



Feng Shui and 5-Element Foods

Chi or energy – the basic premise of Feng Shui must be free-flowing in order to be in balance. You can enhance the power in the kitchen with colours, materials and shapes, as well as good lighting and ventilation and when everything is in balance, meals will taste better, are easier to digest, and are healthier. It does not end with the power in the kitchen though – the food you nourish your body with also needs balance.

All things in the Universe have two opposite yet complementary energies – Yin and Yang. Both energy forces are essential and need to be in balance. This applies to everything in your environment including food – that vital ingredient that physically nourishes your body. Each food relates to one or more elements – wood, fire, earth, metal and water. By combining the elements, you can enhance the Yin and Yang components of food, saturating it with energy and health-giving properties.

You will feel best when both Yin and Yang energies are equally strong and balanced in your body. After eating, you will feel good when your food has provided you with sufficient energy or you may feel cold or tired when your food did not provide you with enough.

In the cooler climates, there are about four times as many people with Yang deficiency as with Yin deficiency. Your body desires a balance between Yin and Yang and it will give you signals when your diet is not balanced. When you feel satisfyingly warm, your food is correctly balanced.

Yin Foods

Yin foods encourage rest and refuelling with new energies. After eating Yin foods, you will feel calm and refreshed; physically cooler and hydrated. For those of us who find it difficult to relax and let go, eating foods containing Yin energy will be especially important.

Too much Yin leads to drowsiness, a lack of energy, feeling chilly, water retention, or blockages. You may feel as though you need warm food and warm clothing; are slightly swollen or bloated and you may even feel frequently depressed and lethargic.

Yang Foods

You can replenish your *chi* through warming foods strong in Yang. After eating Yang foods, you will feel warm and stimulated; physically warmer; and drier in your skin and mucous membranes. Yang foods are especially good for people who often feel chilly or are easily fatigued.

Too much Yang leads to an excess of energy, restlessness, feelings of hotness, and dryness. You may have a tendency to sweat excessively; as though you need cool foods and lots to drink; have dry skin and nasal passages and often feel tense and irritated.

The Five Elements

The overall composition of your meals will be more balanced and of greater energetic value when you include all the elements. These examples are the more common foods to each of the five elements.

Wood Element *Sour tasting foods refresh and revitalize.*

Yin: dill, arugula, bamboo shoots, chard, cucumbers, dandelion greens, pickles, spinach, tomatoes, beans, celery lettuce, sauerkraut, applies, blackberries, blueberries, gooseberries, grapefruit, kiwi, lemons, oranges, pineapple, red and black currants, rhubarb, wood cherries, strawberries, duck, goose or veal liver, chicken, duck, rabbit, cottage cheese, sour cream, yogurt, champagne, very dry wines, hibiscus tea, mallow tea, rosehip, sour cherry juice.

Yang: balsamic or wine vinegar, yeast; basil, leeks, cherries, lychees, passion fruit, raspberries, crayfish, freshwater shrimp, lobster, pork liver, hazelnuts, sesame seeds, spirits, sweet wines.

Fire Element *A little bit of bitter taste supports your energy in the fire element.*

Yin: artichokes, arugula, asparagus, beets, Belgian endive, chicory, cucumbers, dandelion greens, iceberg lettuce, kohlrabi, olives, sweet potatoes, elderberry, grapefruit, pomegranates, bulgur, couscous, oat or wheat flakes, oats, wheat, Beaujolais, Chianti, cherry juice, dark, pilsner or wheat beer.

Yang: angelica root, bitter chocolate, cocoa, capers, horseradish, juniper berries, nutmeg, saffron, poppy seeds, sweet paprika, lemon grass, lemon leaves, brussel sprouts, apricots, sweet cherries, chicken liver, goat, grilled meats, lamb, almonds, amaranth, buckwheat, flaxseed, cognac, hot mulled wine, black tea, coffee, green tea.

