. Aboulaché, M.A.

Abstract: Life energy (Qi) permeates every living cell and tissue of our body. Qi is derived from our environment; first through our parents, then primarily through respiration and nutrition. This article utilizes the mappings of this life energy through the 5 Element system developed in the Orient. And, includes within its embodiment the nutritional components inherent in the 5 Element system. The purpose of this paper is to teach you how to nourish Qi so as to promote optimum functioning and the prevention of disease.

In *Touch For Health* we use the 5 Element balancing system to help us recognize energy imbalances and then to re-balance the blocked energy flows founded. This is done so as to prevent 'dis-ease' and gain a more optimum level of wellness. We have many different methodologies for helping us regain balance. The *Professional Health Provider* (PHP) balance epitomizes the 5 Element system in *The Touch For Health Synthesis*.

David Eisenberg, in his book, *Encounters With Qi; Exploring Chinese Medicine*, states: "The occurrence of disease is due to the struggle between Qi (vital energy) and 'pathogenic factors.' If the vital energy is insufficient to repulse these 'pathogenic factors,' then the body becomes dysfunctional, and unless treated, this imbalance will result in disease. If the body is imbalanced, even a minor 'pathogenic factor' can result in illness. Conversely, if one's body is in an excellent state of harmony, then there will be a strong 'positive vitality' and the most virulent of 'pathogenic factors' will not disturb the body."

With this ceaseless struggle between Qi and the environment, it is crucial that we strengthen our vital energy so as to prosper in health and wellness. To strengthen our Qi we need to continuously nourish it. This is done through the ecosystems found in our food, air and through energy/movement balancing (like what we do with TFH or prana yoga). Food and air rejuvenate our vital energy through the intricate ecosystem inherent within life. Energy/movement balancing assists vital energy flow.

Nourishment is a biological agreement between chemical structures in our bodies and those found in nature consumed in foods. Supplements such as vitamins, minerals, protein substitutes and carbohydrate drinks lack the subtle ecosystem life force found in food. Although supplements can give us some vital nutrients, there is no substitute for food.

The human and natural worlds are inter-related. The human being is a replica of nature. What is found in one is found in the other. We remake nature in the make-up of the human body. The 5 Elements is a mapping of the reflection between nature and humans. In the Orient, the 5 Element system signifies the intricacy inherent in the paradigm of Holism.

This paper will not delve into the full usage and understanding of the 5 Element system. In brief, however, the cycles in the 5 Elements (creative and regulative) are in constant flux. Illness is an impediment with the flow of these cycles and can be created through toxins in our: food; environment; and emotional, mental, and spiritual processes. In this article we will focus on the foods only.

Much can be written on food, eating and nutrients. In general, eating should be done only when hungry and *not* out of habit. We should eat foods by chewing them thoroughly, and never should we overeat. We should eat as natural a food as possible -- basic, real foods such as: naturally grown whole grains, legumes, vegetables, fruits, nuts and seeds; low fat dairy products and meats; and drink plenty of water. In addition,

we should deep breathe often. On the other hand, we should stay away from refined, processed and artificial foods that are inundating our marketplace. If we were to follow this regimen combined with the basic laws of: Variety, Moderation and Balance, we will successfully keep our Qi nourished.

Fruits, vegetables, legumes, whole grains, seeds and nuts have the highest amount of Qi energy. Milk and eggs followed by flesh foods give the next highest amount of Qi. When preparing foods for their Qi efficiency eating them raw is best followed by steamed, baked and fried -- respectively. The longer the food is cooked, the less Qi it sustains.

Because of life events, environmental toxins and sometimes poor decisions we manage to create imbalances in our Qi. This is where our training as healers help us -- in bringing balance back to our lives. The chart at the end of this article lists the foods found in each of the 5 Elements. It is to be used as a guide when helping ourselves or others in regaining balance. In the Holistic paradigm it is agreed that whether you seek to balance a living system through its bio-chemical, psycho-emotional, or energetic natures; working with one will have an affect on the others. Therefore, whether you balance someone by massaging a point on their body, or by suggesting some food substances to them -- you are affecting the whole of them. Of course, the more avenues you use to assist one in regaining balance (with the body's consent), the greater and more powerful the healing (balancing) force.

Use the *Foods And The 5 Elements* chart to assist you in balancing yourself or your clients by following these procedures:

- Do preliminary clearing: switching, dehydration, ionization, central meridian clearing -- with IM.
- Do a 5 Element balance to asses the individuals needs (refer to the TFH manual page 113; or the TFH Midday - Midnight Law book).
- Muscle test Food categories and specific foods in relationship to specific Element

being balanced and in accordance to 5 Element balancing procedures. Check and confirm with IM.

