



ACADEMY OF
DHARMA
WELLNESS
ARTS



10

Essential factors

How nutrition, lifestyle, habits, and other influences affect energy balance, health, and overall well-being according to Traditional Chinese Medicine (TCM).



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Welcome

Thank you for choosing this guide. For me and my team, this is an important project: we sincerely want to help you better understand your health, learn how to manage it in real life, and find your own sustainable path to balance and well-being.

This material is dedicated to the foundations of Traditional Chinese Medicine (TCM) — its core principles, health philosophy, the role of nutrition, daily routine, emotional state, and internal energy. Here, you'll find not just theory, but practical tools to help you observe yourself, analyze your body's responses, adjust habits, and see real changes.

We understand that many people today struggle with overload, fatigue, sleep disorders, and mood swings. The information out there is often contradictory, and universal advice does not work for everyone. That's why our goal is not to offer ready-made solutions, but to create space for deep self-understanding, help you prioritize, and build your personal health strategy.

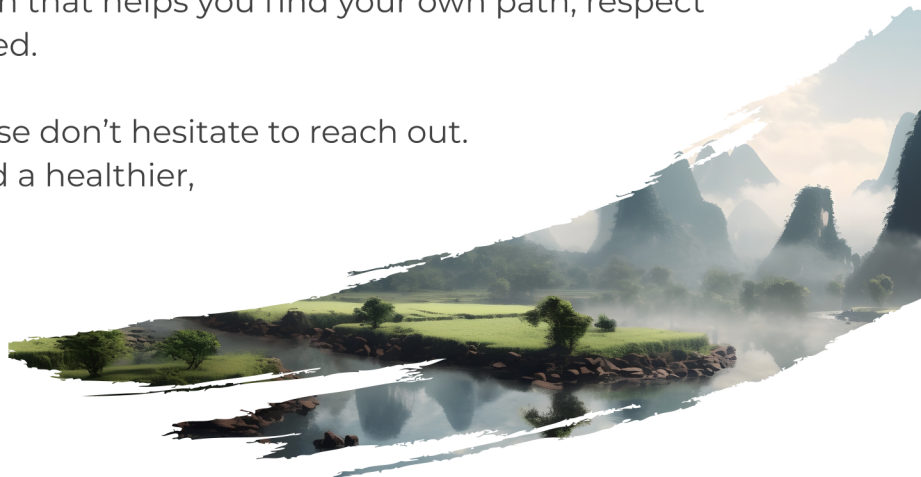
In this guide, you'll find:

- Explanations of how the body works and how its systems are interconnected;
- Key TCM principles: the balance of Yin and Yang, energy circulation, and the role of organs;
- Practical steps and recommendations you can implement without special training.

We created this product so you can move forward step by step, without stress and overload, making positive changes and seeing results. There is no one-size-fits-all model here, but rather an approach that helps you find your own path, respect your uniqueness, and feel supported.

If you need help or support — please don't hesitate to reach out. We're here to walk with you toward a healthier, more balanced life.

**With best wishes,
Alexander Dvoryanchikov and the
Dharma Wellness Arts team**



About the Author

Master

Good day!

My name is Aleksandr Dvoryanchikov, and I'm happy to welcome you here. I am a physician-reflexologist and a certified specialist in Western medicine, as well as a master in Traditional Chinese Medicine. I'm the co-author of an interactive coaching program and a project dedicated to health and Traditional Chinese Medicine.

My Path into Coaching

After receiving a solid medical education, I began to delve deeper into the study of health recovery methods and approaches that help improve the quality of life. In my practice, I analyzed data from more than 10,000 clients, which allowed me to identify key patterns and develop effective strategies for coaching and wellness.

My programs are based on a systematization of knowledge from masters of Chinese, Tibetan medicine, and Ayurveda, as well as on the analysis of practical experience. This allows me to create effective strategies aimed at achieving balance between the physical, emotional, and energetic state of a person.

Yoga and Educational Activity

I have been practicing Hatha Yoga and yoga therapy for over 22 years, having received initiation from the Himalayan master Pilot Baba. For 17 years, I have led individual and group yoga classes, integrating them with methods of Eastern medicine.

Since 2001, I have been actively involved in educational projects, organizing courses, seminars, webinars, and masterclasses for professionals and patients, focusing on Chinese, Tibetan, and Ayurvedic medicine. Integrating traditional knowledge with modern science helps me find the most effective methods of combining Eastern wisdom with contemporary approaches — creating applicable methods for my students.

Professional Qualifications

I received my fundamental medical education at the I.M. Sechenov Moscow Medical Academy, graduating in 1992. After that, I completed an internship and residency in anesthesiology, neurology, psychiatry, addiction treatment, and reflexotherapy.

I later completed advanced training in phytotherapy, hydrotherapy, and restorative medicine at the Institute of Postgraduate Education.