Earth Element *Sweet tastes tranquilize, create a good mood, pacify, and enhance a harmonious community.*

Yin: dill, avocados, beans, garbanzo beans, lentils, lettuce, Napa cabbage, oyster, porcini or white mushrooms, peas, pumpkin, snow peas, sweet potatoes, apples, bananas, coconut, mangos, papayas, pears, watermelon, butter, cheese, cream, milk, arborio rice, barley, bread, millet, rye, sweet short-grain rice, fruit juice, vegetable juice.

Yang: anise seeds, fennel seeds, licorice, molasses, raw sugar, chocolate, vanilla, fennel, green and red bell peppers, okra, apricots, currants, raisins; beef, cashew nuts, oil-bearing seeds, pine nuts, walnuts, spelt, sticky rice, liqueurs, fennel tea.

Metal Element *Piquant spices enliven your respiratory passages.*

Yin: peppermint, watercress, green onions, kohlrabi, onions, pearl onions, radishes, shallots, sweet onions, turnips, long grain rice.

Yang: allspice, anise seeds, bay leaves, black, cayenne or white pepper, cardamom, Chile pepper, chili powder, chives, cinnamon, cloves, coriander seeds, cumin, curry powder, ginger, horseradish, hyssop, lemon grass, mustard, thyme, garlic, leeks, chicken (free-range), Cornish hen, partridge, pheasant, quail, wild duck, venison, blue or muenster cheese, unsalted and roasted peanuts, spirits, sake.

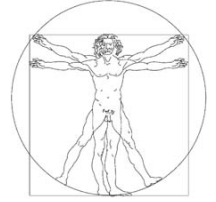
Water Element *Nourish and strengthen your vital energy, for water, after all is the source of all life.*

Yin: miso, soy sauce, worcestershire sauce, bean sprouts, dried beans, garbanzo beans, green beans, red, white or savoy cabbage, lentils, black or yellow soybeans, sea vegetables, cod, fish stock, haddock, king crab, octopus, oysters, saltwater eel, sea bass, shark, sole, squid, turbot, butter, cream, cream cheese, goat's milk, bulgur, couscous, wheat flakes, mineral water.

Yang: cinnamon, caraway seeds, cloves, sea salt, star anise, table salt, white or black truffles, eggplant, fennel, cherries, raisins, raspberries, caviar, cod, crayfish, eel, lobster, mackerel, perch, salami, salmon, shrimp, smoked fish, sturgeon, trout, tuna, goat, ham, lamb, pork, venison, blue cheese, pumpkin or sesame seeds.

Source: *Feng Shui and the 5-Element Kitchen*, written by Ilse Maria Fahrnow, Jürgen Henrich Fahrnow, Günther Sator

Matters of Health



Stress ... You can't live with it and you can't live without it

The holiday season approaches...quickly it seems - with little Nike runners and Xmas bobbles attached to the laces. I was determined to be done several things before the whirlwind began. Which I did. But I also took on new challenges. New 'things'. That comes with a cost. Sound familiar?

There is good stress and bad stress. We need both. I have found myself fluctuating and trying to find a balance between them...sometimes too often.

I know what I need to do to fully relax into any given moment. At times I do this quite well. At others I am yelling inside of myself 'Are you kidding? I am angry...and I want to twist someone's knickers!' I even found myself saying I know I should behave differently right now...*but I don't want to...*

Then - I remember bliss. I remember the feeling when you let everything go and actually feel your body giving way, your mind calming. The reality that your mind is your body and your body is your mind... But - what if I am so calm - I don't have the energy to stay motivated and handle all those 'responsibilities'?

A transition. A sifting and shifting. A long hot bath with candles, a good glass of wine and silence. With winter coming on I remember the importance of what I call nutrient loading. And nesting. And long johns. No - I am not kidding. It really is important to stay warm. When we are cold - our immune system has to rev up its engine to warm us up again. While it is busy elsewhere - harbouring bacterium in your nose from breathing in your co-workers sneeze, rush in and find 'opportunity'. Keeping our immune system happy and strong through the winter is a priority.

