

Healing with Foods: Winter – Foods that nourish the Kidneys

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In winter, the life energy, symbolized by Thunder, the Arousing, is still underground. Movement is just at its beginning; therefore it must be strengthened by rest, so that it will not be dissipated by being used prematurely. . . everything must be treated tenderly and with care at the beginning, so that the return may lead to flowering.
- Yi Jing, Fu/Return

➤	Yin Organ	Kidneys	Yang Organ	Bladder
➤	Congenital	Wisdom	Acquired	Fear
➤	Nurtures	Wood	Controls	Fire
➤	Element	Water	Color	Black/purple (Hei)
➤	Orifice	Ears	Finger	Little
➤	Spirit	Zhi	Sound	Chree

The Kidneys are the foundational root of all energy in the body. When the Kidneys are strong the entire body is resilient, full of vitality. A person with a balanced Kidney Yin and Yang is active yet calm, courageous but gentle, accomplishes much without stress and balances assertive action with nurture.

Symptoms of Kidney Imbalance:

- all bone problems, especially knees, lower back and teeth
- hearing loss, ear infections
- head hair problems – loss, premature grey, quality of hair
- all urinary, sexual and reproductive imbalances
- poor development, rapid aging
- excessive fear and worry

Kidney Jing

Jing is the deep essence of our bodies. The deepest source of our vitality. When it is deficient we display signs of Kidney imbalances as well as signs of premature aging. If Kidney Yin and Yang is deeply affected we may suffer from night sweats, mood swings, flushed face, hot flashes, dry skin, dark urine,

The Winter season corresponds to the Water element and the Kidney organs and channels. During this time our spirit looks inward for introspection. It is the time for conserving energy. To unify with Winter, one emphasizes the Yin principle to become more receptive, introspective, and storage-oriented; one cools the surface of the body and warms the body's core. Cold and darkness drive one to seek inner warmth. It is a time to rest, to meditate deeply, refine the spiritual essence and store physical energy. Even though slow Yin processes dominate one must remain active enough to maintain the spine and joints flexible. The ability to listen is heightened in the cold and silent months.

Our body is best supported by consuming foods that nourish our kidneys. Some good examples of these are warm hearty soups, whole grains and roasted nuts. Also good are dried foods, small dark beans, seaweeds and steamed winter greens. Cook foods longer and at a lower temperature, with less water. Salty and bitter flavors are best. Pay attention to eating foods that are in season: squash, roots, cranberries. Avoid out of season foods.

Both salty and bitter foods are appropriate for the winter, since they promote a sinking, centering quality of the qi. Seaweeds are highly recommended. Try Nori or Kelp. Boil these in soups or other liquid based foods. Add slices of Nori to rice or salads.

Please refer to the book *Healing with Whole Foods* by Paul Pitchford 3rd Edition

Fruits & Vegetables (B = Bitter)

Nettles	Royal Jelly ++	Micro-Algeas
Almonds	Bee Pollen++	Chlorophyll rich foods/supplements
Beets	Pine Nut	Romaine Lettuce (B)
Taro	Cabbage	Asparagus (B)
Millet	Turnip (B)	Amaranth (B)
Barley	Kohlrabi	Quinoa (B)
String beans	Cauliflower	Alfalfa
Black Beans	Broccoli	Radish Leaves
Mung Beans (green soy)	Brussel Sprouts	Citrus Peel
Chestnut	Rye	Blackberries
Celery (B)	Plum	Raspberries
Seaweeds	Mushrooms	Huckleberries
Lettuce (B)	Rhubarb	Endive (B)
Cucumber	Radish	Escarole
Tofu (sparingly)	Flax seed oil (Fresh cold pressed)	Turnip

Amaranth Banana Pancakes (VEGAN)

1 c amaranth flour
 1 T Ener-G egg replacer
 1/2 t guar gum (might be unnecessary if Ener-G egg replacer is used)
 1/4 c water
 more water :-)
 1 or 2 bananas

Mix dough. Prepare non-stick skillet. Pour pancakes onto hot skillet. Begin to cook. Add banana slices so that they still sink in partly but still show their faces through on the top. Turn pancakes when ready, so banana slices will come in contact with the skillet. When done, serve with banana slices facing up. Bananas will be warm and sweeten the pancakes. These types of pancakes are fun for children. And the little kid in each of us.