The Path into Eastern Medicine

I have always been inspired by the depth of Traditional Chinese Medicine. I studied under leading experts such as Professor Shi Sinchunhe (Beijing), Dr. Mu Ra (Harbin), and monks of the Shaolin Monastery. I also studied Tibetan constitutional medicine (Sowa Rigpa) and Ayurvedic foundations.

In addition, I actively participate in seminars and masterclasses on Traditional Chinese and Tibetan Medicine, which allows me to continually expand and deepen my practical knowledge.





About the Dharma Wellness Arts Project

The Dharma Wellness Arts project was born from a desire to unite experience, knowledge, and practices that help people strengthen their health, restore vitality, and find a stable inner balance. We believe that every person deserves an individual approach — not universal solutions.

What makes our approach unique is the combination of elements from Eastern traditions (principles of TCM, Ayurveda, phytotherapy), modern scientific research, and many years of experience in working with people and developing individual strategies for each participant.

We design supportive systems that include nutrition, daily routines, emotional states, quality sleep, physical activity, breathing practices, and mindfulness work.

What we do:

We help people understand their true needs, identify the key factors influencing their health, and build step-by-step plans to move toward a healthier, more balanced life.

Our team includes certified specialists working in the field of coaching, TCM, and integrative medicine, who support participants on their personal journey. We don't offer generic solutions — we help build a path that works for each individual.

The Dharma Wellness Arts project is not just an informational resource. It's a space where knowledge becomes practical tools, and practice becomes a path to improved quality of life, restored inner resources, and strengthened health. We are here to support you at every step of this journey.

“How Western and Eastern Perspectives on Health Differ”

I've long observed how people relate to nutrition. How they seek answers in trendy diets, hoping to quickly change their condition — yet often find themselves trapped in a cycle of restriction, stress, and dissatisfaction. Eastern dietary philosophy offers a different perspective. It teaches us not to fear warmth or foods with heat, to see the body as an ally rather than an enemy. It emphasizes gentle steps and consistent rhythms that, day by day, bring us back to balance and strength.

Eastern dietetics is the art of living in harmony with nature. It helps us understand that there is no universal solution that works for everyone. Each person has a unique constitution, their own reactions, and their own rhythm. Some need warming foods, others cooling ones. Some need movement, others — stillness. Here, the focus is not only on what to follow or avoid, but also on how to develop awareness: noticing, reflecting, learning what helps or harms — and doing so without pressure or force.

In this approach, eating is not punishment or strict routine. It is built around care, respect for the body, considering its natural cycles, age, lifestyle, and season. It's a living system that evolves with the person, adapting to their needs and helping to maintain harmony.

What matters most is that everyone who picks up this guide feels: this is not about fitting you into rigid frameworks. On the contrary — it's a space of calm, gradual change, where you can reach what truly fits you. Let each step bring joy, lightness, and warmth. Let each small change ease tension and gently support your energy and well-being. This path doesn't demand perfection. It simply invites you to open up — first to yourself, and then to the body and health that will support you throughout the year.

To better understand how we'll work together, let's take a quick look at how health is viewed in different traditions. Often, Western and Eastern approaches seem at odds. But they don't have to be.

What matters is not choosing sides, but learning to integrate. Understanding how these systems complement one another and what's behind their logic allows us to combine the best of both worlds. That's when the most effective and gentle approaches appear — often without us even noticing.



Western medicine, when addressing chronic conditions, typically aims to identify the precise physiological cause of the issue. Doctors prescribe medications that target specific systems of the body, use medical devices and procedures, and apply therapeutic methods aimed at eliminating symptoms or local disruptions in organs and tissues. One of the most common causes identified by Western specialists is structural changes — dysfunctions in the spine, joints, muscles, or vascular system. These changes can lead to pain, tension, reduced mobility, or dysfunction in other systems of the body.

Traditional Chinese Medicine (TCM), by contrast, approaches the issue from a broader perspective. It views health as a reflection of overall balance in the body. Key focus is placed on energy circulation, blood flow, the balance of Yin and Yang, and the condition of internal organs. Even when changes are found in the spine or joints, TCM believes that this is not the root cause but rather one of many manifestations of imbalance that affects the whole system.

In this way, Western medicine focuses on correcting physiological defects through medication, physiotherapy, or surgical intervention. Meanwhile, the Eastern approach prioritizes restoring natural energy circulation and systemic harmony. It uses gentle interventions that influence the entire body, including muscle and skeletal systems.

Eastern medicine sees health as a complex network, where physical, emotional, and energetic processes are deeply interconnected. It's important to understand not just the differences in Western and Eastern methodology, but also what underlying concepts shape each approach. This provides insights into how Eastern medicine explains the mechanisms of illness and what healing strategies it proposes.

