

# Healing with Foods: Fall – Foods that nourish the Lungs

Presented by:

**Christina J Barea, MMQ**

Medical QiGong Therapy & Exercises

www.TheRisingLotus.com

(408) 220-4923



autumn

*The forces of Autumn create dryness in Heaven and Metal on Earth; they create the lung organ and the skin upon the body... and the nose, and the white color, and the pungent flavor... the emotion of grief, and the ability to make a weeping sound. –Inner Classic*

Fall is the season of harvest, a time to pull inward and gather together on all levels, a time to store up fuel, food and warm clothing, a time to study and plan for the approaching stillness of winter. Everything in nature contracts and moves its essence inward and downward. Leaves and fruit fall, seeds dry, the sap of trees goes into the roots. The earth's grasses start to lose their deep green color, turning lighter and drier.

➤ Yin Organ	<b>Lungs</b>	Yang Organ	<b>Large Intestine</b>
➤ Congenital	<b>Integrity</b>	Acquired	<b>Grief</b>
➤ Nurtures	<b>Kidneys</b>	Controls	<b>Wood</b>
➤ Element	<b>Metal</b>	Color	<b>White (Bai)</b>
➤ Orifice	<b>Nose</b>	Finger	<b>thumb</b>
➤ Spirit	<b>Po</b>	Sound	<b>Shhh</b>

To prepare food which reflects the qualities of autumn, we must be aware of its abundant yet contracting nature. This awareness can be heightened by choices for more astringent as well as heartier flavors and foods. In addition, cooking methods should involve more focused preparation to supply the greater energy required by a cooler season. The appetite is stimulated by the warm fragrance of baked and sautéed food – concentrated foods and roots thicken the blood for cooler weather. Soups are a great way to nourish the moisture of lungs.

## ***Lungs – Moistening & Drying***

The lungs receive the qi or vital force of the air and mix it with the qi extracted from food. This combination of qi and associated nutrients is then distributed throughout the body and is of particular importance in protecting the surfaces of the body (including mucous membranes and interior surfaces of the lungs) from viruses, bacteria and other invading pathogens. The strength of the lungs depends on their qi. The lungs are said to “open” to the nose; this means that the sinuses, bronchioles, air passageways, and the nose itself are all influenced by the lungs. The health of the skin, including the mucous membranes and their inherent immunity, reflect lung health. The amount and quality of mucous relates to the lungs.

The individual with healthy lungs maintains a light, moist, protective coating on all mucous membranes; in conjunction with well-nourished and energized skin, this wards off extreme weather influences as well as viruses and other pathogens. Because of the qi and nutrients directed by balanced lungs nourish the periphery of the body, the person with strong lungs has soft, lustrous skin and glossy hair. Skin that is dry, dull or rough is a sign of lung imbalance.

***Symptoms of lung imbalances:***

- dryness and excessive mucus in the membranes
- sinus problems
- nasal congestion
- lung and bronchial conditions
- frequent colds
- susceptibility to contagions
- skin conditions

***Causes of Common Lung Disorders:***

- Unresolved grief
- Sedentary lifestyle – impedes healthy “breathing” and peristalsis
- Overeating
- Not eating enough roughage
- Consuming too many “damp” foods such as meat, dairy and tofu
- Consuming drugs, cigarettes and processed foods

***Psycho-Emotional Aspects of the Lungs:***

**Grief & Attachments** – Grief is the emotion associated with the lungs and colon. When it is expressed and resolved it strengthens the internal basis of health, but repressed grief causes long-term contraction of the lungs. The contracting force of grief, if used constructively, clears repression, it encourages us to look within and identify unresolved sorrow. Long, deep breathing can help to transform lung congestion.

Those with healthy lungs tend to hold on to their principles and keep their commitments, but when it comes time to let go of an object or relationship, they sense this and do it without emotional repression. Feeling the associated grief and sadness, but soon resolving it. In comparison, those with weak lungs may experience loss with confusion and attempt to stifle their sadness, never completely letting go. At the same time they can become disorderly and either lose their possessions easily or else hold onto them with unreasonable attachment.

Ability to quickly release grief and sorrow will manifest as a healthy colon as well. It is often said that constipation is the “inability to let go”. Sufficient moisture is essential, as well as the psychological ability to release.

### ***Foods to Nourish the Lungs:***

To moisten **DRY** Lungs:

Watercress	Daikon radish
Cantaloupe	Radish
Apple	Carrot
Persimmon	Pumpkin
Peach	Kuzu
Pear	Cabbage
Strawberry	Bok choy
Citrus	Cauliflower
Seaweeds	Chard
Mushroom	Papaya

*Herbs:*

Horehound (Marrubium vulgare)  
Chickweed (stellaria media)  
Marshmallow Root (althea officinalis) orange

To clear **Phlegm** Lungs:

Fennel	horseradish
Fenugreek	turnip
Flaxseed	fresh ginger
cayenne	radish
watercress	daikon radish
garlic	mushroom
onions	hot spicy foods like peppers

*Herbs:*

Mullein leaf (verbascum thaspus)  
Coltsfoot (tusilago farfara)  
Nettles (urtica urens)

## Fennel and Celery Slaw Salad

3 tablespoons white wine vinegar

2 teaspoons sugar

1/3 cup extra-virgin olive oil

1/2 pound shredded slaw salad mix

1 bulb fennel, trimmed, reserve a handful of fronds

4 ribs celery from the heart, thinly sliced on an angle

10 leaves fresh basil, thinly sliced

Salt and freshly ground black pepper

Mix vinegar and sugar in the bottom of a bowl and whisk in oil. Add slaw to bowl. Chop fennel fronds and add to cabbage. Quarter the fennel bulb, cut away the core and thinly slice, add to cabbage. Add the celery and basil to the salad, toss to combine, season liberally with salt and pepper, to your taste.



## Radish, Apple and Onion Salad

4 radishes, thinly sliced

2 Red Delicious apples, cored, seeded and thinly sliced and tossed with 2 teaspoons lemon juice

1/2 red onion, thinly sliced

1 head romaine lettuce or red leaf lettuce, chopped

**Dill and Poppy Dressing:**

3 tablespoons red wine vinegar

2 teaspoons sugar

1 teaspoon salt

1/4 cup extra-virgin olive oil

1/2 cup sour cream

1 teaspoon poppy seeds

2 tablespoons chopped dill or 2 teaspoons dried dill

Combine radish, apple (coated in lemon to retard browning) and onion with chopped lettuce. In a small bowl, combine vinegar with sugar and salt. Whisk in oil, stir in sour cream, poppy and dill. Drizzle dressing evenly over salad and serve.

## Grilled Fruit Kebabs

2 pounds assorted fruit (pre-cut into chunks), such as pineapple, mango, cantaloupe, honeydew and watermelon

1/2 cup light olive oil

Ice cream, serving suggestion

**Special Equipment:** 8-inch wooden skewers Submerge skewers in water for 10 to 12 minutes. This will keep them from burning when grilled.

Preheat a grill pan over medium heat.

Thread fruit onto skewer, alternating types of fruit for a colorful presentation; fill the skewer no more than halfway. With a pastry brush, paint the fruit with a light coating of oil. Place skewers, a few at a time, in the hot grill pan. Turn occasionally until you have grill marks on all sides of the fruit. Serve with ice cream, if desired.