

## **Healing with Foods: Summer – Foods that nourish the Heart**

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### *Summer*

*The Supernatural forces of Summer create heat in the Heavens and fire on Earth; they create the heart and the pulse within the body... the red color, the tongue, and the ability to express laughter... they create the bitter flavor, and the emotions of happiness and joy. Fire refers to the light of the Sun. To unify with summer, a yang season, the Inner Classic suggests we express the yang principle – expansion, growth, lightness, outward activity, brightness, and creativity.*

Summer is a period of luxurious growth. To be in harmony with the atmosphere of summer, awaken early in the morning and reach to the sun for nourishment to flourish as the gardens do. Work, play, travel, be joyful, and grow into selfless service. The bounty of the outside world enters and enlivens us. Use plenty of brightly colored summer fruits and vegetables. Cook lightly and regularly add a little spicy, pungent or even fiery flavor. When sautéing, use high heat for a very short time, and steam or simmer foods as quickly as possible. Use little salt and more water. On hot days, excessively cold drinks and ice-cream can weaken the digestive system by contracting the stomach and blocking the digestive process.

➤	Yin Organ	<b>Heart</b>		Yang Organ	<b>Small Intestine</b>
➤	Congenital	<b>Order</b>		Acquired	<b>Anxiety/Overexcitement</b>
➤	Nurtures	<b>Earth</b>		Controls	<b>Metal</b>
➤	Element	<b>Fire</b>		Color	<b>Red (Chi)</b>
➤	Orifice	<b>Feeling</b>		Finger	<b>middle</b>
➤	Spirit	<b>Shen</b>		Sound	<b>“Ha” or “Ke”</b>

### Traditional Chinese Medicine view of the Heart:

It is considered the “Emperor” as it is the house of the Shen (Spirit) and is the representation of the “Fire”/yang energy of the body. It governs the Qi and Blood. The heartbeats rhythm, rate and length is determined by the quality of Qi of the Heart. The Heart governs the Blood in 2 ways: by transforming food energy (gu qi) and circulating Blood.

The Heart controls the blood vessels, and the vessels determine the harmony, smoothness of Blood flow in veins, arteries etc. The quality or condition of Heart energy manifests through the complexion. The heart displays outward vibrancy through the complexion and “shining” like appearance of tone of voice, skin, motivation, overall action.

Houses the Shen (Spirit) and Zhi (Will). The Heart is responsible for mental and emotional activities such as intelligent consciousness, long term memory, capacity to judge right & wrong;

it influences sleep and controls spirit travel, soul or spirit projection, dreaming.

#### General Symptoms of a Heart-Mind Imbalance:

- Scattered and confused mind
- Excess or no laughter
- A ruddy or very pale face
- Speech problems (stuttering, excess verbiage, confused speech)
- Depression
- Mental illness
- Loss of memory
- Poor circulation
- Weak spirit
- Aversion to heat

#### *Tips for eating healthy in the summer and nourishing the Heart*

On hot days, excessively cold drinks and ice-cream can weaken the digestive system by contracting the stomach and blocking the digestive process.

Serve more cooling and fresh foods such as salads, sprouts (mung, soy, alfalfa), fruits and cucumbers

Drink teas from flowers or loose tea leaves like chrysanthemum, chamomile, mint

Fruits which cook great in the summer are apples, lemons, limes, watermelons, cantaloupe, papaya, pineapple, mung beans, squash and zucchini.

Heat dispersing spices bring out internal heat from the body. These are red and green hot peppers, cayenne peppers (fresh), ginger, horseradish, black pepper. Remember to use them moderately so as to not weaken or loose too much Yang energy.

Eating heavy foods in the summer (meat, eggs, nuts, seeds and grains) cause sluggishness and heaviness.

#### **Heart Healthy Diet**

Diet is a major contributing factor to heart health. It is generally accepted that foods containing high cholesterol, or that cause the body to make more cholesterol, affect heart disease. Foods containing fiber, potassium, nitric oxide (in green leafy vegetables), monounsaturated fat, polyunsaturated fat, saponins, lecithin, stanol, sterol, phytic acid, phenolics, antioxidants, carotenoids, flavonoids, or tannins are said to lower cholesterol levels in the body. Foods high in grease, salt, trans fat, or saturated fat are said to raise cholesterol levels. In simplified terms:

#### **Avoid:**

1. **alcohol**
2. **tobacco**
3. **caffeine**

4. **trans fats** - What is *Trans Fat*? Basically, *trans fat* is made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats. *Trans fat* can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Unlike other fats, the majority of *trans fat* is formed when food manufacturers turn liquid oils into solid fats like shortening and hard margarine. A small amount of *trans fat* is found naturally, primarily in some animal-based foods. *Trans fat*, like saturated fat and dietary cholesterol, raises the LDL cholesterol that increases your risk for CHD. Although saturated fat is the main dietary culprit that raises LDL, *trans fat* and dietary cholesterol also contribute significantly.

