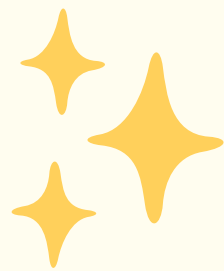


食物能量学



Food



Energetics

---in Traditional Chinese Medicine

Foreword

Before you begin this course, I invite you to take a deep breath, slow down, and enter with a sense of curiosity and compassion for your body.

This course is not meant to overwhelm you with complex terms or rigid rules. Instead, it's here to help you understand yourself better — through the lens of Traditional Chinese Medicine (TCM), in a way that's simple, practical, and empowering. Whether you're new to TCM or have explored it before, approach this with an open heart and a willingness to reflect gently on your own patterns, habits, and health.

Disclaimer:

This course is for educational purposes only. It does not replace professional medical advice, diagnosis, or treatment. If you have a specific medical condition or are on medication, please consult a qualified healthcare provider before making changes to your health routine. Additionally, some TCM references included in this course (such as food therapy or herbal practices) may involve ingredients or concepts that vary in acceptability

depending on individual dietary needs, personal ethics, or religious guidelines. Please feel free to adapt or substitute accordingly and always honour what aligns with your values.

My Intentions:

I created this course because I've seen how much Traditional Chinese Medicine can transform lives — starting with awareness. My goal is to make TCM more accessible, relatable, and useful for daily life. I hope this course gives you clarity about your unique body constitution, equips you with tools to support your health, and reminds you that healing is not a race — it's a journey of balance.

Thank you for being here. Let's begin this journey together.

Warmly,

Chee Hee

@tcmbycheehee

Table of Contents

1. Introduction: A Different Way to Nourish the Body	5
2. What Are Cold, Warm, and Neutral Foods in TCM?	7
• Cold or Cooling Foods	7
• Warm or Hot Foods	8
• Neutral Foods	8
• Real-Life Insight: Feeding the Cold	9
• Takeaway: Match Food Temperature to Your Body	9
3. The Five Flavors in TCM – What They Do Inside Your Body	10
• Salty (咸 Xián)	10
• Sour (酸 Suān)	11
• Pungent/Spicy (辛 Xīn)	11
• Sweet (甘 Gān)	12
• Bitter (苦 Kǔ)	13
• Takeaway: Use Flavor as Medicine	14

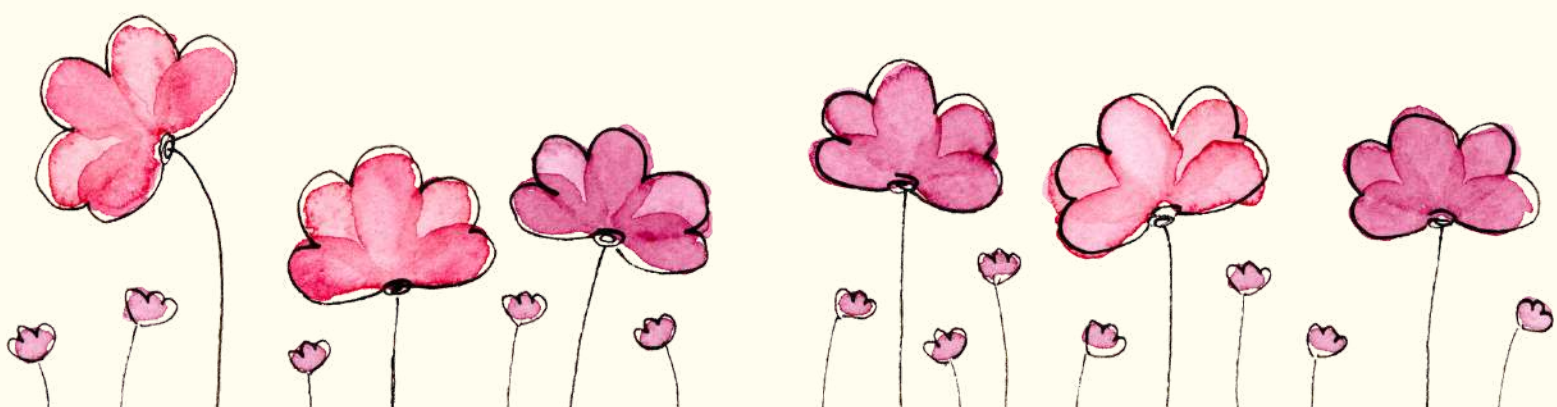
4. How to Balance Your Diet Based on Your Body Type	15
5. Common Mistakes When Eating for Your Body Type	16
6. Mindful Eating Practices That Support Your Qi	18
7. Conclusion: Eating with Awareness	19
8. Disclaimer	20

