

Touch for Health®

# IN PRACTICE

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A PRACTICAL GUIDE TO USING TOUCH FOR HEALTH PRINCIPLES IN EVERY DAY LIVING

## THE 5 FOOD GROUPS

by Robert A. Aboulaché, M.A.

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 article 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 Kinesiology Practitioner* (PKP)

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 of our food, air and 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.

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Nourishment is a biological agreement between chemical structures in our bodies and those 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 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. In brief, 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 imbalances within our emotional, mental, and spiritual processes.

# THE 5 ELEMENT FOOD CHART

by Robert A. Aboulaché, M.A.

## WOOD

**Element:** Wood   **Organs:** Liver   Gall Bladder

**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 Yogart  
Mayonaise  
Cashew

**Element:** Fire

**Organs:**

**Foods:**

**Flavor:**

### Vegetables

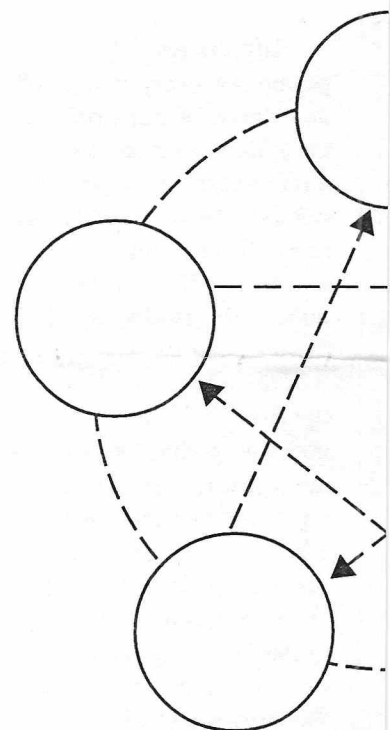
Red Pepper  
Chicory  
Endive  
Tomato  
Brussel Sprouts  
Asparagus  
Sweet Potato

### Fruits

Apricot  
Raspberry  
Strawberry

### Grains

Sunflo  
Corn  
Amar  
Red L  
Sesan



## WATER

**Element:** Water   **Organs:** Kidney   Bladder

**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

E

armer Small Intestine  
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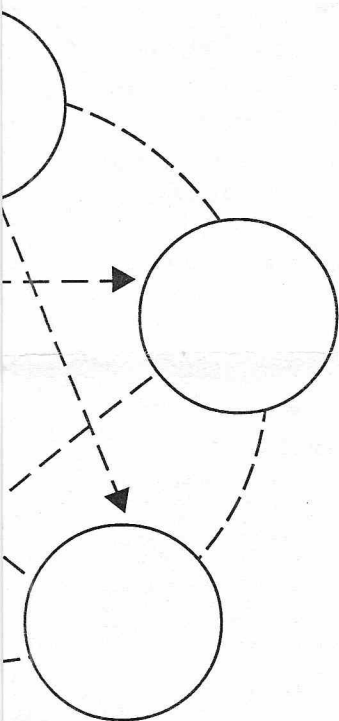
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**Meats**

Shrimp  
Beef Heart  
Lamb  
Mutton

**Misc/Teas**

Ginger  
Cayenne  
Coffee  
Chocolate  
Liquor  
Tobacco

**EARTH****Element:** Earth**Organs:**

Spleen

Stomach

**Foods:****Flavor:**

Sweet

**Vegetables**

Collard Greens  
Squash  
Eggplant  
Pumpkin  
Rutabaga  
Spinach  
Tapioca

**Fruits**

Bananas  
Melons  
Coconut  
Raisins  
Dates  
Figs  
Tropical Fruits  
Cherries  
Prunes  
Tangerine

**Grains**

Millet  
Chickpea  
Macademia  
Pine Nuts

**Meats**

Anchovy  
Sturgeon  
Carp

**Misc/Teas**

Rosemary  
Licorice  
Peppermint  
Sarsaparilla  
Almonds  
Pecans  
Ice Cream  
Cottage Cheese  
Sugar  
Honey  
Maple Syrup  
Carob  
Sherbet  
Sweet Milk

**METAL****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

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 biochemical, 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.

## 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 means to regain balance and keep healthy. If dysfunction or disease does occur, using the 5 Element system for balancing combined with the 5 food group balance, health can be realized again.

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## TFHKA Mission

The Touch for Health Kinesiology Association of America is a tax exempt, member-run organization dedicated to empowering people to improve their health and well-being through simple self-help techniques.

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Use the *Foods & 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 assess 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 PKP 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.