**Look For:**

1. **Omega 3's and 6's** – Fish oils, walnuts, pumpkin seeds, and tofu, vegetable oils, including soybean, rapeseed (canola), and flaxseed oil.
2. **more vegetables**
3. **more fruits**
4. **more fiber**

<b>Sources of Fiber</b>		
100% Bran Cereal	1/2 cup	10
Peas (cooked)	1/2 cup	5.2
Kidney Beans	1/2 cup	4.5
White Beans	1/2 cup	4.2
Apple with Skin	1 medium	3.9
Whole Wheat Bread	2 slices	3.9
Potato	1 small	3.8
Popcorn	3 cups popped	2.8
Broccoli	1/2 cup	2.6
Pear	1 medium	2.5
Tangerine	1 medium	1.6

**Omega-6s**

Like omega-3s, omega-6s play an important role in health and are found in a variety of foods commonly used in the kitchen or added by food manufacturers to a plethora of products. Rich in omega-6s are oils from corn, safflower, soybean, sunflower, and sesame, plus sunflower seeds, pine nuts, and pecans. Scientists believe the typical Western diet has an excess of omega-6s, especially in ratio to omega-3s. This lopsided ratio may be responsible for much of the chronic inflammatory diseases seen today. Early humans ate a ratio of 1:1 omega-6s to omega-3s; current estimates push a ratio of 10:1 (and up!) by those consuming a Western diet. The cause? Less fish intake and excessive consumption of omega-6-rich oils. While some experts focus educational efforts on returning the omega ratio to its former dietary balance, many more recommend that consumers simply increase their overall intake of omega-3 fatty acids.

## Gazpacho

Recipe courtesy Firefly on Paradise on  
www.foodnetwork.com

Show: \$40 a Day

Episode: Las Vegas, NV

4 ripe tomatoes  
1/2 cup extra-virgin olive oil  
2 ounces cider vinegar or sherry vinegar  
2 cups tomato juice  
1 cup diced stale or lightly toasted baguette bread  
2 cucumbers, peeled, seeded, and chopped  
1 red pepper, chopped  
1 red onion, chopped  
1 tablespoon minced garlic  
1/2 bunch parsley, chopped  
1/2 bunch cilantro, chopped  
1 tablespoon minced jalapeno pepper, seeded (can substitute hot sauce)  
Kosher salt  
Sliced or diced avocado, for garnish

Bring salted water to a boil in a medium pot. Cut an "x" shape on the tops and bottoms of the tomatoes. Boil the tomatoes until the skin begins to peel back, about 20 to 30 seconds. Plunge the tomatoes into a bowl of iced water to chill. Peel and seed the tomatoes, then chop them.

In a medium bowl, combine the olive oil, vinegar, and tomato juice. Mix well, and then add the diced bread to soak. In another bowl, combine the chopped tomato, cucumber, red pepper, onion, garlic, parsley, and cilantro. Reserve 1/2 cup of this chopped mixture for garnish, if desired.

Put all ingredients into a blender or food processor and puree until smooth. Serve chilled and garnish with the avocado and reserved diced vegetables, if desired.

## Cucumber Canoes of Salmon Mousse

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Show: Dinner: Impossible

Episode: The Catwalk Chef



3/4 pound Norwegian smoked salmon  
4 ounces soft cream cheese  
Salt and pepper  
3 tablespoons creme fraiche or sour cream  
2 cucumbers  
2 tablespoons chopped fresh or drained canned pineapple

In food processor, chop up salmon into a paste. Add cream cheese, salt and pepper, and creme fraiche to make a mixture loose enough to pipe out into cucumber boats. Peel cucumbers and halve lengthwise. Slice cucumbers into 2-inch lengths. Use melon baller to scoop out the cucumber to make into small canoe-shapes. Spoon salmon mixture into pastry bag fitted with a with star tip, and pipe mixture into each cucumber "canoe." Top with a small amount of pineapple.

## Arugula, Apple, and Radish Salad with Cider Vinaigrette

Recipe courtesy [Dave Lieberman](#)

Show: [Dave Does](#)

Episode: [Holiday Gifts](#)

Dressing:

1/4 cup cider vinegar

1/2 cup extra-virgin olive oil

1 shallot, minced

Salt and freshly ground black pepper

2 bunches arugula, thick stems removed, rinsed and dried

1/2 pound radishes, thinly sliced on mandoline

1 red apple, peeled, cored and finely diced

Whisk together vinegar, olive oil, shallot, salt and pepper. Toss arugula, radishes and red apple together. Toss salad with dressing right before serving.

### Christina's Macedonia (Fruit Salad)

2 bananas

1 pint strawberries

2 kiwi fruits

3 cups fresh squeezed orange juice

In a medium bowl (enough to hold all the ingredients) place the bananas sliced in rounds about 1/4" in width, strawberries in quarters, kiwi sliced in rounds and then in halves. Pour the orange juice over the fruit and keep in refrigerator. Wait about 2 hours before serving for the first time to allow the juice to react with the fruit. Enjoy chilled, not cold. Must be consumed fresh, keeps for up to 48 hours in refrigerator.

## Sprouted Mung Bean Salad

Recipe courtesy [Sophia Wakefield](#), Harvest Bakery and Cafe, Jackson Hole, WY

Show: [The Best Of](#)

Episode: [Food Trends](#)

10 cups sprouted organic mung beans

1 bunch organically grown cilantro, leaves only

1/2 cup organic lemon juice

1/2 cup organic olive oil

1 tablespoon muchi curry

Pinch organic cayenne pepper

2 1/2 tablespoons organic raw soy sauce

1 tablespoon minced organic garlic

1 tablespoon organic stone-ground mustard

Toss all of the ingredients together in a large serving bowl. Serve immediately.