1. Introduction: A Different Way to Nourish the Body

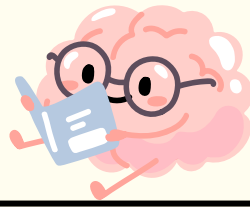


In Traditional Chinese Medicine (TCM), food is not just fuel—it's medicine you take three times a day. Every bite you eat sends a message to your body: warm or cool, strengthen or disperse, nourish or drain. This is what TCM calls **Food Energetics**—a system that understands food based on how it affects your body's internal balance, rather than just its calories or nutrients.

From this perspective, a slice of raw watermelon and a bowl of ginger congee may both be “healthy,” but they act **very differently** inside your body. The first cools you down and clears heat. The second warms and strengthens digestion. Which one your body needs depends on **who you are**, the **season**, your **body type**, and your **current condition**.



This guide will help you:



- Understand the energetic nature of food (temperature, flavor, direction, organ affinity)
- Identify which foods support (or harm) your body constitution
- Learn how to adjust your meals according to season, symptoms, and lifestyle



When I first discovered TCM, learning food energetics felt like unlocking a secret language. Ginger, cinnamon, red dates—suddenly these weren't just kitchen ingredients, they were tools for healing.

I realized my trendy habit of drinking iced smoothies every winter was, in TCM terms, putting out the fire in my digestive system. It explained my bloating, cold limbs, and afternoon fatigue more clearly than any nutrition label ever could.

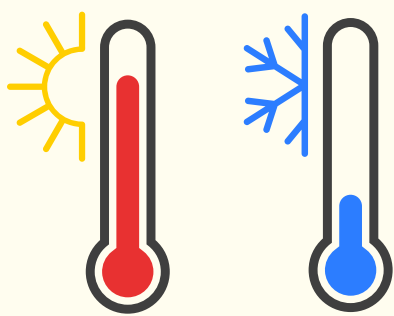
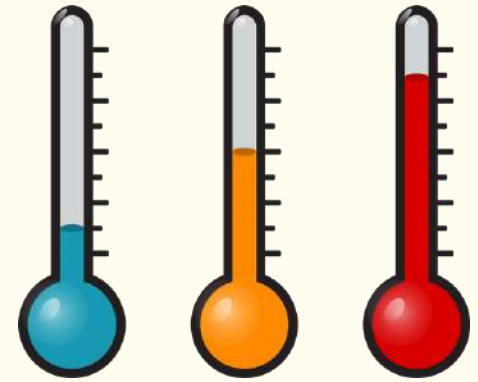
This guide is built from that kind of lived insight—blending ancient wisdom with modern daily life, so you can start eating in tune with your body, not just in line with the latest trend.



Let's dive into the basics of food energetics and discover how to use your plate as a form of daily medicine.

2. What Are Cold, Warm, and Neutral Foods in TCM?

In Traditional Chinese Medicine (TCM), foods are categorized by their **energetic temperature**—how they affect the body after digestion, not whether they're served hot or cold.



Some foods cool and calm, others warm and stimulate, and some simply nourish without extremes. Knowing this helps you **choose meals that support your unique needs**.

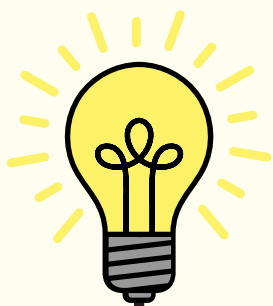


Cold or Cooling Foods

These foods help **reduce internal heat, calm inflammation, and promote detoxification**. They're useful during hot weather or when there are signs of excess internal heat (like acne, thirst, or restlessness).



