



**5color diet can reveal
your inner health &
Birth year's element
chronic illnesses!**
**5色饮食可以让您了解健康
问题以及农历生辰来辨
认慢性疾病！**

5 Color Diet Overview

5 color diet also known as Five Element theory is one of the major systems of thought within traditional Chinese medicine. Five Element theory has been used for more than 2,000 years during the Ming Dynasty, (1368-1644 CE) which was recorded in the fundamental Traditional Chinese Medicine (TCM) book "Huang Di Nei Jing," or "The Medical Classic of the Yellow Emperor," **The five elements are categorized as: fire (Red/ Pink color), earth (Orange/ Yellow color), wood (Green color), water (Black/ Blue/ Purple color) & metal (Brown/ Tan/ White color) which are related to our body's organs, its functions and able to identify your Chinese birth year's chronic illnesses!**

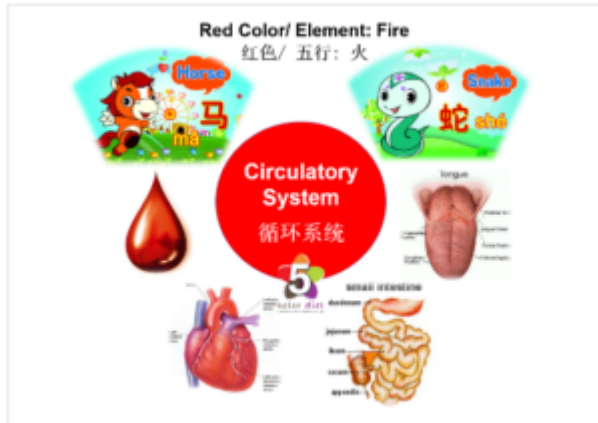


East-West or Yin-Yang Food Dietary Therapy is based on observing external factors: air & weather, any chronic illnesses or medications, internal factors: body's condition and understanding the energetics of food, you can choose the right food choices to speed your body's healing progress.



Different colored food sources, fruits & vegetables have its unique nutrients as in proteins, vitamins, minerals, fiber, etc and their right combination are more beneficial to our body as it provides a full spectrum of nutrients that our body need for optimal health, protects against diseases and slows the aging process, etc.

Red / Pink Color



Element: Fire (Chinese horoscopes related to Fire element are Horse & Snake).

Flavour: Bitter. The bitter flavour is absorbed by the Heart & Small Intestine which helps to clear heatiness, oedema & Qi stagnation, etc. Moderate intake of bitter foods for people with Qi deficiency (low energy), because bitter foods may weaken energy levels and cause dry mouth.

Organs: Blood, heart, small intestine & tongue are inter-related so if either organ has any health problems, it will more or less affect its related organs.

System: Circulatory.



Nutrients: Vitamin A, C, anthocyanins, ellagic acid, Iron, lycopene & fibre, etc.

Benefits: Anemia, cardiovascular system, circulatory system, immune system, memory, urinary tract infections & vision, etc.

Food Sources: Beets, blood oranges, cherries, cranberries, red guava, kidney/ red beans, red grapefruit, pomegranates, raspberries, red apples, red cabbage, red grapes, red onions, red pears, red peppers, red-skinned potatoes, red tomatoes, strawberries & watermelon, etc. In addition, take food sources with bitter flavour as well. (Eg: asparagus, bitter-gourd, Chinese almonds, lily bulb, lotus leaves, lotus plumule, pomelo, tea leaves & seaweed, etc).

Caution: Moderate intake for those whose body system are heaty and with high blood pressure because most red color fruits & vegetables has warm energy which may decrease the energy level.

Positive Emotions: Appreciation, gratitude, happiness, humbleness, joy, love & politeness.

Negative Emotions: Anxiety, confusion & delirium.

Season: Summer is the best time to strengthen our blood circulation system, heart & small intestine's health.

Yellow & Orange Color



Element: Earth (Chinese horoscopes related to Earth element are Cow, Dragon, Goat & Dog).

Flavour: Sweet. The sweet flavour is absorbed by the Spleen & Stomach which helps to strengthen fatigue, relieve pain and deficiencies of blood, Qi, Yin or Yang, etc. **Moderate** intake of foods with sweet flavour for those who have dampness or heaty body system because foods with sweet flavor may cause dampness, heatiness, obstructs flow of energy level & phlegm, etc.

Organs: Mouth, muscles, spleen & stomach are inter-related so if either organ has any health problems, it will more or less affect its related organs.

System: Digestive system.



Nutrients: Vitamin A, C, folic acid, flavones & fiber, etc.

Benefits: Cardiovascular, gastrointestinal system, immune system, liver, prostate, spleen-stomach, vision & lower cholesterol, etc.

Food Sources: Apricots, cantaloupe (western honeydew), carrots, grapefruit, golden kiwifruit, lemons, mandarin oranges, mangoes, nectarines, oranges, orange peppers, papayas, peaches, persimmons, pineapples, pumpkin, sweet corn, sweet potatoes, tangerines, yellow apples, yellow beets, yellow pears, yellow potatoes, yellow tomatoes, yellow watermelon, yellow winter squash, etc. In addition, take food sources with sweet flavour as well. (Eg: dates, cherries, chestnuts, grapes, honey, longan, lotus seeds & sugarcane, etc).