- If you are doing a PHP balance, implement prior step as a reinforcement to finalized goal balance. Ask body if there is food supplement needed to strengthen and reinforce Qi efficiency, or use Personal Ecology mode #3. Proceed by checking appropriate Element and specific foods.

Summary

In summary, the art of balancing and keeping healthy is gentle and profound. In order to experience a vital life energy and to stay healthy we must live a life of balance. Healing must be seen as a process of this vital energy flow and work in harmony with it. Food is central to our existence. Eating the right foods in the right amounts will assist us in living a vibrant life because it feeds our Qi. If, however, through our daily encounters we develop an imbalance or a dysfunction -- balance must be sought. We can do this on many levels: physical, emotional, psychological and spiritual -- all are beneficial and each will affect the other. Food as a nourishment to our Qi is an excellent and necessary means to regain balance and keep healthy. If dysfunction or disease does occur, using the 5 Element system for balancing combined with the food chart that follows -- balance can be realized.

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Foods And The 5 Elements

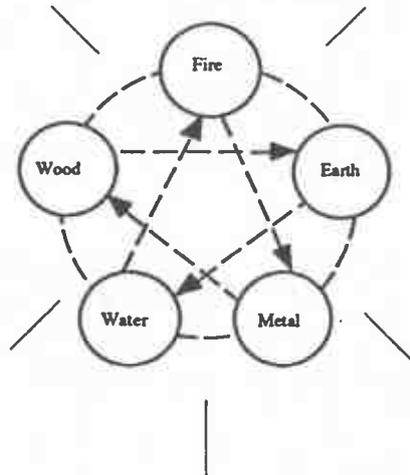
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Using The Chart:

1. Do Preliminary Clearing: switching, dehydration, ionization, central meridian clearing - with LM.
2. Do a 5 Element balance to asses needs.
3. Muscle test food categories and specific foods in relationship to specific Element being balanced and in accordance to 5 Element law balancing procedures.

Element: Fire	Organs: Small Intestine Circulation Sex	Triple Warmer Heart
Foods:	Flavor: Bitter	
Vegetables Red Pepper Chicory Endive Tomato Brussel Sprouts Asparagus Sweet Potato	Fruits Apricot Raspberry Strawberry	Grains Sunflower Corn Amaranth Red Lentils Sesame
		Meats Shrimp Beef Heart Lamb Mutton
		Misc/Teas Ginger Cayenne Coffee Chocolate Liquor Tobacco

Element: Wood	Organs: Gall Bladder Liver
Foods:	Flavor: Sour
Vegetables Green Pepper Broccoli Romaine Lettuce Parsley Green Peas Zucchini String Bean Rhubarb Carrot	Fruits Avocado Sour Apple Sour Citrus Plum Sour Cherry Loquat
	Grains Oats Rye Wheat Lima Mung Wheat Grass Wheat Bran Wheat Germ Barley Peanut Alfalfa
	Meats Liver Soft Crab Trout Chicken
	Misc/Teas Sassafras Dandelion Peppermint Vinegar Nut Butters Butter Sour Cream Sour Yogurt Mayonaise Cashew



Element: Earth	Organs: Spleen Stomach
Foods:	Flavor: Sweet
Vegetables Collard Greens Squash Eggplant Pumpkin Rutabaga Spinach Tapioca Prunes	Fruits Bananas Melons Coconut Raisens Dates Figs Tropical Fruits Cherries Tangerine
	Grains Millett Chickpea
	Meats Anchovy Sturgeon Carp
	Misc/Teas Rosemary Licorice Peppermint Sarsaparilla Almonds Pecans Macademia Pine Nuts Ice Cream Cottage Cheese Sugar Honey Maple Syrup Carob Sherbert Sweet Milk

Element: Water	Organs: Bladder Kidney
Foods:	Flavor: Salty
Vegetables Sea Veggies Arame Hijiki Kombu Wakami Mushroom Water Chestnut	Fruits Blueberry Watermelon Concord Grape Blackberry
	Grains Buckwheat
	Meats Kidney Pork Duck Abalone Scallop Sardine Oyster Lobster Catfish
	Misc/Teas Juniper Berry Nettle Leaves Ginger root Salt Miso Soy Sauce

Element: Metal	Organs: Lung Large Intestine
Foods:	Flavor: Salty
Vegetables Cabbage Celery Cauliflower White Potato Turnip Onion Daikon Cucumber Radish	Fruits Pear Peach
	Grains Rice Taro Soy Spirulina Tofu Amazake Tempeh
	Meats Cod Flounder Haddock Halibut Perch Beef Turkey
	Misc/Teas Burdock Root Comfrey Ginger Garlic Pepper Cayenne Nutmeg Walnut Basil Dill