
2 New Eating Habits for Balanced Living



Your body and your lifestyle are unique.
There is no one else quite like you in the universe.

To keep your body in a state of healthy balance, it
makes sense that your diet also needs to be unique.

That's why most diet plans, which have Recommended
Menus intended for every reader, don't work.

Thinking for yourself, however, does work.

To help you plan the most healing meals, this
chapter takes an in-depth look at Self-Healing
Principles #2 and 3:

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- 2] BALANCE NATURAL FORCES IN COOKING
 - 3] USE FOOD TO CREATE DESIRED EFFECTS IN YOUR LIFE
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It's a fresh approach to diet and healing.

Ask a friend to read these ideas, too....and
discuss them over a shared meal.

You may discover, as I have, that new eating habits
thrive best in the company of friends who understand
our motives for change.

Touch a friend with your self-healing story.
Look for answers together.

The circle will widen.

Principle #2: Balance Nature's Forces in Cooking

All life on earth is busy balancing two complementary/ opposite natural forces: expansion and contraction (known in the Orient as yin and yang).

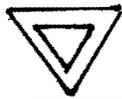
Contraction holds our bodies together, in a dense, compact mass. Gravity is the strongest contractive force.

Expansive forces, such as centrifugality, pull against gravity to create the atmosphere all around us, enabling us to breathe, move around, think, and feel.

To stay in good health, our bodies need to keep both forces in balance.

The food we eat everyday is a major contributing factor in whether or not our bodies and moods become too loose, expanded, and ungrounded, or too tight, heavy, and contracted.

The next several charts can help you determine how an excess of expansive or contractive foods, or both, may be contributing to your recurring moods and health symptoms.



EXPANSIVE FOODS

light, porous
usually grow upwards
perishable
grow in warm climate
tender, juicy
cool, wet
raw
sweet, sour, or bitter
spicy or oily
chemically processed

FUEL:

mental, psychological,
or spiritual activity
relaxation, looseness



CONTRACTIVE FOODS

dense, heavy
usually grow downwards
keep well
grow in cool climate
tough, fibrous
warm, dry
cooked
salty, bland, or meaty

FUEL:

physical activity
purposefulness
focused work, tension

The Food-Mood Connection

Eating on the extremes throws both your body and moods off balance.

One of the easiest ways to evaluate if your diet is too expansive or contractive is to listen to your moods. Are your moods too expanded, too contracted, or do you swing between both?

TOO EXPANDED (Yin)

Too much sugar, chocolate, alcohol, fruit, etc. can make you feel briefly elated & energized, then:

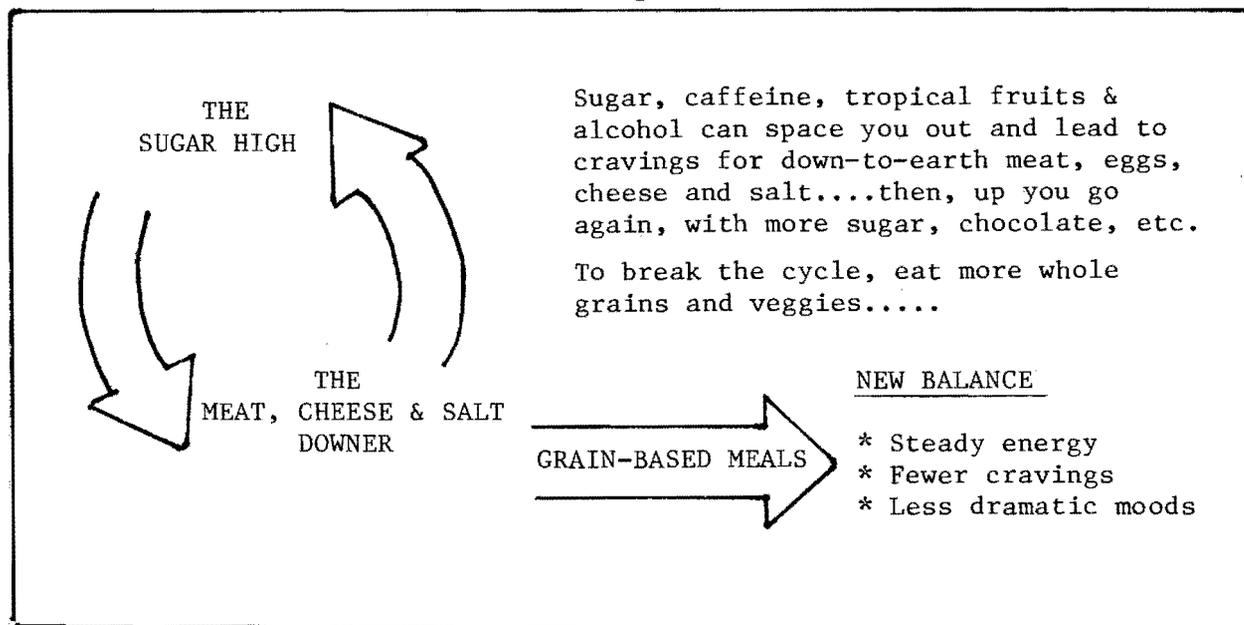
spaced out, dreamy
confused, forgetful
worried, sad
overly sensitive
no will power
silly, helpless, scared
hyperactive, drunk
hysterical

TOO CONTRACTED (Yang)

Too much salt, meat, cheese, or eggs can make you feel aggressive & competitive, then:

impatient, frustrated
stubborn, resentful
heavy, stuck
insensitive
compulsive, driven
controlling
angry
violent

Breaking the Food Craving Cycle



How to Minimize High-Stress Foods

Feel tense, low energy, moody, or susceptible to illness? You may want to avoid several high-stress foods (listed in capitals below).

