

Food Therapy: A Sometimes Forgotten Tradition

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The term “food therapy” may be a foreign concept to most, but the utilization of the model probably first occurred during childhood. Remember being under your favorite warm, fuzzy blanket...

You attempt to make out the blurred image moving toward your bed? You adjust your vision and remove sleep residue from your eye with the knuckle back of your index finger. You sneeze wildly into the air releasing millions of microscopic particulate into the surrounding environment. A gentle, firm reminder to cover your mouth drifts to your ear. An aromatic bowl of liquid steam approaches your bed while faintly masking an adoring smile. Pressure on the bed signifies a seat has been taken as hands gently roll back the cozy covers. A soft tissue removes your wildly discharged bodily fluids from your upper lip. You're instructed to sit up so you can partake of the nourishing bowl of soup and the accompanying freshly squeezed O.J. Weakly, you struggle a smile back at the parental figure as you reach for the glistening utensil to slowly consume the healing food.

Remember?

If you do not remember the scenario quite the same way, I'm sure you are in good company. So just pretend! That's one of the many perks of imagination. The picture merely illustrates food therapy in practice.

Food therapy is simply the utilization of food in a manner that promotes, sustains, tonifies, or restores healthy functioning of the body. Orange juice can keep you hydrated and help maintain mucous membrane integrity. Vitamin C in orange juice, at proper doses, reduces length and severity of symptoms. Soups, according to a University of Nebraska study and Florida researcher Marvin Sackner, reduces inflammatory response of specific white blood cells. Vegetarians don't miss out on the benefits of soup either. The above effects are yielded even without chicken because of the incorporation of anti-inflammatory vegetables like onions, parsnips, turnips, etc.

From a Traditional Chinese Medicine (TCM) view point food therapy is used to restore harmony and balance to the body. Essentially the same manner other health models use food, just different terminology. Two marked difference

between TCM and other health models are the philosophy behind the selection of food. Plus, TCM will utilize herbs such as ginseng, ginger, etc. (depending on the condition, disharmony, or personal constitution) to be combined into food preparation.

There are many health situations where a person will require much more than chicken noodle soup. And in such cases the advice of a medical professional should be obtained and other methods employed. Food therapy as an adjunct to other treatment(s) can be enjoyable for taste buds while simultaneously supporting bio-molecular activity and providing a holistic approach to treatment. However, it is important to note that food therapy is not only a method to employ when ill or as an adjunct treatment. Food therapy should be a comprehensive philosophy about healthy food consumption that is fully integrated into daily living in order to avoid disease and promote and sustain healthy longevity.

My grandmother really needed to reduce her salt intake due to her blood pressure, but it was challenging to find food she actually didn't complain about the taste and enjoy. I prepared greens using Dr. Hotep's no pork recipe for my grandmother... My grandmother loved them. I didn't even tell her there was no pork in the greens until she had finished.

~RS Female 24 Arlington, Tx

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