

Holistic Wellness & Dietary Energetics

Discover dietary principles that support the mind, body and soul.

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Mind, Body & Spirit

Concepts for Wellbeing

Spirit

- Finding meaningful purpose in life
- Making time for prayer, visualization, or meditation
- Becoming more aware of the energy in the world
- Trusting intuition

Body

- Receiving nourishment from whole foods
- Testing physical endurance
- Regular exercise
- Deep breathing exercises
- Getting quality rest

Mind

- Developing intellect
- Identify and express feelings
- Change behaviors that do not serve oneself
- Establish a code of ethics
- Set goals for yourself

7 Levels of Judgment to Evaluate Personal Growth

1. **Physical**: Determine how external stimuli such as time of day, weather etc. affect the appetite.
2. **Sensory**: Determine how different tastes and textures affect the appetite.
3. **Emotions**: Determine how your emotions affect your likes and dislikes, is there an emotional aspect that is related to eating patterns.
4. **Intellectual judgment**: Learn how nutritional concepts and theories affect dietary choices.
5. **Social judgment**: Determine what social aspects (political, cultural, economical) affect eating patterns.
6. **Philosophical judgment**: Determine how religious and spiritual traditions affect dietary choices.
7. **All embracing judgment**: Finding the ability to eat anything without regret or self-judgment.



12 Gauges for Evaluating Health

1. **Energy**: balanced energy throughout the day is a positive sign.
2. **Appetite**: a hearty appetite is a healthy sign.
3. **Bowel regularity**: one large movement daily is ideal.
4. **Restful sleep**: fall asleep easily and feel well rested upon waking.
5. **Emotional Stability**: remaining calm and positive throughout the day without mood swings.
6. **Cravings**: pay attention to cravings as it is your body's way of communicating with you.
7. **Physical Flexibility**: Flexibility is a sign of good health. A body that is overly acidic will have stiff muscles and become less flexible.



12 Gauges for Evaluating Health

8. **Physical Pain**: when physical pain is experienced it is the body communicating, pay attention to those signals.

9. **Memory**: a good memory is a sign of good blood flow to the brain, a poor memory could be an indicator of issues within the circulatory system.

10. **Personal Relationships**: good stable personal relationships are a sign of strong health.

11. **Finding Humor**: having a good sense of humor and the ability to laugh is a sign of health.

12. **Life Passions**: having goals that you can enthusiastically put your heart into is a healthy indicator.

Food & Energy

- By eating living food you take in energy and can benefit from its healing capabilities, balancing food energy is an important concept of dietary wellness.
- The following influence food energetics:

Direction it grows	Up, down, out, horizontal
Climate	Tropical, temperate
Growing season	Summer, spring, winter
Growth rate	Slow, fast
Local foods	Traditional
Growth cycle	Seed, mature plant
Environment	Soil, air, water
Location	Mountains, rivers, sea, sand

Food & Energy

1. **Seasonal foods**: carry the biological energy to keep oneself in harmony with the seasons.
2. **Climate**: foods grown in the climate where one resides enables the person to be more comfortable in that area.
3. **Local foods**: can strengthen the bond to the local environment.
4. **Environment**: the medium the food is grown in will effect the distribution of the food's energy.
5. **Growing times**: foods that grow quickly will give one more energy, foods that grow slowly will be more grounding.



Food & Energy

6. Growth Cycle: eating foods that are young in the growth cycle such as seeds will give more energy than eating foods late in the growth cycle such as ripe vegetables or fish, which will sharpening natural instincts.

7. Primitive or Modern foods: foods that are primitive such as sea vegetables will stimulate primal actions while eating food that are modern such as fruits will be beneficial for planning for the future.



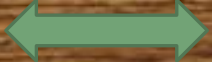




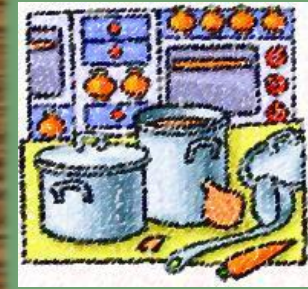
Food & Energy

Upward Energy	Outward Energy	Downward Energy	Horizontal Energy
Broccoli Collard greens Kale Leeks Shiitake mushrooms Water cress Cauliflower Green beans Bok choy Snow peas Peas Asparagus Parsley	Onion Cabbage Radishes Ginger Turnips Rutabaga Pumpkin	Carrot Parsnip Burdock Daikon	Cucumber Lotus root



How Cooking Styles Influence Energy

- Steaming moves energy  up
- Stewing moves energy  down
- Sautéing moves energy  outward
- Pressure cooking moves energy  inward
- Boiling or Blanching moves energy  horizontally.



