The extraordinary role of high life-force tonic foods; combining eastern wisdom with modern science.

'Foods which talk to the soul'

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Part 1:

My own family's journey using high-life force tonic foods and Integrative Medicine.

An Integrative Medical model for their use.
Where it all began.......  

- 2005 Grace, aged 13 months diagnosed with ALL (Acute Lymphoblastic Leukaemia) with mll rearrangement.

- 'Strongly associated with a poor prognosis' (Reference below)

- Mum locally advanced high grade breast cancer

Moving forward.....

- Conventional treatment began - no hesitation.

- Embarked on 26 months chemotherapy (IV and intrathecal.)

- What could I do to maximise Grace's chance of complete cure and support my mum?
Supporting Grace naturally....

- Whole grain, largely vegan diet (approx. 50% raw)
- Using TCM food energetics and Ayurvedic principles to support her individual organs.
- Immunomodulants like IP-6 with inositol and Beta-glucans
- Chlorophyll rich foods like edible algae, wheatgrass and green based juices
- Multivitamins, pro-biotics and low dose CoQ10.
- Traditional Chinese Medical Acupuncture
- Reflexology and massage
- Himalayan salt / aromatherapy baths
Moving through and beyond.....

- Excellent response to conventional treatment.
- 4 admissions over 26 months (\(^?\) neutropenic infection) v's possible 26.
- No admissions after Grace began a comprehensive integrative regime.
- Less blood transfusions required than would have been expected.
- Grace now almost 8 and in complete remission.
My current Integrative Medical practice....

Guiding principle:

'Nurture and improve a patient's emotional, spiritual, physical and physiological health working with their innate constitution and functional imbalances from both a western and TCM perspective'

Starting point...

- To guide patients to get the very best out of their conventional care.
- If a patient is not receiving any conventional care explore and support the possibility of conventional input/treatment.
Integrative Medical programmes:
Constitutional dietary therapy with a focus on the following high-life force tonics:

- Chlorophyll rich foods/raw foods/medicinal juices:
  to first and foremost alkalise, whilst detoxifying, cleansing, building and nourishing.

- Immunomodulants including medicinal mushrooms:
  to offer protection, increasing the surveillance capacity of both innate and acquired immunity.

- Medicinal Chinese Tonic herb teas:
  to balance and strengthen the entire body with a focus on digestive, liver and kidney function and to further immunomodulate.

- Bee products: to build and nourish and further immunomodulate.
........supported with

- EFT (Emotional Freedom Technique) and psychotherapy techniques similar to and including hypnosis.
- Guided imagery/visualisation.
- Western and TCM Acupuncture.
- Qi Gong, Yoga and abdominal breathing.
- Principles of Buddhist and Daoist philosophy, Quantum physics/the natural laws of attraction.
'The whole is much greater than the sum of all the parts'

Natural synergism evolves between different aspects of a patient's programme including their conventional treatment.

The outcome:

....... changes in insight and strength of will which bring about action that can change the course of disease/illness.'
Part 2:

A focus on high life-force tonic foods, combining modern science and eastern wisdom.
High life-force tonic foods

Definition:

'A naturally occurring whole based food which has an innate adaptogenic capacity and exceptional health properties'

i.e. even after ceasing regular consumption, or using a food less regularly its rebalancing effects remain evident.'
High life-force tonic foods allows us to:

● Help ourselves better access and hear the self .. (the real me/my intuition/my inner guide/my higher self.)

● Add in to achieve a better balance. Food can be Adaptogenic.

● Educate and empower ourselves so we can take responsibility.

● Enjoy food and eat till heartily full as our bodies recognise real food.

● 'Fuzheng Gu Ben therapy'
  TCM principle: Strengthen what is correct and secure the root: support non-specific resistance

● *First do no harm*, Hippocrates.
The Three Treasures of Traditional Chinese Medicine: Jing, Qi, and Shen.
'Jing or essence '....'stored in the Kidneys

'Our innate or inbuilt potential for life'

- Closely related to our inner strength and will.
- Closely correlated with reproductive capacity.
- Likened to our life savings account / our deepest reserves.

Depleted by serious illness; particularly chronic or severe, overwork, perceived stress and western medical drugs.
Qi or 'Life force' ....governed by the Liver

'The freedom within ourselves to enjoy balanced growth towards the true self.'

- True strength as it translates into action or inaction. 'The warrior needs to know when to stop'
- Flows freely when we are relaxed and able to be who we are rather than who we think we should/must be i.e. when we use our resources wisely.

Constrained and ultimately depleted by poor diet, overwork, control and judgement (the self and others), ongoing frustration, suppressed and repressed emotions.
'Shen' or spirit....as radiates from the Heart and carried by the Blood.

'That which illuminates our potential and allows us to manifest destiny or live our true life path.'

'Depleted ultimately by separation from the self'

- Radiates from the eyes as happy within our skin, our true life path is revealed to us in each and every moment.
- Supported by a healthy sense of spirituality / collective consciousness/ connectivity with the universe.
'Yin': The tortoise energy

'That which nourishes and builds us at our deepest level.'