The concept of "Liver Wind" in traditional Chinese medicine, for example, describes a condition of internal tension, excessive activity, and surplus energy that disrupts internal harmony. This can affect flexibility and coordination, manifesting as spasms, inflammatory responses, or hypersensitivity to external stimuli. These imbalances often arise in response to stressful situations or environmental instability — and can present in many forms, including muscle spasms, headaches, dizziness, or emotional restlessness.

Understanding such concepts helps clarify how Eastern medicine explains certain symptoms that may otherwise appear vague or elusive. It also shows how a disruption in the internal rhythms of the liver can influence not only the nervous system, but the entire body — which is why restoring harmony in the liver often plays a central role in restoring full-body health.



Strengthening the liver and kidneys, optimizing metabolic processes, eliminating stagnation, reducing internal “heat” and “liver wind” — all of these help restore the circulation of energy, decrease the body’s reactivity, and reduce internal tension. This is not a quick process, but as changes accumulate, the body begins to regain the resources it needs for healing: tension gradually releases, stress is reduced, overall well-being improves, and sustainable results begin to appear.

Eastern medicine, especially Traditional Chinese Medicine (TCM), views health as a reflection of the overall balance in the body. It focuses not just on individual symptoms but on the entire system of Qi (energy) circulation, the balance between Yin and Yang, and the condition of internal organs and meridians. Practices include herbal therapy, nutrition, maintaining daily rhythms, and restoring energy. The main goal is not simply to eliminate symptoms, but to restore health, normalize sleep, reduce stress, and improve overall quality of life. This approach is aimed not at masking the symptoms, but at resolving their root cause.

The time required depends on the level of imbalance. A sustainable improvement in well-being may begin within 3–4 weeks of initiating change. Based on observations, even with long-standing symptoms, noticeable progress often begins within 1–2 months. Eastern medicine does not promise instant results, but it does offer steady improvements — not only in specific problem areas, but in the body’s entire energetic system and overall condition.

Chronic conditions — such as fatigue, insomnia, tension, and weakness — are often signs of energy depletion, manifesting as decreased quality of life. Western methods tend to only relieve symptoms. In contrast, Eastern medicine addresses not only the symptoms, but the internal causes. It does not require strict limitations — a series of gentle steps is often enough to return the body’s resources and activate its natural recovery.

According to TCM, most chronic symptoms are associated with disrupted energy flow and imbalances in Yin and Yang, particularly in the liver and kidneys. These imbalances lead to fatigue, swelling, fogginess, and inflammation. Therefore, the healing process must include lifestyle components: nutrition, daily rhythms, relaxation, liver detoxification, and sleep restoration. This is not a quick fix — it is deep body recalibration focused on restoring sleep, strengthening the nervous system, and supporting long-term health.



The Purpose of This Guide: To Introduce Traditional Chinese Medicine (TCM) and Its Methods for Improving Health

This interactive guide is the result of my many years of experience and accumulated knowledge. In it, I share how to preserve and replenish life energy by applying the wisdom of ancient traditions in the modern world. I sincerely hope it will help you find your own path to harmony and an improved quality of life.

It is difficult to gain deep knowledge from doctors and masters without structured time for learning, so this guide aims to systematize the knowledge and tools I've acquired. Much of this knowledge has come from personal experience, communication with teachers, and learning from others. The purpose of this project is not just to eliminate symptoms, but to address the root causes of disease by considering the effects of sleep, nutrition, herbal remedies, climate, and natural rhythms.



Together with a team of masters, we've created a new platform dedicated to helping people resolve various health challenges. We believe that combining traditional wisdom with modern approaches opens new possibilities for anyone seeking well-being and recovery.

I invite you to explore a new world with me — where ancient practices become the key to modern health and well-being.

And I can say with confidence that the knowledge shared here has helped many people better understand their bodies, make conscious changes, and achieve lasting results.

Now that we've been introduced to the foundations of the Eastern perspective on health and the unique features of Traditional Chinese Medicine (TCM), we can move on to a deeper understanding of how these ideas form a holistic system. We'll explore how its key principles were shaped, what ideas underpin this approach, and why they remain so relevant and in demand today.

We'll discuss what Qi energy is, the balance of Yin and Yang, how the meridian system works, and the role of internal organs in maintaining overall health. It's important to understand how this tradition considers the connection between a person and their environment — seasonal cycles, climate, natural rhythms — as well as their emotional state. The Eastern approach teaches us to view the body not as a collection of separate systems, but as an interconnected whole where any imbalance affects everything. This understanding will help lay a solid foundation for further work with the material.

We'll also look at why it's important not just to follow advice, but to learn to understand yourself, to listen to changes in the body, and to be attentive to how diet, rest, movement, and even emotions affect well-being. This perspective allows us to move beyond temporary solutions and instead build a sustainable strategy of self-care that works in the long term.

Step by step, we'll move on to practical recommendations. But before diving into specifics, it's important to lay a theoretical foundation that will help you understand which steps work best for you, and which may be ineffective. This will make the path ahead more conscious, gentle, and effective.