Foods in the Wellness Diet

1. Primary foods: 70-75% of the diet

- Basic foods to include in daily meals to make up the bulk of the diet.
- Includes whole grains (30%), beans (5-10%), and vegetables (35%).

2. Secondary foods: 25-30% of the diet

- Added to the primary foods to balance the diet.
- Includes grain foods (5%), animal protein (5-10%), sea vegetables, fruits, condiments (15-20%).

3. Pleasure foods: allowed for those in good health

- Include small amounts of pleasure foods whenever they choose.

Dietary Guidelines

1. Whole Grains

- Grains carry young energy because they are at the beginning of their growth cycle.
- Eating grains will help one feel adventurous, enthusiastic, and ready to make changes.
- Grains will provide clearer thinking and a strong sense of direction, as grains grow up and off the ground they help one feel more flexible and able to adapt.
- Pre-soak grains for 3 hours for better nutrient absorption.

Include: brown rice, barley, millet, oats, corn, rye, whole wheat, buck wheat, and wheat berries are considered to balance the yin/yang continuum. Small amounts of pasta and bread can also be consumed.



Dietary Guidelines

2. Vegetables

- Vegetables should be organic, natural, local and in season to connect with the biorhythms of the earth.
- Group into several categories: ones that grow above ground into the air, grow on the ground and spread out, and those that grow into the earth. Each category provides different energy.
- Meals should include a combination of vegetables that grow in all directions.
- **Include:** carrots, kale, bok choy, spinach, collard greens, parsley, garlic, onion, etc.



Macrobiotic Dietary Guidelines

3. Legumes

- Legumes have the energy growth and development of new life.
- Give a more calming energy than grains and help one feel more relaxed.
- Legumes should be washed and soaked overnight before cooking.
- **Include:** adzuki beans, garbanzo beans, kidney beans, lentils, pinto beans, split beans, mung beans and soy beans.



Dietary Guidelines

4. Sea Vegetables

- Carry the energy of the sea and help connect to more primal energy.
- Sea water is similar to blood plasma and therefore the ocean is considered to be Mother.
- Consuming sea vegetables sharpens instincts, increases reproduction, and improves memory.
- Sea vegetables generally have 10 times the amount of minerals than land vegetables.
- **Include:** agar-agar, arame, dulse, hiziki, kelp, kombu, nori turoru kombu, and wakame



Dietary Guidelines

5. Fermented Foods

- Pickling foods breaks down the components by using salt and makes foods easier to digest in the raw form.
- The salt from fermenting foods adds to the energy of the foods and makes it gradually more out to a more external level.
- Lacto-fermentation is used to break down the sugar and produce lactic acid.
- Lacto-fermented vegetables have probiotics, vitamin C and sodium.
- **Include**: sauerkraut, pickles, miso, brown rice vinegar, tempeh, natto, live yogurt, dills, kimchi



Dietary Guidelines

6. Fruits

- Most fruits grow into the air which provides a more flexible type of energy.
- Fruits that grow on trees can help one feel more spiritual and allow easier meditation.
- Citrus fruits are high in vitamin C, fiber and minerals.
- Dark colored berries contain high amounts of bioflavonoids and anti-oxidants.
- **Include**: blueberries, cranberries, blackberries, prunes, raspberries, strawberries, red apples, green apples, grapes, cherries.



Macrobiotic Dietary Guidelines

7. Nuts & Seeds

- Seeds carry new energy to start life and make one feel youthful and full of life.
- Nuts are high in fat, but it is a good fat that lowers LDL levels.
- Nuts and seeds are high in lysine, protein, fiber, magnesium, zinc, vitamin E, and linoleic acid.
- Nuts and seeds should be stored in a dry container and will spoil quickly so should be purchased in small amounts.
- Include: almonds, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, pecans.



