



Live To 100



Health & Fitness Newsletter

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Late Fall Edition

Introduction

Welcome to the tenth issue of Live To 100, Health & Fitness Newsletter. This issue will focus on Late Fall and the foods we should emphasize in our diets.

The Fall Season and the Foods We Should Eat

“The natural environment provides vital conditions that humans and other life forms cannot live without. At the same time, a sudden or unusual change of environment can cause health problems.” (Dr. Helen Hu, OMD, author of *Body Without Mystique*.) This quote sets the tone for my discussion on what are the right foods to eat during the Fall season. This leads to the important principle to understand: Food has a different impact on the body according to the season in which it is eaten. This is similar to what we do habitually all the time, we adjust our clothing and dress more warmly in the cooler seasons, or dress cooler, lighter in the warmer seasons.

In addition to the changes in weather, we still have to consider our body constitutions. According to Traditional Chinese Medicine (TCM) there are about 6-8 body constitutions, or types. For the sake of simplicity, I would like to narrow these different body types down to two: Are you a cold person, are you a hot person?

The Characteristics of Life Forms in the Fall

The changes in weather are from hot to cool, and according to TCM, it is a change of yang energy (warm, light) starting to go inward and growing weaker, and yin energy (cool, dark) growing stronger. The Fall season is the transition time for this yang-yin exchange. TCM teaches that the Fall correlates with the lungs and large intestine organs. The principle of staying in harmony with the seasons for the autumn is to “consolidate.” (*Body Without Mystique*)

From the above discussion, we need to understand how to apply these principles to ourselves. The first consideration is to determine our body type. And the second consideration is what are the correct foods to emphasize during the Fall and early Winter seasons. The third consideration is to integrate these two principles so we can choose foods supportive of the Fall/Winter season as well as appropriate for our body constitutions, whether hot or cold.

*“Whoever wishes to investigate medicine should proceed thus: In the first place, consider the seasons of the year and what effect each of them produces.”
Hippocrates*

Harmonious Food for the Fall Season

The first environmental change in the Fall is an abundance of dryness resulting from the heat of Late Summer [Sept. and Oct.] The Lungs suffer from this dryness, as Lungs require some moisture to function well. Dry Lung symptoms include dry nose, chapped lips, rough, dry skin, dry stools. Therefore, highly spiced foods are not recommended as spiciness increases dryness. Instead, we need Fall foods, which add moisture: pears, spinach, and others.

Beneficial foods for this dry season include nuts and seeds, pears, lotus roots, pumpkin, black sesame seeds, sweet rice, pineapple, honey, soy milk, and dairy products. It is advisable to eat more food with a sour flavor, such as pineapple, apple, grapefruit, and lemon, and reduce pungent flavors, such as onions, ginger, and peppers. The traditional Chinese diet would include rice porridge (congee) for breakfast and soup for dinner in order to provide the extra fluids to counteract the dry environment.

Let's go back to the two big categories of body constitution. Simply put, the cold type person typically has cold hands or feet, feels cold easily, and craves warm foods and drinks, pale complexion, fatigue, and no or little desire to speak. The cold type person should generally avoid food and drinks that has cold properties and cold temperatures, eg. Raw vegetables, especially of a cold nature-watermelon, cucumbers. Even cold salads are detrimental to the cold type as it doesn't provide the internal heat for healthy digestion. Foods for the cold type are: rice, sweet rice, millet, barley, yam, potatoes, carrots, shitake mushrooms, sweet potatoes, chicken, beef, walnuts and cinnamon, and of course black and puerh teas. Soups with meat are excellent for the dry Fall season.

The hot type person is the opposite, their body is warm to hot and wears little clothes, even when it is fairly cold outside, night sweats, red cheeks, prone to insomnia and dryness. They enjoy cold drinks and raw foods even in the midst of winter. The hot type person should avoid hot, spicy foods, stimulants, deep-fried foods which add more heat to their system. Instead, boiled or steamed foods, plus fresh fruits and vegetables are a good choice. Foods to enjoy are: sesame seeds, white and black mushrooms, napa cabbage, bamboo shoots, tofu, seafood, crab meat, duck and pork. Fresh green tea, chrysanthemum tea, and mint teas are also good.