In Traditional Chinese Medicine (TCM), health is not a fixed state — it's a dynamic process shaped daily by many small influences. Our internal balance is affected by countless details: diet, sleep, climate, habits, emotions, drink choices, and even how we start the morning.

This section introduces 10 common factors that are often overlooked in everyday life. The first step is simply becoming more aware — noticing which elements support your balance and which ones gradually wear it down.

Some of these factors influence heat or cold in the body, others affect Qi flow, digestion, sleep, organ function, or mental clarity. Everything in the body is interconnected, and even minor changes — like skipping breakfast or sleeping in — can set off a chain of reactions.

To make tracking easier, this section comes with a habit-tracking tool you can use to observe repeating patterns and start drawing useful insights. A full version of this file with more factors and in-depth trackers is also available if you want to go further. Paying attention to these small cues isn't about control — it's about understanding. Because real support for the body starts with awareness.



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10 Factors

In Traditional Chinese Medicine



Table of Contents

Saunas and baths in the context of traditional chinese medicine (TCM)	1
Late bedtime	4
Fasting from the perspective of traditional chinese medicine (TCM)	5
Eating in discordance with circadian and seasonal rhythms	6
The importance of walking for health in traditional chinese medicine (TCM)	7
Warm energy of red fish and seafood	8
Influence of microwave-prepared foods on the body in traditional chinese medicine (TCM)	9
Food incompatibilities	11
Influence of sour foods on the body in traditional chinese medicine (TCM)	12
Mold-ripened cheeses and their influence on the body in traditional chinese medicine (TCM)	14

Saunas and Baths in the Context of Traditional Chinese Medicine (TCM)

In Traditional Chinese Medicine (TCM), saunas and baths are viewed as factors that can significantly influence the body's energy level. They are particularly relevant during seasonal transitions—such as late autumn to winter—when the body is most vulnerable to overheating and energy loss.

Why Saunas Can Be Harmful

- 1. Expenditure of One's Own Energy:** When you subject your body to intense heat in saunas or steam baths, the body actively uses its own energy reserves to cool itself. This depletes internal reserves—particularly Kidney and Heart energy—potentially leading to Yin–Yang imbalance and a weakening of vital energy (Qi).
- 2. Overheating in an Inappropriate Season:** In summer and early autumn, external temperatures are already high; adding excessive heat from the sauna exacerbates overheating, requiring even greater bodily effort to maintain balance. This rapid energy expenditure is especially taxing if you remain in the sauna for long periods at high temperatures.



When Sauna Visits Are Less Harmful

- 1. In Winter:** External temperatures are low, and the body needs additional warmth. Visiting saunas in this period can be beneficial, as it helps to warm the body without causing excessive overheating or energy loss.
- 2. At Moderate Temperatures:** If the sauna is maintained at around 50 °C and you do not overheat yourself, as is customary in hammams, this will not significantly harm the body. It is important to avoid excessive sweating and overheating.

Why Very High Temperatures (100 °C and Above) Are Dangerous

- 1. Loss of Heart and Kidney Energy:** At temperatures of 100 °C or higher—especially if you stay inside for 10–15 minutes—the body expends significant energy to protect the Heart and maintain normal circulation. This depletes internal reserves, weakens immunity, and may lead to a state of overheating and fatigue.
- 2. Excessive Sweating:** If you sweat heavily, this indicates strain on the organs. In TCM, excessive perspiration signifies a loss of vital Qi and fluids, which undermines the body's restorative strength.

Recommendations

- **Avoid Saunas in Summer and Early Autumn:** It is best to refrain from sauna visits during these hot seasons to prevent overheating and depletion of energy reserves.
- **Use Saunas in Winter:** If you wish to use a sauna, do so in the cold season when the body requires extra warmth.
- **Monitor Temperature:** Keep sauna temperatures below 50–60 °C and avoid prolonged exposure to heat to minimize Yin energy loss.

Spring Baths: Effects on the Body in the First Two Months of Spring (TCM)

In Traditional Chinese Medicine (TCM), spring symbolizes awakening and new growth. This is the time when Yin energy (coolness and tranquility) gradually begins to yield to Yang energy (warmth and activity).

The first two months of spring are a transitional period when the body is especially sensitive to external factors, but if the balance is properly maintained, this time can be ideal for strengthening health.