As I mentioned in another article- too many cold foods make us chilled. See the front article for ideas. Delve into some online Ayurvedic reading and check out your prevalent Dosha. I can do a Dosha testing if you want recommendations but it is fun to check out online as well.

Be where you are and love it.

If you eat out, hot water in a teapot with lemon is ideal. Warms us up. Stimulates digestion. Keeps love in our livers. Cold water at any time is really a no-no - but avoid it in restaurants - say no to the crusty rolls as well. Your body will go searching later for the missing nutrients and usually in the form of cravings. So - now you are on a blood-sugar low and reaching for 'junk' at 10 pm.

Bottom line - we can make choices. It's interesting to note that 50% of our thinking is hardwired into our brains. This is fabulous when you think that the other 50% is 'up to us'...we can decide to make positive and healthy choices. 'Retrain' your 'brain' to respond differently and break old habitual ways of responding to challenging stimuli. We do not have to be our past behaviours. Or past responses.

Nutrient Loading...and not around your middle.

GABA - fabulous for stress, anxiety, and insomnia - all common at this time of year. These three things can be a brutal cycle because one affects the other, depletes nutrients, steals it from somewhere else and leaves us feeling diminished. **GABA has to be derived from natural sources.** Synthetic forms can not cross the blood brain barrier.

Other herbs and supplements to consider:

Rhodiola, 5-HTP, full complex minerals, vitamin B 5 - never without its family members, and tinctures of valerian, chamomile and full

spectrum *sun*. You know where to get that. I recommend ten minutes or more a day in the winter.

I wouldn't be your 'responsible' Natural Health Practitioner if I didn't add this caveat "*always have your Natural Health Practitioner do an assessment and find out what could work for you to take the edge off.*"

I can not begin to tell you what I have learned about stress in the last year and a half. Ms. Stress and I now have an understanding. Sometimes there is just too much. And yes - sometimes life gives you too much. But break all of it down into components. Little chunks of do-able stuff. Pieces of things that can be dealt with one thing at a time. Stop looking at the big picture and do one thing at a time beautifully. Your health really does depend on it. Our thoughts are connected to our bodies. And our bodies to our minds. We know this now...this gives us the power to do what we used to think was unachievable. Do it all with love. Not just survive. But thrive.

Winter do's and don't forget to make Snow Angels...

1. **Stress** - When the adrenal glands are stressed they produce hormones that contribute to weight gain. People who are depressed often have decreased serotonin levels in the brain, causing cravings for sweets and starchy foods.
2. **Genetics** - Children born to overweight parents are at risk of being born with more fat cells, so keeping the weight off is not impossible, but it will be more of a challenge.
3. **Food Choices** - Foods high on the glycemic index contribute to weight gain. Overeating and food sensitivities lead to leaky gut syndrome which impairs good digestion stresses the liver, contributes to weight gain.
4. **Metabolic Rate** - Low thyroid function makes losing weight more difficult. Thyroid hormones control our metabolic function. The thyroid and adrenal glands work very closely together.
5. **Liver Dysfunction** - The liver processes hormones, eliminates toxins, cleans the blood, metabolizes proteins and carbs into energy, manufactures bile to help break down fats, and hundreds of other functions. It's important to keep the liver squeaky clean.
6. **Hormones** - Any disruption of liver detoxification contributes to excesses or imbalances of hormones, particularly estrogen. Often referred to as "Estrogen Dominance" which contributes to fat around the abdominal area.
7. **Lack of Exercise** - Exercise burns calories and builds muscle, both of which are required for maintaining a healthy weight. Get outside. Get sun in your eyes...and move! Revive, rejuvenate. And repair... in brilliant sun filled skies and snow laden ground.

Remember to love yourself, and tend to yourself and be well during this - calm and peaceful season. Fade out to sounds of snowflakes falling...