Amaranth with Spinach Tomato Mushroom Sauce

1 cup amaranth seed
 2-12 cups water
 1 Tablespoon olive oil
 1 bunch spinach (or young amaranth leaves if available)
 2 ripe tomatoes, skinned and coarsely chopped
 1/2 pound mushrooms, sliced
 1-1/2 teaspoons basil
 1-1/2 teaspoons oregano
 1 clove of garlic minced
 1 Tablespoon onion, minced
 Sea salt and pepper to taste (or use a salt substitute)

Add amaranth to boiling water, bring back to boil, reduce heat, cover and simmer for 18-20 minutes. While amaranth is cooking, stem and wash spinach, then simmer until tender. Dip tomatoes into boiling water to loosen skin, then peel and chop. Heat oil in a skillet over medium heat and add garlic and onion. Sauté approximately 2 minutes. Add tomato, mushrooms, basil, oregano, salt, pepper and 1 Tablespoon of water. Drain and chop spinach and add to tomato mixture. Cook an addition 10 – 15 minutes, stirring occasionally. Lightly mash tomato as it is cooking. Stir the sauce into the amaranth or spoon it on top.

Azuki Beans and Squash

1 cup dry azuki beans (small red beans)
1 strip kombu 6 - 8 inches long
1 cup buttercup/acorn or other winter squash, cubed but not peeled
1/2 teaspoon sea salt

Wash beans, cover with water and soak for 6 - 8 hours.
Put kombu on bottom of pot and cover with the squash. Next add soaked, drained beans. Add water to just cover the squash layer. Do not cover the beans at the beginning.

Place the bean mixture over low heat and bring to a boil slowly. Cover after about 10 - 15 minutes. Cook until beans are 70 - 80% done, about 1 hour or so. The water will evaporate as the beans expand, add more cold water as required to keep level constant and make beans soft. When beans are nearly done, add sea salt, cook another 15 - 30 minutes.

Transfer to serving bowl.
Serve with brown rice.

Bean Vegetable Medley (T)

Recipe By : Converted from Meal-Master
Serving Size : 4 Preparation Time : 0:20
Categories : Bean Dishes Grain Main Dishes

Amount	Measure	Ingredient -- Preparation Method
3	Tbsp	Water
1	Large	Onion -- diced
2	Stalks	Celery -- sliced
1	Med	Green Pepper -- cut in strips
2	Med	Tomatoes -- diced
2	Cups	Red Kidney Beans -- drained & rinsed
10	Pkg	Frozen Lima Beans
1	Cup	Quick Cooking Barley
2/3	C	Parsley -- chopped
1 1/2	Tsp	Salt
1	Tsp	Dried Basil Leaves
1/4	Tsp	Ground Black Pepper
3	C	Boiling Water
2	Tbsp	Nonfat Cheddar Cheese -- grated

Tips: This dish can be assembled and baked later. Add the boiling water just before baking. Baking time should be increased by 15 minutes when starting refrigerated temperature.

Heat oil in a large skillet. Add onion, celery, and green pepper. Cook slowly for 10 minutes. Do not brown. Stir in tomatoes, kidney beans, barley, parsley, salt, basil, and black pepper. Transfer mixture to a buttered 2-to 3 quart casserole with lid. Add boiling water. Cover. Bake at 350 degrees F for 1-1/2 hours or until barley is tender and liquid is absorbed. Sprinkle with grated cheese before serving.

Good served with: Marinated, slightly blanched mixed vegetables, hot French bread and butter.

BEEF OR LAMB BARLEY STEW

1/4 c. olive oil
2 cloves garlic, sliced
2 lbs. beef or lamb cubes
2 c. consomme or bouillon
2 c. barley, rinsed
6 c. water
1 tsp. salt
3 carrots, sliced

Heat olive oil in Dutch oven. Brown garlic, then add meat and brown on all sides. Add all other ingredients except carrots. Bring to boil, then reduce heat and simmer, covered, for 30 minutes. Add carrots and simmer 30 minutes more. Stir occasionally and add water if it gets too dry. Can also add can of tomatoes

Tassajara Unyeasted Fruit And Nut Bread

Yield: 1 servings

4 c Whole wheat flour
2 c Rye flour
1 c Roasted barley flour
1 T Salt
1/4 c Oil
1 c Raisins
1/2 c Sunflower seeds (roasted)
1/2 c Roasted chopped nuts (not peanuts)
1/4 c Soaked dried apricots chopped.
3 c Approx. warm water

Preparation

Mix flours, salt. Rub in oil. Mix in nuts, raisins, apricots, seeds. Add water until dough forms. Knead well (about 300 times). Put in pan, slit top. Proof overnight. Bake 1 1/2 hours at 375F.

(1 large or 2 small loaves.)

Source: The Tassajara Bread Book. Copyright, Tradubec Inc.