Why Baths Are Beneficial in the First Two Months of Spring

1. **Awakening the Body:** In early spring, the body gradually emerges from the Yin phase of winter. Gentle warmth from baths helps disperse residual internal cold, stimulating circulation of Blood and Qi. This is especially important during spring's first two months, when the body needs to adapt to the surge of Yang energy.
2. **Cleansing the System:** At this time, the body eliminates winter's accumulated toxins and excess cold. The bath's heat enhances sweating, clearing pores and expelling toxins through the skin. However, it is crucial to maintain moderation and avoid overheating so as not to deplete energy.
3. **Supporting the Liver:** In TCM, the Liver is the primary organ of spring, responsible for the smooth flow of Qi and detoxification. Gentle bath heat improves Liver function by activating its ability to purify the blood and regulate energy flows, thereby strengthening overall health.
4. **Gentle Warmth for a Smooth Transition:** During the first two spring months, mild heat (around 50–60 °C) is beneficial. It gently warms the body without overheating, facilitating the transition from cold winter to the warmer season. This mild warming improves circulation, helps muscles relax, and restores the body's energy.
5. **Improved Circulation of Qi and Blood:** In spring, it is vital to support active circulation of Qi and Blood so that the body can fully adapt to renewal and growth. Baths in spring help stimulate these processes, strengthening immunity and preparing the body for the more active phases of late spring and summer.



Recommendations

- **Maintain Moderate Bath Temperature:** Keep water temperature comfortable—around 50–60 °C—to avoid overburdening the body.
- **Avoid Prolonged Sessions:** In the first two months of spring, do not extend bath duration. Optimal sessions last 10–15 minutes to prevent overheating.
- **Hydration and Recovery:**
Be sure to maintain hydration, as in spring it is crucial to help the body recover after winter. Herbal teas—such as ginger or mint—**can support Yin and Yang balance after a bath.**

When to Be Cautious:

- **Avoid Overheating:** Even in early spring, baths should be moderate in temperature and duration. If you experience heavy sweating or fatigue, take a break or shorten your time in the bath.
- **Avoid Windy Periods:** In TCM, windy weather in spring can be harmful, as wind may penetrate open pores and deplete the body's protective energy (Wei Qi), leading to colds. It is best to avoid baths on windy days.



Late Bedtime

A habitual late bedtime negatively affects health and energetic balance. In Traditional Chinese Medicine (TCM), a proper sleep regimen plays a key role in maintaining harmony between Yin and Yang in the body.

Influence of Late Bedtime on Health:

1. Disruption of Yin–Yang Balance:

- Nighttime corresponds to Yin (rest), while daytime corresponds to Yang (activity). Going to bed late upsets this balance, resulting in Yang excess and Yin deficiency.

2. Insufficient Organ Restoration:

- The Gallbladder (23:00–01:00) and Liver (01:00–03:00) undergo active regeneration during these hours. If one remains awake, these organs cannot restore properly, leading to toxin accumulation and emotional instability.

3. Depletion of Vital Energy (Qi):

Lack of sleep exhausts Qi, reducing the body's ability to cope with daily tasks and stress.

Consequences of Imbalance:

- Physical Fatigue: Reduced energy, weakness, and difficulty concentrating.
- Emotional Disturbances: Irritability, anxiety, and depression.
- Health Issues: Digestive problems, weakened immunity, and deteriorated skin condition.

Recommendations:

- Retire by 23:00: This supports full organ restoration and a harmonious flow of Qi.
- Establish a Routine: Maintain a consistent schedule for sleep and waking hours.
- Pre-Sleep Relaxation: Avoid stimulants and employ relaxation techniques before bedtime.



Fasting from the Perspective of Traditional Chinese Medicine (TCM)

Fasting during heat and Wind syndromes is contraindicated—particularly when there is excess dampness or phlegm. No TCM or Tibetan medicine practitioner has ever advised prolonged water-free fasting as beneficial. In Chinese medicine, fasting and headaches are viewed as pathological, especially for thin individuals or those with a Windy or Vata constitution. There are specific, limited circumstances—under expert supervision—when one might fast with water for a day, but prolonged or severe fasting invariably leads to the following complications.

In Traditional Chinese Medicine (TCM), fasting and undernourishment are factors that can impair the function of internal organs—including the Liver. Here is how TCM explains the effects of extended fasting:

1. Qi and Blood Deficiency:

Fasting may deplete both Qi and Blood in the body. In TCM the Liver stores Blood and governs its circulation; insufficient nutrition weakens the Liver and undermines its essential functions.

2. Liver Qi Stagnation:

Fasting can trigger stress and emotional disturbances, which in TCM correspond to stagnation of Liver Qi. When Liver Qi becomes stagnant, symptoms such as irritability, depression, flank pain, and abdominal bloating may emerge.

3. Heat Syndromes and Internal Wind:

Prolonged fasting may provoke an internal imbalance that generates Liver heat and internal Wind. This can manifest as headaches, dizziness, irritability, and even tremors.

4. Liver Yang Deficiency:

With extended fasting, the Liver's Yang energy may decline, leading to a deficiency of warmth and vitality in the body. This may present as cold sensations, weakness, and decreased life energy.

Thus, from the TCM standpoint, severe fasting can disrupt the body's balance and harmony, impair Liver function, and give rise to a variety of symptoms.