Margo Laing, RHN, NCP is a Certified Holistic Breast Health Specialist, Registered Holistic Nutritionist and Natural Health Practitioner. Margo has been a natural health writer for about 15 years, with a strong interest in children's health and cancer prevention. Her goal? To assist those with imbalances by using her gentle 'warrior makeovers' involving body, mind and spirit. Margo can be reached at margolaing@shaw.ca

"The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath." ~ Margo



Online Christmas Product Specials



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- 2 - 30mm Clear Crystals;
- 1 - 40mm Clear Crystal;
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- 2 - Laminated Bagua Maps
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- 1 - Feng Shui Zone Guided Meditations CD narrated by Debra Ford, music by Jessica Erlendson

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Feng Shui Holiday Decoration

Holiday Savings Price \$11.95 – You Save \$3.00



When we decorate our homes for Christmas, we usually add too much 'fire' energy (by introducing so much red and burgundy) and this causes a hot, explosive energy imbalance. Hang these beautiful 20mm Feng Shui Crystals (strung on clear string) on your Christmas tree this year to add 'water' energy to your home and to calm the energy of the home.

Order Now!

What's New?



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Tiempo features an eclectic collection of home furnishings and giftware.

We are so pleased to announce that effective December 1, 2007 Feng Shui Market products are now available in this unique collection.

Open Daily

228.2483

Upcoming Events

House Finch Interior Decor & Design 1st Annual Christmas Art Show – featuring original watercolour paintings by Calgary artist **Victoria Zyluk**. Her paintings are very relaxing, inspiring, healing and supportive of Feng Shui precepts. Stop by to say 'hello' to Victoria and enjoy complimentary refreshments! ~ *Victoria Zyluk is a Certified Feng Shui Practitioner in Calgary, AB*
Saturday, December 8, 11:00 a.m. - 4:00 p.m. at Shoppes of Bridlewood, #323, 2335, 162 Ave. S. W.

Have you got an important event that you want others to hear about? [Click Here](#), send an email to info@fengshuimarket.ca or call us at 403.295.7336 for more information about an effective way to get the word out about your 'Upcoming Event'.



FENG SHUI PRACTITIONER CERTIFICATE CALENDAR

2008
Winter
Semester

Balancing Energy with Feng Shui CRN 30221	Wed., Jan 9, 16, 23, 30
Clearing Clutter with Feng Shui CRN 30868	Sat., Feb 2, 9
Residential Decorating with Feng Shui CRN 30410	Wed., Feb 6, 13
Practical Feng Shui Consulting CRN 31090*	Thu., Feb 21, 28
Balancing Energy with Feng Shui CRN 30515	Sat., Feb 23, Mar 1
Feng Shui and Spirituality CRN 30540	Sat., Mar 8
Feng Shui for Retailers CRN 30578	Wed., Mar 12, 19
Feng Shui for the Workplace CRN 30517	Sat., Mar 29
Feng Shui for your Garden CRN 30509	Sat., Apr 5
NEW Report Writing for Feng Shui Practitioners CRN 31108	Wed., Apr 9
Practical Feng Shui Consulting *	Sat., May 24

* *Practical Feng Shui Consulting* is the last of the 8 courses in the Mt. Royal Certificate program. It is recommended that students register early to receive pre-course work instructions.

[Click here to view more information about Feng Shui classes](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at mtroyal.ca Click on My MRC



FENG SHUI ZONE

DISTANCE LEARNING FENG SHUI CERTIFICATE PROGRAM

Access to learning is often difficult or impossible when we attempt to coordinate our busy lives and distant locations with our ongoing desire for life long learning.

The world has become a smaller place with the evolution of the Internet and e-mail and Distance Learning has opened the doors for many people who are unable to attend classroom studies.

- Students enjoy the flexibility to study at their own pace from wherever they are located.
- Instructor / Student contact is provided through Jill Ethier with unlimited phone and e-mail access
- The course structure includes supplied texts and module notes, assignments, book reports and a Feng Shui Practicum.

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