Examples include: cucumber, watermelon, mint, tofu, dairy, raw vegetables, banana, iced drinks.



⚠ However: If you have a cold body type, weak digestion, or often feel bloated and tired, too many cold foods can make things worse.

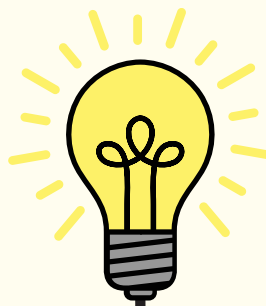


Warm or Hot Foods

These foods **boost circulation, strengthen digestion, and warm the body from within.** They're great for people who often feel cold, sluggish, or who have poor appetite.



Examples include: ginger, cinnamon, garlic, lamb, onions, chili, roasted or stewed dishes.

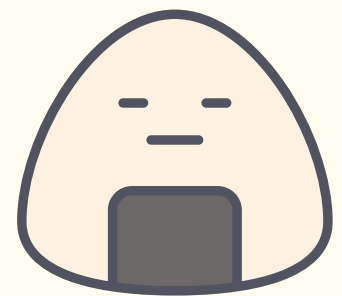


⚠ Caution: Too much heat can lead to **dryness, irritability, red skin, or inflammation**—especially in hot climates or people with a naturally warm body type.



Neutral Foods

Neutral foods are the **safest base** for most people. They **support digestion and nourish the body** without pushing it too far in either direction.



Examples include: rice, chicken, carrots, potatoes, cabbage, eggs, mushrooms.



Real-Life Insight: Feeding the Cold 🥶

I once worked with someone who always felt cold, bloated, and exhausted—but every morning, she started her day with a green smoothie made from spinach, banana, and ice. Though it was “healthy” by modern nutrition standards, in TCM terms, she was feeding the cold.



Once she switched to warm porridges with red dates and ginger tea, her digestion improved, her energy returned, and she felt warm—without needing three layers of clothing indoors.



Takeaway: Match Food Temperature to Your Body

If you often feel...	Eat more...	Avoid too much...
Cold, tired, bloated	Warm, cooked foods like soups and stews	Raw salads, iced drinks, smoothies
Hot, irritable, inflamed	Cooling foods like cucumber, mung beans, or pear	Spicy, fried, or grilled foods
Balanced and strong	Neutral staples like rice, chicken, and root veggies	Extreme cold or hot foods depending on the season

3. The Five Flavors in TCM - What They Do Inside Your Body



In Traditional Chinese Medicine (TCM), each flavor doesn't just give food its taste—it has a therapeutic effect on the body. The **Five Flavors** help us understand how food can influence digestion, mood, circulation, and even internal temperature. Used correctly, they help restore balance and support specific organ systems.

1. Salty (咸 Xián)

- Main Actions: **Softens tightness, moistens dryness, supports Kidney function, and encourages downward movement** in the body (e.g., softening stools, relaxing tension).
- Organs Supported: **Kidneys and Bladder**
- Examples: seaweed, miso, soy sauce, salted duck egg, clams, sea salt



Salty foods are **grounding** and help **break down hardness** in the body. They're especially helpful when you feel tight, dry, constipated, or mentally rigid. Think of salty as the flavor that helps your body and mind let go and soften.



Too much salt, however, can overwhelm the Kidneys, leading to bloating, puffiness, or water retention.

2. Sour (酸 Suān)

- Main Actions: **Astringes and holds in body fluids, stabilizes emotions, and smooths Liver Qi.**
- Organs Supported: **Liver and Gallbladder**
- Examples: lemon, vinegar, hawthorn, sour plum, yogurt, pickled vegetables



Sour foods **pull things inward** and **help contain leaks**—whether physical (like night sweats or frequent urination) or emotional (like scattered thoughts or unstable moods). Sour is great when you feel emotionally reactive, stressed, or easily irritated.



Too much sour can over-tighten the digestive system, leading to bloating or acid buildup.

