

The Classification of common foods according to the theory of Traditional Chinese Medicine

In traditional Chinese medicine foods are classified according to whether they are warm or cold. The therapeutic principles like "Heat symptom-complex must be treated with herbs cold in nature. Cold symptom-complex should be treated with herbs warm in nature."

Cold symptom-complex, caused by cold factor or lowered body resistance, marked by general debility, low temperature, intolerance of cold, loose bowels, pallor, slow pulse, pale tongue with white tongue coating, etc. And deficiency of Yang (vital function), or deficiency of vitality, marked by pallor, cold limbs. Loose bowels and feeble and weak pulse. Those patients should choose to take those food in warm or hot nature, in other words, they are Yang food.

Heat symptom-complex. Means those patients suffer from febrile diseases, e.g. high fever, boils and ulcers, infectious diseases, asthma and cough in heat nature, yellow or dark urine, red tongue proper and yellow tongue coating, thirst and dry mouth, preferring cold drinks, fever with irritability and fidget. These patients should take cold or cool food or food mild in nature to help body recovery and balance Yin and Yang of the body. If patients with cold symptom-complex take cold food, that will be like "Snow Plus Frost---one disaster after another"

Neutral food or food in mild nature are suitable for every body.

Cold Food:

Mung Bean, mung Bean Sprouts, celery, Chinese water spinach, lettuce, water melon, apple, pear, banana, cucumber, yogurt, pork, barley, tomato, orange, crab.

Cool Food:

Spinach, lemon, Chinese tea, milk, fresh bread, cheese,.

Mild Food:

Mushroom, potato, strawberry, egg, corn, pea, rice, soybean, grape.

Warm Food:

Pumpkin, oats, chicken, beef, coffee, peach, apricot, walnuts.

Hot Food:

Brussels sprouts, chilly, ginger, lamb, mutton, deep fried food, roasted food, barbecue food.

Note: More hot foods should be taken in winter, and cold foods in summer.

People with cold internal energy should avoid hot foods.

In Chinese medicine, foods are classified according to whether they warm or cool the body. Warm foods should be taken to counteract internal cold symptoms, and feeling of cold. Cold and cool foods should be taken to counteract heat symptoms such as fever and feeling of heat.

In traditional Chinese medicine, it also emphasizes accessibility of the five tastes or flavours to different internal organs. Sour is accessible to the liver and gall bladder, pungent to the lung and large intestine, bitter to the heart and small intestine, salty to the kidney and urinary bladder and sweet to the spleen and stomach.

Editor's Comments, continued

Last month's meeting proved to be one of our most interesting, Mme Su's talk on traditional medicine, and demonstration of easy keep fit exercises, aroused great interest. In response to many requests, she has given an outline of points she covered for those who were there and those unable to attend;

Our Pot Luck Dinner for the Hebei Teachers proved to be a most pleasant evening for those who were able to attend. Although we were desperately short of members, sterling efforts by Ian and Linda in the kitchen and Muriel generally, everything went off very well indeed, Young Nathalie Harrington, recently returned from China and now studying at Diocesan, made a great impression on our visitors with her general fluency in Chinese.

We are publishing in this newsletter a tentative programme for the year so as to give you an idea of what is ahead

**Note especially the date of our Mid Winter Luncheon
Sunday July 18th at WCA Community Centre at 12.00 pm.**

Tentative Programme for the remainder of the year

May	Guest speaker yet to be arranged.
June.	Hands on Ghinese Cooking session
July.	Mid winter Luncheon. Guest speaker Carol McLennan
August.	The Chinese Horoscope and related matters.
September	Chinese Painting Talk and demonstration
October	National Day Dinner
November	AGM

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EASTER 2004 CULTURAL CONCERT

2004年復活節文化舞蹈音樂會

2:00 pm

April 11, 2004

Selwyn Theatre

Selwyn College

Kohimarama Rd

Kohimarama

Auckland

Ticket \$5 *Assigned seats*

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Auckland's Chinese Community