Eating in Discordance with Circadian and Seasonal Rhythms

In Traditional Chinese Medicine (TCM), it is important to align one's diet with the natural rhythms of the day and the seasons.

Effects on the Body:

1. Consumption of Cold and Raw Foods in Inappropriate Weather:

In rainy or snowy days, it is not recommended to eat cold and raw foods such as salads. Even in summer during rain, consuming such foods diminishes the action of Yang energy, forcing the body to expend its own resources to maintain balance.

2. Reduction of Yang Energy:

Unfavorable weather conditions weaken solar Yang energy, leading to a shortage of external Yang energy and compel the body to draw on its internal reserves.

Recommendations:

- **Eat in Accordance with the Weather:** During cold and damp days, favor warm, cooked foods to support Yang energy and avoid overtaxing the body.
- **Meal Timing before Sunset:** According to TCM, it is recommended to eat before sunset—when solar energy is at its peak—to facilitate optimal assimilation of food.
- **Utilize External Energy:** Strive to harness the energy of the surrounding environment—such as solar energy—to support health, rather than relying solely on internal resources.

Adhering to circadian and seasonal rhythms in your diet helps maintain energetic balance, supports immunity, and promotes the harmonious functioning of the body.



The Importance of Walking for Health in Traditional Chinese Medicine (TCM)

In Traditional Chinese Medicine (TCM), walking is regarded as one of the most vital methods for maintaining health and harmony within the body. Walking helps activate the circulation of Qi (vital energy) and Blood through the meridian channels, improving the function of internal organs and the body's overall condition.

Why walking is so important:

1. Activation of Channels and Meridians:

Walking sets countless meridians in motion throughout the body. As you walk, Qi begins to circulate more actively, which enhances blood flow and helps regulate the function of internal organs such as the Liver, Kidneys, and Stomach. This is especially important for maintaining the balance between Yin and Yang in the body.

2. Stimulation of the Digestive System:

In TCM, walking aids in activating the Spleen and Stomach, improving digestion and preventing Qi stagnation. This facilitates better absorption of nutrients and supports energetic balance in the body.

3. Strengthening of the Kidneys and Joints:

The Kidneys play a key role in preserving vital strength in TCM, and walking helps fortify this organ. Regular walking also strengthens the joints, preventing energy stagnation in these areas and enhancing mobility.

How much walking is needed:

- **Daily walks:** Ideally, aim to walk every day—at least 2 km, with 5 km being optimal. If daily walks are impossible, try to set aside time for walking at least a few times per week.
 - **Moderate exertion:** You don't need to engage in vigorous sports if that's not feasible. Even regular brisk walking—especially in fresh air—yields significant benefits compared to complete inactivity.

Benefits of walking for mental health:

- **Calming and stress relief:** Walking also helps release mental tension and calm the mind. In TCM, it is believed that when Qi flows freely through the body, it restores emotional equilibrium and alleviates anxiety.



- **Walking** is an essential component of maintaining health and harmony within the TCM framework. Regular walking activates the circulation of Qi, stimulates the function of internal organs, and enhances the body's overall condition. Even a few walks per week of 3–5 kilometers can significantly improve your health, support energy balance, and help prevent stagnation.

Hot Energy of Red Fish and Seafood

In Traditional Chinese Medicine (TCM), red fish and most seafood possess very hot energy. This is because they dwell in cold waters, and survival in such environments requires abundant internal warmth to balance the external chill, according to the Five-Element theory.

Effects on the body:

1. **Excess Internal Fire:** Consuming red fish and hot seafood can increase internal heat in the body, leading to overheating, inflammation, and other symptoms of Yang excess, including many types of allergies.
2. **Depletion of Yin Energy:** The body expends Yin energy to cool the excessive heat, which can result in Yin deficiency and associated symptoms such as weakness, dryness, and irritability.

Alternatives:

- **White Fish and Mussels:** Although still considered warming, their energy is less intense compared to red fish. Consuming them in moderate quantities can support the nourishment of Yin energy without excessive heat buildup.

Recommendations:

- **Moderation:** Limit intake of red fish and hot seafood, especially if signs of Yin depletion are present.
- **Dietary Balance:** Include cooling foods to maintain Yin–Yang harmony. Freshwater white fish is regarded as optimal and less heating.



Influence of Microwave-Prepared Foods on the Body in Traditional Chinese Medicine (TCM)

In Traditional Chinese Medicine (TCM), great importance is placed on the quality of the energy contained within food—this is the Qi that nourishes the body and sustains its vital functions. Foods that are cooked or reheated in a microwave oven suffer a disruption of this energy, which negatively impacts health and overall well-being.

Why Microwave Foods Are Harmful

1. Destruction of Digestive Qi:

A microwave oven acts on food with electromagnetic waves, disrupting its natural Qi. The Qi contained in the food simply vanishes, and the body no longer receives the requisite, naturally balanced energy needed to nourish internal organs. Although such food may quell hunger, it offers no real benefit; on the contrary, it extracts energy from the body.