3. Pungent/Spicy (辛 Xīn)

- Main Actions: **Moves Qi and Blood, opens the pores, promotes circulation, and clears blockages.**
- Organs Supported: **Lungs and Large Intestine**
- Examples: ginger, garlic, chili, onion, scallions





Pungent foods are great for **clearing out what's stuck**—whether it's a stuffy nose, sluggish Qi, or emotional stagnation. They help you open up and move forward. These flavors are ideal when you feel foggy, heavy, or mentally blocked.



Too much spice can dry out the body, overstimulate the system, and create heat symptoms like red skin, sore throat, or irritability.

4. Sweet (甘 Gān)

- Main Actions: **Tonifies Qi, nourishes the body, moistens dryness, and harmonizes other flavors.**
- Organs Supported: **Spleen and Stomach**
- Examples: rice, dates, carrots, honey, sweet potato, millet, licorice root



健脾



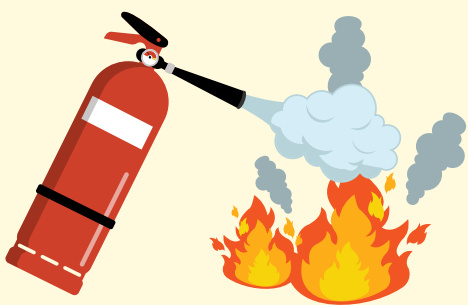
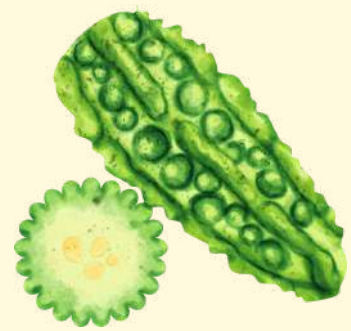
Sweet foods **strengthen the Spleen** and **help rebuild energy**. They soothe the body and calm the mind. If you're feeling depleted, worried, or recovering from illness, a little natural sweetness can go a long way in restoring balance.



Too much sweet, especially refined sugar, leads to Dampness—resulting in fatigue, brain fog, mucus, or weight gain.

5. Bitter (苦 Kǔ)

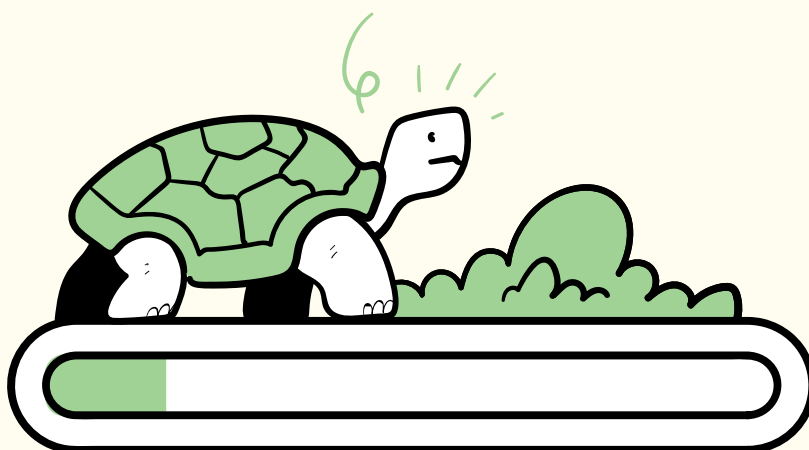
- Main Actions: Clears heat, drains dampness, detoxifies, and encourages downward flow.
- Organs Supported: Heart and Small Intestine
- Examples: dandelion, bitter melon, dark leafy greens, coffee, tea, chrysanthemum



Bitter foods are cooling and purifying. They help reduce internal heat, inflammation, and emotional overactivity. Use bitter when you feel overheated, inflamed, or overstimulated.