Dietary Guidelines

8. Soy Products

- Fermented soy products carry a lighter energy than original soy beans.
- Fermented soy product move energy out quicker and provide an uplifting feeling.
- Soy products consumed should be organic, unprocessed and unadulterated.
- Soy products have a high level of antioxidants, fiber, isoflavons.
- **Include:** tempeh, miso, natto, tofu



Dietary Guidelines

9. Fish & Seafood

- The energy from the fish and seafood depends on the type consumed.
- Fast moving fish bring mental alertness.
- Calm and static fish bring a more relaxing energy.
- Fish should be bought as fresh as possible to receive their energy.
- When purchasing shellfish check for shells that are not cracked.
- **Include**: shrimp, eel, haddock, salmon, tuna, clams, oysters, mackerel, crab



Dietary Guidelines

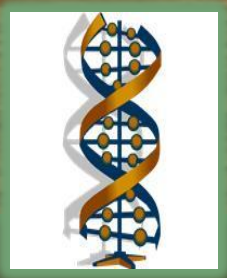
10. Condiments & Seasonings

- Vinegars, limes, and lemons disperse energy outward and should be included with foods that move energy inward.
- Can be used to keep cool in the summer.
- Herbs such as cilantro, parsley, basil, sage, rosemary, mints, stir up energy and can help to feel refreshed.
- Ginger, garlic and wasabi help move energy up and outward.
- **Include**: vinegars, limes, lemons, chives, mint, ginger, rosemary, sea salt, basil, coriander, cilantro sage, olive oil



Acid & Alkaline Levels

- Preparing meals with a balanced pH level is key to good health and wellness.
- Eating more alkaline foods allows the body to store minerals, eating more acidic foods causes the body to use minerals to balance pH.
- It is easier for the body to balance foods that are closer to neutral rather than extremes.
- Try to have equal amounts of grains and vegetables and/or try to match acidic and alkaline foods.
- Ex. If having fish reduce the grains and increase vegetables.



Acid & Alkaline Foods

Very Alkaline	Medium Alkaline	Slight Alkaline	Neutral	Slight Acidic	Medium Acidic	Very Acidic
Parsley	Green Beans	Onion	Cream	Eggs	Honey	White Bread
Lemon	Broccoli	Tofu	Yogurt	Spinach	Eggs	Beef
Limes	Garlic	Miso	Whey	Malt	Rye	Poultry
Herbal teas	Avocado	Millet	Oils	Kidney Beans	Fish	Alcohol
Seaweed	Sweet Potatoes	Tempeh		Spelt	Coconut	Cake
Celery	Apples	Cherries		Pumpkin Seeds	Plums	Pork
Dates	Pears	Leeks		Sesame seeds	Cheese	Whole Wheat

Sodium & Potassium Levels

- Balanced sodium and potassium levels are another key component in dietary wellness.
- Good balance of sodium and potassium will improve nerve functioning and maintain electrolyte and acid balance.
- A wellness diet will seek out sources of potassium while limiting sodium intake.
- Salt consumed should come from the sea.
- Potassium foods should be eaten raw or slightly cooked because it is a water soluble mineral.



Sodium & Potassium Foods

Good Sources of Potassium	Good Sources of Sodium
Fruits and vegetables	Sea vegetables
Beef	Miso
Whole wheat	Sauerkraut
Brown rice	Cheese
Yogurt	Pickled vegetables
Turkey	Mustard
Salmon	Umeboshi
Fish	Olives
Shrimp	Crab





Expanding or Contracting? Combining Complimentary Energy Forces



Yin

- Expanding
- Cold/Cooling
- Larger
- Winter
- Less salt
- Less pressure
- Less time
- Potassium
- Grows above soil
- Whole grains, vegetables, fruits
- Intense: tropical fruit, sugars
- Fresh and raw foods
- Balanced: creative and relaxed
- Unbalanced: forgetful

Yang

- Contracting
- Hot/Warming
- Smaller
- Summer
- More salt
- More pressure
- More time
- Sodium
- Grows below soil
- Most fish, sea vegetables
- Intense: salts and meats
- Stews/baking/pressure cooking
- Balanced: focused and concentrated
- Unbalanced: stressed, tense

Tips for a Wellness Lifestyle

- Choose nontoxic products for a healthy body and environment.
- Avoid materials and furnishings that produce off gas and volatile organic compounds (VOCs).
- Remove toxic cleaners and replace with natural ones.
- Clean and organize household space to avoid clutter.
- Participate in regular daily exercise and include 10 minutes of stretching.
- Practice conscious breathing exercises.
- Store whole grains and dried beans in airtight ceramic or glass containers.

