

EATING WITH THE MOON

Living in accordance with the 4 pillars in the 4 phases in the 4 seasons

Samsara Mehic



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INTRODUCTION

We eat with the moon to become attuned to the natural world within us and around us. Men operate on one consistent cycle of energy, whereas women move through a yin and yang phase each month. The purpose of this book is to highlight intuitive eating, reconnecting with our wombs and discovering our patterns to reach an equilibrium of health. There is subtle wisdom and subtle energy changes in the cycles of four. The moon has four phases as do we. The moons four phases are: new moon, first quarter, full moon and last quarter. In these four phases, there is also four subphases.

Traditional Chinese Medicine has identified four vital substances and four organ systems that are imperative to womens health.

Four vital substances are: Yin, Yang, Qi and Blood. Four Organ Systems that govern the menstrual cycle: Kidney, Spleen, Heart and Liver.

The aforementioned organs and substances are most susceptible to excess, deficiency or stagnation of energy, but we will get to know all of our systems because the balance of the whole is the way we establish harmony.

How to use this book to nourish your fertile garden

This wisdom felt Timeless and true

Advice: stop studying and take a year to discover this wisdom for myself at my own pace, explore food and create more mindfulness around how to eat, not just what to eat

Cooking with presence and intention

Take time to pause and honor the ebb and flow of lifes cycles, mark your calendar with lunar and seasonal transition points

Part cookbook, part lifestyle guide

Let the kitchen and your yoga mat become a laboratory for self study

What you wont find are expensive superfoods from distant places. the bulk of these recipes use simple, everyday ingredients

Daily routine

Two thousand years ago confucius said dont buy prepackaged food from the store. When you buy frozen premade meals to be reheated youre consuming something with very little life force left in it (qi).

When we eat animal products, their lives become part of ours. Take time to honor those lives in your kitchen preparations and eat with awareness.

FOUR ORGANS

Kidney, Spleen, Heart, Liver

fjdskfjdk

Kidney/Urinary Bladder

Color: Black

Emotion: Fear

Flavor: Salty

Weather: Cold

Western: Fluid and acid balance, metabolism, elimination of waste products

TCM: Genetic makeup, dictates growth and develop, determines when women menstruate and when they go into menopause, bone and teeth formation and overall brain function, control water balance and elimination

FOUR SUBSTANCES

Qi, Blood, Yin, Yang

FOUR PILLARS

Food, Activity, Mind, Rest

“The book Yang Sheng Lu puts forward two ways of health care: first to keep a sound mind by cultivating one’s character, and second, to keep fit through proper diet, with the latter as the basis.

-Yang Sheng Lu”

The Four Pillars are general principles for men and women to live in accordance with Yang Sheng, the Chinese art of self-healing. Diet. Exercise. Mind. Rest. These are the four main principles to cultivating your life. The foods you eat should be accustomed to your individual body needs, the exercise appropriate, there should be an emphasis on mindfulness and an equal one for rest and relaxation. We adjust ourselves to the seasons around us and these four principles will vary based on location, age and season.

Food, Activity, Mind, Rest

Foods: 3 meals per day (7-9am, 12-2pm, 5-7pm), fresh and in season, no processed and refined foods, limit sugar and carbs, avoid fatty, fried foods, high quality protein, gentler cooking methods (such as steaming, boiling), lots of vegetables, try not to eat when stressed or upset, eat slowly, chew well (aim for 50 chews per bite!), do not overeat ($\frac{1}{3}$ air, $\frac{1}{3}$ food/ $\frac{1}{3}$ water)

Activity: Tai Chi, Yoga, Qi Gong, Pilates

Mind: anything you consume in your internal environment which affects your internal homeostasis. Meditation, Books,

Rest: Sleep by 10pm in natural fabrics, without phone or electronics in your room

More: Be mindful of scented products (aromas can have a powerful impact of the body. Some scents have a warm, pungent energy that causes Qi or Blood to disperse).

FOOD

How to eat

“Yi shi tong yuan

Food and medicine are from the same source

-Chinese Proverb”

1.This food is a gift of the Earth, the sky, numerous living beings, and much hard and loving work. 2.May we eat with mindfulness and gratitude so as to be worthy to receive this food. 3.May we recognize and transform unwholesome mental formations, especially our greed, and learn to eat with moderation. 4.May we keep our compassion alive by eating in such a way that reduces the suffering of living beings, stops contributing to climate change, and heals and preserves our precious planet. 5.We accept this food so that we may nurture our brotherhood and sisterhood, build our community, and nourish our ideal of serving all living beings. In this food, I see clearly the presence of the entire universe supporting my existence.

-Thich Nhat Hanh

The best supplement is food.