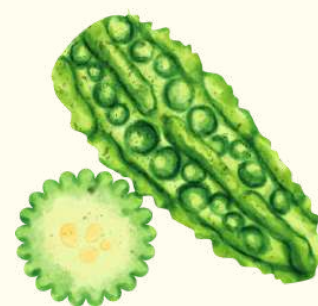
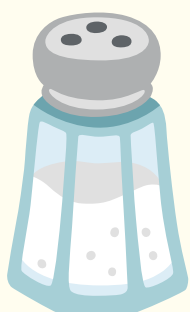
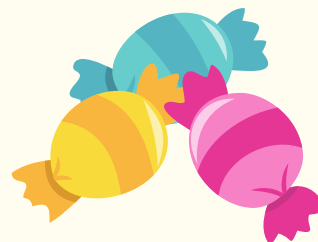
Too much bitter can dry out body fluids and Yin, leading to fatigue, cold limbs, or emotional withdrawal.





Takeaway: Use Flavor as Medicine

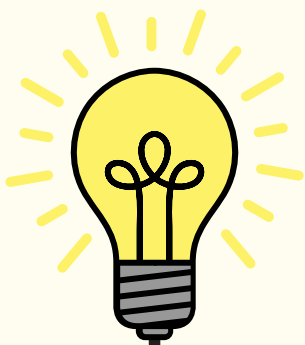
Flavor	Supports	Helps With	Watch Out For
Salty	Kidneys	Softening, grounding	Water retention
Sour	Liver	Emotional stress, PMS	Digestive tightness
Pungent	Lungs	Cold, congestion, stuck Qi	Dryness, heat
Sweet	Spleen	Fatigue, worry, recovery	Dampness, cravings
Bitter	Heart	Heat, inflammation	Dryness, low mood



4. How to Balance Your Diet Based on Your Body Type



In TCM, everyone has a unique body type—your internal pattern of strengths and imbalances. Knowing your body type helps you choose foods that truly support your health, rather than following one-size-fits-all trends.



General Tip: **Think of your digestion like a cooking pot—it needs gentle warmth to function well.** Eating too many cold, raw foods (like iced smoothies or salads) can slow it down, especially if your body is already feeling tired or heavy.

Want a more personalized food plan?

👉 **Take my Body Type Test.** and you'll receive a custom TCM diet suggestion tailored to your unique body type.



It only takes **fifteen minutes**—and the results might surprise you!

5. Common Mistakes When Eating for Your Body Type



Even with good intentions, many people unknowingly eat in ways that work against their body type. In TCM, it's not just what you eat—but how and when you eat that shapes your health.

Here are a few common eating habits that can weaken your digestion and overall energy:

- Too much raw or cold food

Things like salads, smoothies, and iced drinks may seem refreshing, but they require extra energy for your body to “warm up” and digest. Over time, this can **weaken your Spleen Yang** (your digestive fire), especially if **you already feel cold, tired, or bloated.**

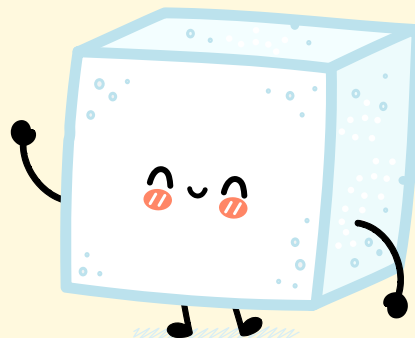


- Overusing spicy or fried foods

Spices stimulate movement and circulation, but too much can **overstimulate the Liver, causing internal heat.** This may show up as **skin breakouts, irritability, dryness, or difficulty sleeping.**

- Relying on sugar and caffeine for energy

Coffee and sweet treats may offer a quick lift, but they **deplete your Qi in the long run**—leading to **crashes, cravings, and deeper fatigue**. It's like borrowing energy you don't yet have.



- Ignoring the seasons

Eating ice cream in winter or greasy barbecues in summer can stress your body's natural rhythms. TCM encourages seasonal eating to stay in sync with the environment: **warm foods in winter, lighter cooling foods in summer**.