2. Exhaustion of the Body:

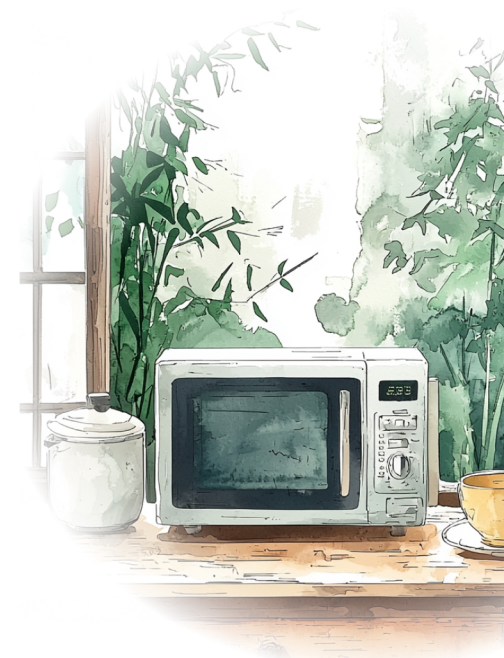
Regular consumption of microwave-heated foods can lead to a gradual depletion of the body's energetic resources. Even if one feels satiated after eating, the energy does not arrive in sufficient quantity, and the organism must draw upon its own reserves to maintain vital functions.

3. Short-Term and Long-Term Effects:

If microwave-prepared foods are eaten infrequently (for example, once or twice a month), this will have little measurable impact on health. However, if one relies on microwaved meals several times per week, this can cause serious energetic imbalance and health problems.

Consequences of Regular Microwave Food Consumption

- **Loss of Vitality:** Constantly eating microwave-heated foods reduces the body's life potential, since it no longer receives beneficial food Qi. This may lead to chronic fatigue, weakness, and impaired function of internal organs—especially the Kidneys and Spleen.
- **Digestive Impairment:** In TCM digestion is intimately tied to the quality of food Qi. When deprived of this Qi—as is the case with microwaved foods—the digestive system must work harder, which can cause Qi stagnation in the Stomach and Spleen.



What to Do Instead

1. Use Traditional Cooking Methods:

Whenever possible, prepare and heat foods on a stovetop or in an oven, so that their natural qualities and energy are preserved. This allows the body to obtain full nutritional value and energy from the foods, supporting health.

2. Limit Microwave Use:

If you cannot completely give up your microwave, restrict its use. Aim to consume microwaved foods no more than once or twice per month. Such foods are devoid of life-nourishing Qi, which makes them harmful from a TCM perspective. Regular consumption can lead to energy depletion, impaired organ function, and a decline in overall health. To maintain energetic balance and derive maximal benefit from your meals, prepare food using traditional methods that preserve its natural Qi.

Food Incompatibilities

In Traditional Chinese Medicine (TCM), combining certain foods can negatively affect health by placing strain on the organs and disrupting energetic harmony.

Examples of Harmful Combinations:

- **Alcohol and Fatty Foods:** This pairing overloads the Liver and Stomach, intensifying internal heat and impairing digestion.
- **Alcohol and Sweet Foods:** Combining alcohol with cakes or ice cream promotes excessive dampness and heat in the body, leading to Qi stagnation.
- **Spicy and Sweet Foods:** The union of spicy and sweet flavors can overwork the Spleen and Stomach, causing digestive disturbances and lowering energy levels.
- **Sour-Spicy-Sweet Foods:** Such a complex flavor combination may severely deplete the body's energy, resulting in imbalance and tension in the organs.

Recommendations:

- **Avoid Harmful Pairings:** Try not to combine foods that can negatively impact your energetic balance.
- **Practice Moderation:** Choose foods and flavor combinations mindfully, taking into account your individual constitution.
- **Consult a Specialist:** Seek guidance from a qualified TCM practitioner for personalized dietary recommendations.



Influence of Sour Foods on the Body in Traditional Chinese Medicine (TCM)

In Traditional Chinese Medicine (TCM), sour foods possess specific properties that may either benefit or harm the body, depending on the amount consumed and one's state of health. While small quantities of sour foods can be advantageous, excessive intake of intensely sour items—such as tomatoes—strongly stimulates the Liver, placing an additional burden on the Kidneys.

Why Sour Foods Can Be Harmful

1. Liver Excitation:

Sour foods stimulate the Liver, which in modest amounts can improve its function. However, when the Liver is over-excited by an abundance of sour items (for example, very tart fruits or tomatoes), it becomes imbalanced. This excess activity then exerts negative effects on other organs—primarily the Kidneys.