'The unconditional love and acceptance we have of ourselves'

- Reflected in The vitality or life-force of our Blood and our solid organs in TCM eg Kidneys, Liver.
- Supported by being 100 % present in each moment,
  inaction and keeping still.
- Classified as having a feminine quality.
‘**Yang:**’ The hare energy

‘That which allows us to transform/ make transitions’

- Reflected in our bodies ability to harmoniously move/ make a transition from one state to another i.e. absorption and assimilation of the goodness from our food, moving through life transition i.e. menopause.
- Reflected most strongly in the function of our glandular and hollow organs eg Stomach and Large Intestine.
- Warming, engaging activity.
- Classified as having a masculine quality.
Blue-green edible algae: Aphanizomenon flos-aqua or AFA
AFA

Science perspective:

● Chlorophyll rich (detoxifying, blood building.)
● Strongly alkalising.
● Raw materials for neurotransmitter and neuropeptide production.
● Abundant source of PEA.
● Natural immunomodulant.
● Vitamin, mineral, enzyme and antioxidant rich.
● Complete protein.
AFA

Eastern perspective:

Bitter flavour (tonifies Heart and Small Intestine)
Salty flavour (tonifies Kidneys and Bladder)
Sour flavour (tonifies Liver and Gallbladder)

- Yin/Blood tonic (Blood and solid organs)
- Jing tonic (Kidneys)
- Qi tonic (Liver)
- Shen tonic (Heart and Blood)

Turquoise and lapis blue, emerald green supporting Throat, Kidneys, Liver/Heart respectively
Royal Jelly
Royal Jelly

Science perspective:

- Natural energy food.
- Excellent female /glandular/ fertility tonic.
- Provides array of B Vitamins including B6.
- Natural immunomodulant.
- Enzyme rich
- Abundant in nucleic acids (DNA and protein synthesis). Complete protein
- Supports skin, eye and hair health.
- Thought to improve memory and emotional/mood health (raw materials for neurotransmitter and neuropeptide production.)

Not suitable for those with allergies to bees, bee products, asthma, eczema and allergies.
Royal Jelly

Eastern perspective:

Sweet flavour (tonifies Spleen/ Pancreas/ Stomach i.e. Digestive system and helps us feel centred.)
Sour flavour (tonifies Liver and Gallbladder)
Bitter flavour (tonifies Heart and Small intestine)

- Yin / Blood Tonic (Blood and solid organs)
- Jing Tonic (Kidneys)
- Qi Tonic (Liver)

'Think about the spirit, stamina and strength of the Queen Bee'
Goji Berries or Lycium fruit
Goji berries

Science perspective:

- Natural immunomodulant (LBP's Lycium barbarum polysaccharides)
- Strongly alkalising.
- Excellent nutrient profile.
- Anti-inflammatory and antioxidant action.
- Helps balance blood sugar.
- Reduces cholesterol and supports healthy blood pressure.
- Supports eye health.
- Supports fertility and reproductive health
- Complete protein.
Goji berries

Eastern perspective:

Sweet flavour (tonifies Spleen/ Pancreas and stomach i.e. digestive system and helps us feel centred.)

- Yin/Blood tonic (Blood and solid organs)
- Mild Yang tonic
- Jing Tonic (Kidneys)
- Liver tonic.

'Enriches the Kidneys, moistens the Lungs, and brightens the eyes' Grand Materia Medica.
Reishi or Ling Zhi
Reishi

Scientific perspective:

- Anti-tumour properties - 
  (Triterpenes and Beta-glucans.)
- Induces apoptosis (programmed cell death of damaged/ diseased cells.)
- Natural immunomodulant and anti-microbial.
- Anti-inflammatory.
- Anti-oxidant.
- Hepatoprotective.
- Inhibits cholesterol synthesis and natural anti-hypertensive action.
- Inhibits histamine release.
Reishi

Eastern Perspective:

Bitter flavour (tonifies Heart and Small intestine)
Sweet flavour (tonifies Spleen/Pancreas/Stomach i.e. digestive system and helps us feel centred.)

- Jing tonic (Kidneys)
- Qi tonic (Liver)
- Shen tonic (Heart and Blood)

"Builds body resistance, detoxifying, aprodisiac, sedative, prolongs life and enhances intelligence and wisdom." Ron Teeguarden Master TCM Herbalist.
The inter-relationship: Jing, Qi and Shen

AFA Reishi, R.Jelly, goji

AFA Reish, R.Jelly

AFA Reishi

Figure 13.2. The Three Treasures of Man
More examples of high life-force tonics:

- Cereal grasses like wheatgrass and barley grass.
- *(Jing and Qi tonics)*
- Other edible algae including spirulina and chlorella
  * *(Jing, Qi and Shen tonics)*
- Many other medicinal mushrooms species including chaga and cordyceps.
  * *(variable qualities)*
- Many other TCM tonic herbs including Astragalus, Bai Zhu, Poria, Licorice root, and Schizandra. *(variable qualities)*
- Ayurvedic tonic herbs like ashwagandha
- Cacao *(Shen tonic)* and Bee pollen *(Jing and Qi tonic)*
Food for thought.....

'When used alongside more westernised nutritional therapy an understanding of TCM / Ayurvedic dietary therapy, (including foods flavours, foods thermal nature and principles of constitutional diagnosis can give us a framework of understanding which allows us to use food medicinally both objectively and intuitively at its deepest therapeutic level.

.....This in turn nurtures the reflective relationship that exists between our emotions, organs and spirit so we can better talk to our soul.'

Analogies: Looking straight ahead v's a panoramic viewpoint.

Western Allopathic v's Integrative Medicine.
"Let food be thy medicine and thy medicine be thy food."

Hippocrates

For a copy of this presentation please visit:

www.drkatejames.com

( Under treatment header at very foot of page in articles section. )
Further reading and interest:

- Wood becomes water: Chinese Medicine in Everyday Life by Gail Reichstein.
- Healing With Whole Foods by Paul Pitchford.
- Chinese Tonic Herbs by Ron Teeguarden.
- Healing Thresholds by Rehmannia Dean Thomas.
- Nourishing Destiny The Inner Tradition of Chinese Medicine by Lonny S. Jarret.

Workshops in Foods For Life [www.drkatejames.com](http://www.drkatejames.com) (workshops header.)