Tips for a Wellness Lifestyle

- Avoid Teflon, aluminum, and other non-stick cookware, because of the harmful particles that can be leached into foods during the cooking process.
- Using a microwave decreases the nutritional quality of the food therefore it should not be used.
- Avoid plastic because it gives off toxins to everything it comes into contact with.



Making the Wellness Switch

Conventional

- Coffee
- White rice
- Milk
- Eggs
- Sugar
- Canned beans
- White bread
- White flour
- Pasta dishes
- Table salt
- Peanut butter

Wellness

- Herbal tea
- Brown rice
- Nut or rice milk
- Organic Tofu
- Honey
- Dried beans
- Sourdough bread
- Whole wheat flour
- Soba noodles
- Sea salt
- Almond butter

Wellness Breakfast Ideas

- Banana Pecan Buckwheat Pancakes
- Tempeh bacon
- Tofu veggie scramble
- Cinnamon oatmeal with almonds and raisins
- Miso rice porridge
- Whole wheat toast with tahini
- Muffins with dried fruit
- Green smoothie
- Baked beans and sourdough toast
- Steel cut oats with nori
- Soft brown rice with apples
- Mochi with syrup
- Couscous with sunflower seeds and yogurt
- Steamed sourdough bread with hummus and sauerkraut
- Muesli with rice or nut milk



Wellness Soup Ideas

- Miso vegetable soup
- Lentil soup
- Vegetable barley soup
- Sweet millet soup
- Cucumber ginger soup
- Pea, celery, and mint soup
- Cauliflower and seaweed soup
- Carrot ginger soup
- Bean and vegetable soup
- Potato carrot soup



Wellness Lunch Ideas

- Japanese rice balls
- Garlic rice
- Millet mash
- Blanched vegetables
- Adzuki bean and root vegetable stew
- Steamed vegetables
- Chinese cabbage and sauerkraut
- Barley stew
- Watercress and dulse salad
- Sushi



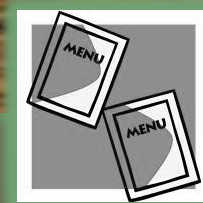
Wellness Dinner Ideas

- Couscous with tofu and vegetables
- Fried rice balls with sea vegetables
- Soba with carrots and cabbage
- Fried polenta with mushrooms and onions
- Marinated tofu steaks with broccoli
- Grilled cod with a side salad
- Shiitake mushroom pasta
- Polenta mash with tomatoes
- Mediterranean pasta with olives
- Aduki beans with squash and kombu



Wellness Tips for Eating Out

- Choose from vegetarian selections.
- Ethnic restaurants tend to offer healthier options.
- Ask the server how dishes are prepared, oils used, ingredients in sauces, can you make substitutions to dishes.
- Many Thai dishes include coconut milk which can be high in sugar and fat, other noodle dishes may be a better choice.
- Watch out for MSG in Chinese dishes.
- Make sure Mexican restaurants do not use lard.
- Indian restaurants offer many choices, but be mindful of those made with ghee.
- Choose simple oil/vinegar dressings and avoid creamy dressings for salads.
- Choose pasta dishes that include more vegetables and less cheese.



Wellness Grocery Shopping

- Buy in bulk to save money. Most of the following can be found in bulk: almonds, amaranth, barley, chickpeas, couscous, dried beans, dried fruits, kamut, lentils, millet, pumpkin seeds, ice, quinoa, split peas, oats, tea, walnuts, flour, cereal, muesli, etc.
- Choose a healthy water source and avoid tap water.
- Read labels and avoid additives, colorings, natural flavoring, hydrogenated oils, sugar, and preservatives.
- Make a list before you go to the store include meals, snacks, spices, and dessert.
- Try new vegetables, grains and legumes.



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