

Healing with Foods: Spring – Foods that nourish the Liver

Presented by:
Christina J Barea, MMQ
Medical QiGong Therapy & Exercises
www.TheRisingLotus.com
(408) 220-4923



The supernatural forces of spring create wind in Heaven and wood upon the Earth. Within the body they create liver and the tendons; they create the green color... and give the voice the ability to make a shouting sound... they create the eyes, the sour flavor, and the emotion anger... The Inner Classic

The Spring season corresponds to the Wood element and the Liver organs and channels. Spring is the time to rise early with the Sun. During this time our spirit begins to rise with Yang energy and spread out. It is the time for growth and expansion. It's a great time for brisk walks and "yang" type activities which emulate the rising and active energy of Spring. Our body is best supported by consuming foods that nourish our liver. Some good examples of these are young plants, fresh greens, sprouts. Cook foods quickly and at a higher temperature, like sautéing or light steaming. This is the best time of year for cleansing the body or fasting or adopting raw food diets.

➤	Yin Organ	Liver	Yang Organ	Gall Bladder
➤	Congenital	Benevolence/Generosity	Acquired	Anger/Irritation
➤	Nurtures	Heart	Controls	Spleen
➤	Element	Wood	Color	Blue/Green (Qing)
➤	Orifice	Eyes	Finger	Index
➤	Spirit	Hun	Sound	Shu

"This is the season to attend to the Liver and Gall Bladder. In Spring we naturally eat less and even fast, to cleanse the body of the fats and heavy foods of winter. The diet should be the lightest of the year and contain foods which emphasize the yang, ascending, and expansive qualities of spring – **young plants, fresh greens, sprouts, and immature wheat or other cereal grasses**. Salty foods such as soy sauce, miso and sodium rich meats all have a strong component of sinking energy and are best limited during spring. Too many heavy foods clog the liver, resulting in spring fits and fevers. The liver is supported by the sour flavor."

Symptoms of Liver Imbalance:

- Nervous system disorders
- Menstrual irregularities
- Many skin toxicity conditions (eczema, acne, boils, acidosis, some allergies)
- Tendon problems (easily torn or tight)
- Eye problems (Glaucoma, Macular degeneration, chronic red eyes, cataracts)
- Lumps, goiters, cysts
- excessive anger, resentment, depression, moodiness
- Liver stores the Blood, so many blood related disorders

“The Wood element organ (the Liver) is perhaps the most congested of all organs in the modern person. Too much fat, chemicals, intoxicants, and denatured food all disrupt the hundreds of intricate biochemical processes of the Liver. Traditional Chinese Medicine physiology tells us that the healthy liver establishes a smooth and soothing flow of energy through the whole person, in both body and mind. When the liver is harmonious there is never stress or tension. People with vital livers are calm; they also have unerring judgment and can be naturally effective as leaders and decision-makers. When obstructed, stagnant or overheated the energy flow in the liver and throughout the body is hampered, resulting in myriad physical and emotional problems. “

This text is an excerpt from *Healing with Whole Foods* by Paul Pitchford 3rd Edition

Fruits & Vegetables

Beets	Pine Nut	Romaine Lettuce
Taro	Cabbage	Asparagus
Sweet Rice	Turnip	Amaranth
Amasake	Kohlrabi	Quinoa
Strawberry	Cauliflower	Alfalfa
Peach	Broccoli	Radish Leaves
Cherry	Brussel Sprouts	Citrus Peel
Chestnut	Rye	Blackberries
Celery	Plum	Raspberries
Seaweeds	Mushrooms	Huckleberries
Lettuce	Rhubarb	Sprouted grains
Cucumber	Radish	Beans
Tofu	Flax seed oil (Fresh cold pressed)	Seeds

Seafood

* Almost all seafood is acceptable, however, refrain from eating Crab meat (and even more so if it's the processed kind)

Salmon	Anchovy	Tuna
Mackerel	Pilchard	
Sardines	Butterfish	
Herring	Trout	

Herbs (all of these can be taken daily)

Dandelion Root (Taraxacum officinalis)
Bupleurum (Bupleurum falcatum)
Mandarin (chai hu)
Milk Thistle Seeds (Silybum marianum)
Oregon Grape Root (Mahonia repens)
Chamomile Flowers (Anthemis nobilis)
Licorice Root (Glycyrrhiza glabra)
Chaparral (Larrea divaricata) *consult with qualified practitioner before taking

Chlorophyll Rich Foods like Spirulina, Micro-algae, and Wheat Grass are all great for helping the liver to filter and transport blood.

Sprout Hummus

Ingredients

1 cup Sprouts
1 Tbs. tahini
1 Tbs. lemon juice
1 Tsp. olive oil
1 clove garlic (more or less - to taste)
1 tsp. ground cumin
1/2 tsp. salt
1/2 tsp. ground white pepper

Preparation

Mix all ingredients to desired consistency using a food processor.

Serve

Spread hummus on serving platter drizzle olive oil + sprinkle paprika over top. Slice cucumber, tomatoes, carrots, etc. and place around hummus.

Or

Spread Hummus on flour tortilla, top with Alfalfa type sprouts. Roll it up. Serve whole or sliced.

Decorate as you wish. We used Nasturtiums and Italian Parsley in our picture.

Sprout Gazpacho

Ingredients

Serves 8

3/4 cup olive oil
3 scallions - chopped
4 cloves garlic - minced
2 sweet peppers (any or all colors) - chopped
1/3 cup celery - chopped
2 pounds tomatoes - chopped
2 cucumbers - seeded (optional) and chopped
2 cups Leafy Sprouts - chopping optional
1 cup Sprouted Beans
1 1/2 quarts vegetable or chicken stock
2 cups white wine - dry
2 tsp. lemon juice
1/4 cup cilantro - chopped
1/2 tsp. black pepper - ground
1 Tbs. basil
2 bay leaves
1 Tbs. dill weed
salt to taste

Preparation: Mix all of the ingredients together and refrigerate.

Serve : Chilled



Baby Bok Choy with Cashews Recipe

- 2 Tbsp olive oil
- 1 cup chopped green onions, including green ends
- 3 cloves garlic, chopped
- 1 pound baby bok choy, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
- 1/2 teaspoon dark sesame oil
- Salt
- 1/2 cup chopped, roasted, salted cashews

1 Heat olive oil in a large sauté pan on medium high heat. Add onions, then garlic, then bok choy. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)

2 Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked.

3 Gently mix in cashews. Serves 4.



Arugula Salad with Beets and Goat Cheese Recipe

Salad Ingredients:

Beets - (boiled until a fork easily goes in it, about an hour), peeled, sliced into strips

Fresh arugula - rinsed, patted dry with a paper towel

Goat cheese - chevre

Walnuts - chopped

Dressing ingredients:

Olive oil

Lemon

Dry powdered mustard

Sugar

Salt and pepper

The amount of ingredients depends on how many people you are serving and how much salad you intend to serve them. The important thing is that this is a good blend of flavors. I didn't try tossing this salad; each plate was composed individually.

The dressing for three individual salads was 1/4 cup of olive oil, 1/2 lemon, 1/4 teaspoon of powdered mustard, 3/4 teaspoon of sugar, salt and pepper to taste. Actually, it is all to taste. These are only approximate measurements.

Assemble the salad according to how much you want. A handful of arugula leaves, a few beet juliennes, some crumbled goat cheese, garnish with chopped walnuts. Use a vinaigrette salad dressing or what I've described above.