Caution: Excessive intake of yellow or orange fruits and vegetables may cause yellow skin which is caused by the yellow pigment from its nutrient, carotenoids.

Positive Emotions: Belief, confidence, faith, fairness, openness, sympathy & trust.

Negative Emotions: Anxiety, low self-esteem, mistrust, nervousness & worry.

Season: Late Summer is the best time to strengthen our mouth, muscles, spleen & stomach's health.

Green Color



Element: Wood (Chinese horoscopes related to Wood element are Tiger & Rabbit).

Flavour: Sour. The sour flavour is said to be absorbed by the Liver & Gallbladder which helps to calm our body & aids in stopping abnormal discharge of body fluids, etc. **Moderate** intake of foods with sour flavour for those who have water retention because foods with sour flavor may cause water retention.

Organs: Eyes, gall bladder, liver & nerves are inter-related so if either organ has any health problems, it will more or less affect its related organs.

System: Nervous system.



Nutrients: Vitamin A, B, C & K, calcium, iron, magnesium & fibre, etc.

Benefits: Bones & teeth, cardiovascular system, gall bladder, gastrointestinal system, immune system, liver, lower cholesterol, red blood cells, vision & spleen-stomach, etc.

Food Sources: Artichokes, asparagus, avocados, broccoli, Brussels sprouts, celery, Chinese cabbage, chives, cucumbers, green apples, green beans, green cabbage, green grapes, green onions, green pears, green peppers, honeydew melon, kale, kiwifruit, leafy greens, leeks, lettuce, lima beans, limes, ladyfinger, parsley, peas, spinach, sprouts, watercress, zucchini, etc. In addition, take food sources with sour flavour as well. (Eg: apple cider vinegar, lemon, hawthorn fruit, loquat fruit, pineapples, plums, pomelo & vinegar, etc).

Caution: Those with cold body system should take more dark green color fruits and vegetables because these foods have warm energy which will help to increase your energy level.

Positive Emotions: Kindness & generosity.

Negative Emotions: Anger, frustration, irritability, jealousy, blaming others & oneself.

Season: Spring is the best time to strengthen our eyes, gall bladder, liver & nervous system's health.

Black/ Purple & Blue Color



Element: Water (Chinese horoscopes related to Water element are Mouse & Boar).

Flavour: Salty. The salty flavour is absorbed by the Kidney & Bladder which has the function of softening and dissolving hard masses. Salty flavour also moistens and lubricates the intestines, etc. **Moderate** intake of foods with salty flavour for those who have poor blood circulation because these foods may obstruct flow of blood.

Organs: Bladder, bone, ears & kidneys are inter-related so if either organ has any health problems, it will more or less affect its related organs.

System: Excretory.



Nutrients: Vitamin C, anthocyanins, flavonoids, iron & fibre, etc.

Benefits: Anemia, cardiovascular system, circulatory system, kidneys, immune system, memory, urinary tract infections, vision & slows aging process, etc.

Food Sources: Bilberries, black beans, blackberries, black currants, blueberries, black goji berries, dried plums/ prunes, eggplants, plums, purple asparagus, purple cabbage, purple carrots, purple figs, purple-skinned potatoes, purple grapes, purple peppers, purple sweet potatoes, raisins & yam, etc. In addition, take food sources with salty flavour as well. (Eg: abalone, amaranth, cuttlefish, duck meat, jellyfish, kelp, millet, oysters, sea cucumber, sea clams, sea mussels, shrimps & seaweed, etc).

Caution: Moderate intake of black/ purple & blue color fruits & vegetables for those whose body system are heaty & with high blood pressure because most of these foods has heaty energy which may aggravate their conditions.

Positive Emotions: Ambition, calmness, drive, gentleness, intelligence, silence & wisdom.

Negative Emotions: Fears & phobias.

Season: Winter is the best time to strengthen our bladder, bone, ears & kidneys' health.

White/ Tan & Brown Color



Element: Metal (Chinese horoscopes related to Metal element are Monkey & Rooster).

Flavour: Pungent. The pungent flavour is absorbed by the Lungs & Large Intestines which helps to tonify the dispersing & descending functions of the Lungs. In addition, pungent flavour helps to disperse pathogens from the exterior of our body and promote circulation of Qi, blood & body fluids, etc. **Moderate** intake of foods with pungent flavour for those with Qi deficiency (Low energy) & blood deficiency (Poor blood circulation) because these foods may cause overstimulating, damages energy level & poor blood circulation.

Organs: Colon, hairs, lungs, nose & skin are inter-related so if either organ has any health problems, it will more or less affect its related organs.

System: Respiratory.



Nutrients: Vitamin C, folic acid, potassium, sulfur & fibre, etc.

Benefits: Cardiovascular, gastrointestinal system, immune system, prostate & lower cholesterol, etc.

