

# FOODS FOR TCM KIDNEY

## WINTER TIME NUTRITION

Winter, in TCM, is associated with the Kidneys. To maintain this vital energy functioning optimally, it's recommended to strengthen the kidneys during this time of the year.

According to Traditional Chinese Medicine (TCM), the Kidney is the powerhouse of the body that supplies, and stores vital energy. It also serves as a reserve of energy to any organ running low on Qi (vital energy).

### FISH

Smoked fish, oysters, lobster, mussels, salmon, shrimp, sardines & tuna.

### MEAT

Game venison, dove and pork.

### VEGETABLES

Lentils, fennel, cabbage prepared with warming spices, leeks, radish, root vegetables and onions.

### GRAINS

Oats, millet, buckwheat, black soy beans & rice (roasted before cooking).

### NUTS & SEEDS

Toasted walnuts, black sesame seeds, chia & flax seeds.

## UNLEASHED VITALITY

## ACUPUNCTURE & HERBAL MEDICINE

*We ♥ partnering with you on your journey toward restoring and maintaining optimal health and vitality!*