2. Burden on the Kidneys:

In TCM the Liver and Kidneys are closely related. When the Liver is hyper-stimulated, the Kidneys must expend their Yin energy to cool and counterbalance the excess heat. Because the Kidneys are the main reservoir of Yin—responsible for moistening and cooling the body—this compensatory effort can deplete Kidney Yin, leading to exhaustion.

When Sour Foods Can Be Beneficial

1. Berries and Lemon:

In small amounts, naturally sour foods—such as cranberries, cherries, or lemon—can be helpful. They do not overburden the Liver, and they refresh and invigorate the body. It remains important, however, to maintain overall balance and not overindulge even these beneficial items.

2. Moderate Consumption:

Sour foods may be useful in moderate doses, especially for individuals with Yang deficiency, since they lightly stimulate the Liver without causing excessive heat. It is crucial to keep sour foods from becoming a staple of the diet.



Recommendations

1. Limit Overly Sour Foods:

Exercise caution with highly sour items—such as tomatoes and certain unripe fruits. If you experience liver-area discomfort, irritability, or fatigue, reduce their intake.

2. Balance Your Diet:

To avoid overtaxing the Liver and depleting Kidney Yin, support dietary harmony by including foods that nourish the Liver gently—such as leafy greens and other mildly cooling vegetables.

3. Listen to Your Body:

If you feel tired, notice discomfort in the Liver or Kidney region, or experience other signs of imbalance after eating sour foods, consider cutting back or temporarily abstaining from them.

Conclusion:

Excessive consumption of sour foods—particularly items like tomatoes and very tart fruits—can overexcite the Liver, deplete Kidney Yin, and weaken the body. To maintain health, control the amount of sour foods in your diet, favoring moderate use of beneficial sour berries and lemon that support the Liver without overloading the system.



Mold-Ripened Cheeses and Their Influence on the Body in Traditional Chinese Medicine (TCM)

In Traditional Chinese Medicine (TCM), mold-ripened cheeses are regarded as foods that exert a significantly negative influence on the body. These cheeses can heavily overtax internal organs—especially the Spleen and Kidneys—leading to the loss of vital energy and a weakening of overall health.

Why mold-ripened cheeses are harmful:

- 1. Depletion of Spleen and Kidney Energy:** Mold-ripened cheeses require enormous effort from the body to digest and assimilate. In TCM, the Spleen is responsible for transforming and transporting Qi energy, and the Kidneys store the life essence (Jing). When you consume mold-ripened cheese, the body expends excessive energy—particularly through the Spleen and Stomach—which in turn drains Kidney energy.
- 2. Excessive Load on the Digestive System:** Such cheeses overload the digestive system, forcing the Spleen to work with double strength. As a result, Kidney energy begins to be consumed via the Spleen, causing general weakness and exhaustion.
- 3. Harm of the Mold Itself:** Although mold is considered harmless in these cheeses from a food-safety perspective, in TCM mold remains a negative element that adversely affects the body's energy. Eating these products without heat processing can further deplete your vital strength and provoke digestive problems.

The Role of Heat Processing:

- Mitigation through Cooking: If mold-ripened cheese is subjected to heat processing (for example, baking), its impact on the body is softened. This reduces the burden on the Spleen and Kidneys, as the body can more easily digest and assimilate the heated cheese.
- Residual Harmful Element: Nevertheless, mold remains an undesirable component even after thermal treatment. Therefore, in TCM it is recommended to avoid these cheeses entirely whenever possible.

The Role of Heat Processing:

- 1. Why It's Better to Avoid Mold-Ripened Cheese Altogether:** That something has been invented does not mean it must be eaten.



The situation is similar to eating bread with mold—you would not eat it simply because the mold has not visibly spoiled the dough. The logic here is straightforward: mold remains mold, and it is not a beneficial element for the body, even if it seems harmless.

2. Flavor Pairing and Benefit:

It is wise to choose foods that both nourish and benefit the body—rather than chasing exotic or fashionable products. For example, you can substitute ordinary fresh cheeses, which are easily digested and rich in nutrients.

Recommendations for Cheese Consumption:

- **Avoid Mold-Ripened Cheeses:** If possible, exclude mold-ripened cheeses from your diet to prevent overburdening the Spleen and Kidneys.
- **Cook Cheese When Needed:** If you nonetheless wish to enjoy cheese, choose fresh varieties and apply heat—such as melting or baking—to reduce negative effects.
- **Choose Familiar, Gentle Cheeses:** Prefer soft, moist white cheeses, which are easily assimilated by the body and nourish Yin energy without excessive strain on the organs.

Conclusion:

Mold-ripened cheeses significantly overtax the Spleen and Kidneys, forcing the body to squander too much energy on their digestion and assimilation. This can lead to a decline in vital strength and a deterioration of well-being. To maintain health, it is best to avoid these products and instead focus on fresh cheeses and other foods that bring both flavor and benefit to the body.