Food Sources: Bananas, black-eyed beans, black fungus, brown pears, cabbage, cauliflower, dates, figs, chickpeas, garlic, ginger, kelp, lentils, mushrooms, onions, parsnips, peanuts, pinto beans, seaweed, shallots, turnips, white corns, white-fleshed potatoes, white nectarines, white peaches, etc. In addition, take food sources with pungent flavour as well. (Eg: capsicum, chives, cinnamon, coriander, green onions, fennel, kumquat, leeks, mustard leaves, mustard seeds, pepper, peppermint, radish, radish leaves & tangerine peel, etc).

Caution: Moderate intake of white/ tan & brown color fruits & vegetables for those whose body system are cold & with anemia because most of these foods have cooling or cold energy which may decrease energy level.

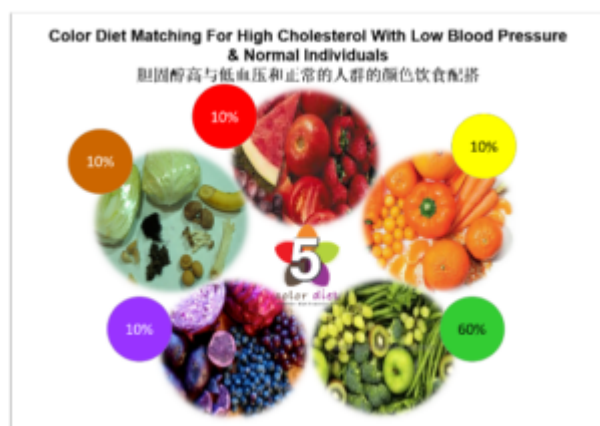
Positive Emotions: Compassion, courage, openness, righteousness, sensitivity & vulnerability.

Negative Emotions: Depression, grief, over-sensitivity & sadness.

Season: Autumn is the best time to strengthen our colon, hairs, lungs, nose & skin's health.

Color Diet Matching

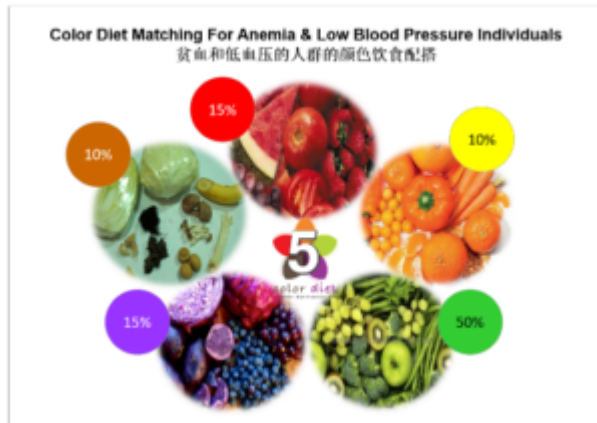
Color Diet Matching For High Cholesterol With Low Blood Pressure & Normal Individuals



For those who have high cholesterol with low blood pressure and normal people:

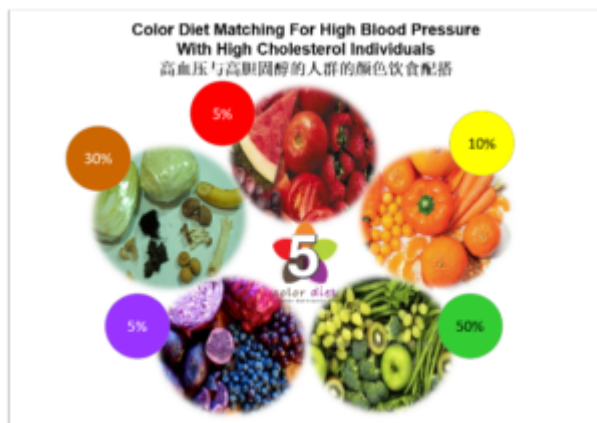
Take 60% of green fruits & vegetables, 10% of red fruits & vegetables, 10% of black/ purple & blue fruits & vegetables, 10% of yellow/ orange fruits & vegetables and 10% of white/ tan & brown fruits & vegetables.

Color Diet Matching For Anemia & Low Blood Pressure Individuals



For those who have anemia & low blood pressure: Take 50% of green fruits & vegetables, 15% of red fruits & vegetables, 15% of black/ purple & blue fruits & vegetables, 10% of yellow/ orange fruits & vegetables and 10% of white/ tan & brown fruits & vegetables.

Color Diet Matching For High Cholesterol With High Blood Pressure Individuals



For those who have high blood pressure with high cholesterol: Take 50% of green fruits & vegetables, 5% of red fruits & vegetables, 5% of black/ purple & blue fruits & vegetables, 10% of yellow/ orange fruits & vegetables and 30% of white/ tan & brown fruits & vegetables.

Recommendation: Try our recipe: [5color diet meal](#).

5 Organs' Healing Sounds



Consume 5 color diet foods is beneficial to our body as it provides a full spectrum of nutrients that our body need for optimal health, protects against diseases and slows the aging process, etc. In addition with 5 organs' healing sounds, it further strengthen our total health being!

Find out more at: <http://www.5colordiet.com/?p=5045&lang=en>