For tickets contact: Susan Wong, Box 484, Auckland or
Bonnie Kuan 6258 6111 cojay.cp.nz@xtra.co.nz
Stella Lee 5285 566 estellalee@xtra.co.nz
Gai Lucy 5282 260 kailucy@xtra.co.nz
Percy Kai Fong 5285 950 percylf@icmz.co.nz
Virginia Chong 6306 641 pchong@ihug.co.nz

The acts include:

Official Opening: Hon Chris Carter

Taiwan Tun-Tzu Cheng-Chueh Assn : Dance
Spirit of the Dragon and the Tiger

Hsiang Yin Choir of New Zealand

Applause

Four Words for Four Seasons

Julia Zhu : Piano

In the Chinese City - Walter Niemann

Le Pastour - Gabriel Grovlez

David Wong : A solo performance of Yang Style Tai Chi routines

10 Form Tai Chi Chuan

32 Form Tai Chi Sword

Alex Kai Fong : Classical ballet

Choreographer Philippa Campbell

Philippa Campbell School of Ballet

Bao Ching Yeh

I Miss Him

Wusull Boat Song

Rebecca & Megan Kai Fong : Dance

Highland Fling

Han Long : Chinese Pop Songs

Xiao Ao Jiang Hu - Homeland Praise

Lao Xiang - Old Village

Sunny Sun Dance Studio

Children's Chinese Dances

Rui Deng : Gu Zheng - Classical Chinese Instrument

Spring to LaSha - Shi Zao-Yuan

Harvest Drums - Li Zu-Ji

Interval

Cantonese Opera Society of New Zealand

The Eternal Wedding Night

from the opera, The Last Princess of the Ming Dynasty

Tess & Emily Kai Fong : Flute & Violin

Twinkle Twinkle Little Star - flute, violin duet

Mexican Hat Dance - piano duet

Man Ding : Classical Chinese Songs

Fei Jia Lu Wedding Gift

I Love You China

Hsiang Yin Choir of New Zealand

Fan Dance - Perfularia

Suzuki Violin Group - Alyssa Lu, Bernadette Lim, Kenton Shue, Kel

May Song - A French Folk Song

Chorus from Judas Maccabaeus - G. Handel

Hunters Chorus - C. Weber

Bourree - Handel

The 2 Grenadiers - R. Schumann

Humoresque - A. Dvorak

Piano accompanist : Thomas Wong

Thomas Wong : piano

Sonata Op 10 No. 2 : Beethoven

Ming Ming Zhang - Chinese Folk Songs

A Li Li

Qing Zhang Plateau

Mitchell Yee

Music of the Night - Phantom of the Opera, A Lloyd Webber

Piano accompanist: Matthew Yee

Eddie Wong & Sydney Young, Robert Gray, Rod Gardner, Dick Sisiley, Ronald Ling

Hokushin Shinoh Ryu Iai-Do Swordsmanship demonstration

Company of University Dancers: Dance

Hip Hop

Grand Finale - Pokarekare Ana - audience and performer sing-along

Compere: Estella Lee, QSM

Producer: Jim He

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Cooking Class



FRIED BEAN CURD

Ingredients:

- 6 oz. bean curd
- 1 cup vegetable oil
- 1 tbsp. chopped scallion and minced ginger
- 1 oz. sliced pork
- 5 or 6 steeped mushrooms
- ½ oz. sliced bamboo shoots
- 1 tbsp. soy sauce
- Salt to taste
- ½ cup clear broth

To Prepare:

1. Cut bean curd into triangles, fry until it becomes yellow, and drain. Remove excess oil and set aside.
2. Heat oil in a pan until it smokes. Add scallion, pork, ginger, mushrooms and bamboo shoots and sauté. Add soy sauce, salt, broth and bean curd, and stew until broth becomes thick. Transfer to a dish and serve.