High-stress YANG foods are capitalized.
Stressful YIN foods are in caps, underlined.

Within each food group, foods are listed from the most yang (contractive) to yin (expansive). Carrots, for example, are quite a yang vegetable, potatoes very yin. (Refer to the Balance Chart, p. 33, to understand why carrots are a low-stress food, but potatoes may be stressful--especially for people addicted to sweets or alcohol).

✓ Check high-stress foods you especially want to avoid.

<p><u>Animal Foods</u></p> <p>EGGS RED MEAT POULTRY PORK shrimp tuna salmon red snapper sole halibut carp clam oyster</p> <p><u>Dairy</u></p> <p>GOAT CHEESE HARD CHEESES goat milk soft cheese low-fat milk MILK BUTTER SOUR CREAM YOGURT FROZEN YOGURT ICE CREAM</p>	<p><u>Sweeteners</u></p> <p>amasake apple juice brown rice syrup barley malt syrup maple syrup HONEY FRUCTOSE MOLASSES SUGAR ARTIFICIAL SWEETENERS</p> <p><u>Beverages</u></p> <p>twig tea (kukicha) roasted barley tea grain coffee spring water non-aromatic herbs aromatic herbs apple juice TROPICAL JUICES BLACK TEA COFFEE ALCOHOL ARTIFICIAL SODAS</p>	<p><u>Oils</u></p> <p>sesame safflower corn peanut olive PALM COCONUT</p> <p><u>Seeds & Nuts</u></p> <p>sesame sunflower pumpkin chestnut almond walnut peanut CASHEW MACADAMIA</p> <p>(continued)</p>
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Vegetables

burdock
 carrot
 watercress
 winter squashes
 parsley
 parsnip
 rutabega
 onion
 leek
 green onion
 turnip
 radish
 daikon
 kale
 collards
 cabbage
 chinese cabbage
 romaine lettuce
 broccoli
 cauliflower
 bok choy
 beet
 celery
 crookneck squash
 green beans
 soft lettuces
 chard
 sweet peas
 mushrooms
 zucchini
 sprouts
 artichoke
 asparagus
 spinach
 cucumber
GREEN PEPPER
POTATO
SWEET POTATO
YAM
TOMATO
EGGPLANT

Grains

buckwheat
 millet
 brown rice
 wheat
 rye
 barley
 oats
 corn

Beans

aduki
 garbanzo
 lentil
 black
 kidney
 pinto
 lima
 split pea
 soybean
 tempeh
 tofu

Fruits

apple
 strawberry
 cherry
 watermelon
 apricot
 pear
 peach
 lemon
 raisin
 prunes
 oranges
 grapes
BANANA
MANGO
AVOCADO
PAPAYA
DATES
PINEAPPLE
COCONUT
FIG

Sea Vegetables

hijiki
 arame
 sea palm
 kombu
 wakame
 nori
 agar agar

Herbs, Spices
& Flavorings

garlic
 parsley
 thyme
 oregano
 basil
 dill
 cinnamon
CAROB
CHOCOLATE
CAYENNE (CHILI)
CHEMICAL FLAVORINGS
& PRESERVATIVES

Condiments

REFINED SALT
 SEA SALT*
 MISO*
 TAMARI* (soy sauce)
 grated ginger
 fresh herbs
 brown rice vinegar
CIDER VINEGAR
MUSTARD
MAYONNAISE
KETCHUP
HOT SAUCE

[* In excess, any salty
 condiment is stressful.
 However, in small quanti-
 ties, sea salt, miso and
 tamari may be beneficial
 for your health. See the
 next page, to clarify
 your salt needs.]

✓ Now, go back with a colored pencil and
 check new, low-stress foods you'd
 like to try.

STEP 4: Evaluation

- 1] Review your experience. Which carrot dish felt most balancing for you? Talk to a friend about what you noticed (or, write a poem in your journal about each dish!).
- 2] What were the most important factors in making one of these foods feel more right for you? (Number from 1-9, most to least important).

<input type="checkbox"/> how you cut it	<input type="checkbox"/> your mood
<input type="checkbox"/> foods you put with the carrot	<input type="checkbox"/> today's weather
<input type="checkbox"/> cooking method (slow-simmer vs. raw)	<input type="checkbox"/> artful serving
<input type="checkbox"/> sensuous tasting	<input type="checkbox"/> visualization
	<input type="checkbox"/> other
- 3] Which dish was more expansive? (Guess, then look below).

COOKING METHODS