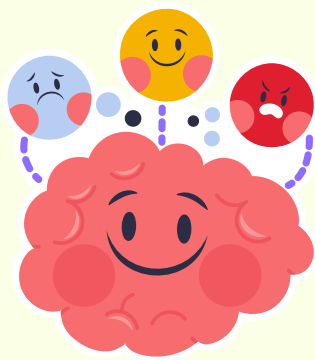
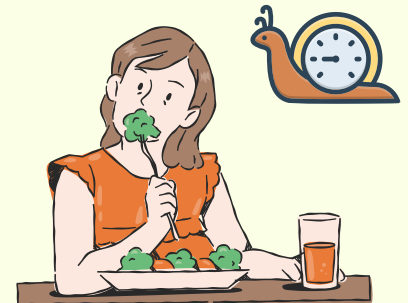


6. Mindful Eating Practices That Support Your Qi

In TCM, digestion isn't just about the stomach—it starts with how you approach your food. These small habits can make a big difference in how well your body absorbs and transforms nutrients:

- Eat slowly and chew thoroughly

This helps “pre-digest” your food so your digestive system doesn't have to work as hard.



- Avoid eating when rushed or emotional

Stress constrains your digestive organs and blocks Qi. Try taking a few deep breaths before a meal to center yourself.

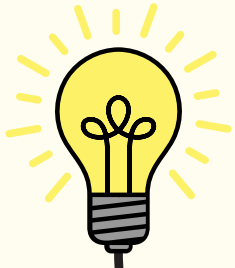
- Favor warm, cooked meals over cold and raw
Especially helpful in colder weather or when you're recovering from fatigue or illness. Warm meals are easier to digest and naturally support your body's core energy.



Personal Reflection:



I once believed salads were the healthiest choice—until I realized I always felt bloated and fatigued afterward, especially in winter. When I swapped to warm stews and sautéed greens, my digestion improved and meals felt nourishing again, not depleting.



Tip: When in doubt, listen to your body. The right food should **make you feel energized, comfortable, and grounded—not heavy, bloated, or wired.**



7. Conclusion: Eating with Awareness

Understanding food energetics in Traditional Chinese Medicine (TCM) isn't about following rigid rules or chasing the latest diet trend. It's about slowing down and tuning in—**learning to listen to your body's whispers before it has to shout.**

When you eat in alignment with your body type and the seasons, you're not just feeding your body—you're **supporting its natural intelligence to regulate, heal, and thrive.**

- Let food be gentle medicine.
- Let each meal bring you back into balance.



Whether it's sipping ginger tea on a cold morning, choosing soups when digestion feels heavy, or noticing how citrus uplifts your mood on a stressful day—these everyday choices are how food energetics come to life. **Small adjustments, made with awareness, can lead to big shifts in how you feel.**

8.Disclaimer

This guide is a simplified introduction to the energetic nature of food in TCM. It's meant to help you understand how food can warm or cool the body, nourish Qi, clear Dampness, or harmonize digestion.



But remember: **everyone's body type is different**, and the most effective guidance is personalized.

Take the [TCM Body Type Test](#) to discover your unique constitution.

You'll receive a customised food guide with dietary tips, lifestyle adjustments, and herbal suggestions tailored to your specific pattern.

TCM is not one-size-fits-all. Your healing starts with understanding you.

Your body already knows what it needs—this guide just helps you reconnect with that wisdom.



- With care and respect.
- Chee Hee (成志喜)
- Founder of @tcmbycheehee | Educate to Medicate



About the Author

Hi, I'm Chee Hee (成志喜), a Traditional Chinese Medicine (TCM) practitioner, educator, and content creator passionate about helping people feel better naturally. I believe healing starts with awareness and deep respect for our body's internal rhythms.

What I Do?



- Share practical TCM knowledge with over 1 million followers online
- Provide consultations for digestion, sleep, energy, emotional balance, and women's health
- Host wellness workshops and speak at events to promote holistic, preventive self-care
- Create content that makes ancient wisdom easy to understand and apply



My Mission

Through my platform @tcmbycheehee, I help people connect with their body's signals, balance their internal energies, and reclaim vibrant health—one breath, one herb, and one acupoint at a time.

Connect With Me

- Instagram: [@tcmbycheehee](https://www.instagram.com/tcmbycheehee)
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Whether you're just beginning or deepening your TCM journey, I'm here to walk with you toward clarity, vitality, and harmony

Let's make health simple, natural, and deeply human—together.

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