The third consideration is to apply one's body constitution needs with the seasonal changes that the body undergoes. For instance, the cold type person requires the warming foods in the Fall, but despite the dry conditions of the Fall, they should continue eating ginger and onion family foods to remain warm. And the hot type person still needs to avoid highly spicy foods as they will add to the dryness. Hot types in the Fall are advised to maintain their basic recommendations, especially foods like pork, cabbage which produce extra moisture for the lungs.

Obviously, there is much more to this TCM way of understanding food choices. I will try to say more in the next Winter issue of Live To 100.

Is it a Cold or a Fall Allergy ?????

Going to sleep earlier in the Fall season is following the natural way of yang energy going inward, and rising early in the morning is following the rising sun energy of the day.

Getting up early in the morning is better for moving the lung energy smoothly outward to prevent too much inward movement of energy.

I came across a concise article back in September on telling the difference between the common cold and allergies. It seems that it is relatively easy to determine if you have the flu- a sudden fever, feeling achy all over, wanting to sleep in the middle of the day. But what if you just have a stuffy nose with no other symptoms. Or maybe, a running nose with cloudy or yellowish mucous? Could it be a cold, an allergy, or a sinus infection? Here's a step by step process to help self-diagnose what you have:

I'm sniffing and sneezing. Ask: Do you have itchy eyes, ears, or throat? If Yes, it's probably an allergy. If No, ask, Is there clear mucous? If Yes, it's probably an allergy. But if the mucous is cloudy or darker, ask, Do you have a fever? If Yes, ask, Do you have bad breath, pressure in your face, or tooth pain? If Yes, you probably have a sinus infection. But if you don't have any bad breath, etc, or a fever, then ask, Do you have a sore throat or a headache? Whether Yes, or No, ask, How long have your symptoms persisted? If more than 10 days, it may be a sinus infection. If less than 10 days, it is probably a cold.

SUMMARY: Allergy: Sniffing, sneezing, itchy eyes, ears, or throat, clear mucous.

Sinus infection: Sniffing and sneezing, cloudy mucous, fever, bad breath, pressure in face, or tooth pain, and lasting more than 10 days.

Cold: Sniffing and sneezing, cloudy mucous, sore throat or headache, and lasting less than 10 days.

I hope this helps!

Interviews

By Chasa & Dawn

In this department, we will report on interviews we had with people who work at B.I. Our tenth interview was with Louie Lois Shelton, from Administration. Chasa asked Lois the following questions.

Question: What kinds of exercises do you do?

Answer: I exercise M-F doing stretches and weights, and on the weekends, I use an Easy Glider in my home.

Question: What kind of exercises do you get at B.I.?

Answer: I do the morning stretches with my co-workers in admin.

Question: Do you have any special diet that you follow?

Answer: I have been a vegetarian for the past 20 years, and a year ago, I became a vegan.

Question: What is a vegan?

Answer: A vegan does not eat any animal or animal products, like dairy or cheese. I follow the principles of eating a cruelty-free diet. I also don't wear any clothes or shoes made from animals, like leather products.

Question: What is your favorite food or meal?

Answer: My favorite foods are eggplant, humus, and faux-meats by "Morning Star" brand.

Question: Is there anything else you would like to say?

Answer: "I am excited to be having my first turkey-less holiday, and I am sure there is a turkey out there who shares my excitement."

Editor's Comment: This interview was very exciting for me as it brought up many of my own issues about eating animals. For more information about the vegan philosophy, check out the web page, Compassionate Carnivores @ www.compassionate-carnivores.org



*William doing
Pumping Iron!*

*A recent study
showed that
people who
have good
moods live
longer than
people who
are more
negative.*

*Conclusion:
happier people
live longer.*