3 meals per day (7-9am, 12-2pm, 5-7pm), fresh and in season, no processed and refined foods, limit sugar and carbs, avoid fatty, fried foods, high quality protein, gentler cooking methods (such as steaming, boiling), lots of vegetables, try not to eat when stressed or upset, eat slowly, chew well (aim for 50 chews per bite!), do not overeat ($\frac{1}{3}$ air, $\frac{1}{3}$ food/ $\frac{1}{3}$ water)

Spring: Pungent & sweet, encourage the breakup of internal energy stored by the body to stay warm through the winter. Will help protect us from the changeable weather and promote a sense of ease and flow

Summer: Pungent (cooling and warming) open the pores of the body to encourage sweating, helping us to cool off, while bitter flavors (cold and detoxifying) balance and drain the summer heat we absorb. Sour helps to keep us hydrated

Autumn: Sour: stimulate the bodys natural hydration system

Winter: Salty: downward movement in body, store heat and warmth in body. Bitter: drains and clears out internal heat buildup and acts to regulate internal warming and cooling.

Transition time: eat simply with naturally sweet bland foods

Eventually, people will give into their true needs which is why keto or whatever diet doesn't work. We're set up to need certain fulfillment's biologically. Food directly influences our mind and emotions

ACTIVITY

How to move

“Yi shi tong yuan

Food and medicine are from the same source

-Chinese Proverb”

MIND

How to mindfulness

*“What are you thinking right now?
Where in your body does that thought come from?
Notice as a new thought arises, how it is formed.
- Paul Pitchford”*

REST

How to relax

“Yi shi tong yuan

Food and medicine are from the same source

-Chinese Proverb”

BALANCING CYCLE

A healthy cycle

“When the soil is well prepared, the harvest will be bountiful.”

-Chinese Proverb

During menstruation is one of the three times that a woman will either improve or damage her health. Signs of disharmony should be taken as a message that there is an upset to some aspect of the balance but oftentimes it is just repressed or ignored with medications which can make the problem worse.

Conventional advice affirms that periods are taboo and even unnecessary unless you are trying to conceive. Birth control is a solution and tampons keeping stale blood (along with other toxic chemicals) in your children's palace, for up to 8 hours is normal and convenient. Tampons disrupt the normal downward movement of menstrual flow and can cause blood stagnation. We want Blood flow to, well, flow. Smoothly and unobstructed, unimpeded. Irregular periods, heavy cramping, fertility issues and liver qi stagnation (PMS) are not the norm. Women lift heavy weights on their period, wear crop tops, eat cold ice cream and go to business as usual. I encourage all young girls to listen to your grandmothers. They have that ancient wisdom and that woman's sense that is easy to lose connection to in the hustle and bustle of modern life. So wear warm socks & drink hot water.

A few unconventional tips:

don't have a period like a scientist. stop birth control, stop wearing tampons and wearing old blood for 8 or more hours. your uterus is shedding its lining, let it flow

don't put bleached toxic feminine products near your pearly gates

avoid avoid raw food, cold drinks, ice cream. room temp or boiled water only (this applies to men too)

lots of warm, nourishing, easy to digest soups and porridge

red meat & liver replenishes lost blood during this time

don't take a menstrual herb or supplement just because the internet says so. there is one

- there is one famous saying in Chinese Medicine: it is better to treat 20 men than 1 woman. this is an acknowledgement that women's bodies are more complex than a mans and therefore harder to treat. this is due to the fact that women have extreme fluctuations throughout the month, seek professional advice or DM me for more info

women are especially prone to cold invasion during this time, avoid crop tops, wind, and even air conditioning

wear warm socks, Feet are _____

not a good time for baths

don't constrict your channels with tights bras, spanx & yoga pants

plastic water bottles lead to hormone disruption and can afflict your system with up to 10,000 micro plastics. avoid harder than you've been avoiding corona lol

The healthy fertile mother sets the tone of the entire generation and the one after that and the one after that. the uterus doesn't just give birth, it gives life.

Balanced cycle

Solid muscles

Lustrous normal complexion

Vigorous expression in shining eyes

Strong body

Lustrous hair

Agile movement

Keen reflexes

High spirits

Positive approach to life

Stable personality

Strong will-power

Clear sense of direction

Keen intellect

Strong Kidney Qi, an abundance of blood in the *chong* (thoroughfare) channel, and an unblocked *ren* (conception) channel.

Flow is smooth, neither scanty nor excess

Color is red, not brown or black

Consistency is not watery

Minimal to no clots

4-6 days

No pain

Imbalanced cycle

Emaciated body build

Haggard complexion

Dull eyes

Withered hair

Feeble voice

Apathy

Depression

Lack of willpower

Confusion about path in life

Slow intellect

Questionnaire?

This questionnaire will help you diagnose your own cycle. As always, we recommend seeking advice from a Licensed Practitioner (LAC), Qualified Herbalist or your General Practitioner.

1. How is your energy?

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2. Is your libido low?

3. Do your periods come at regular intervals?

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PHASE I

Menstruation Phase: Blood Flows

Day 1-7. Yin.

Clear and bland diet, qi and blood moving herbs, little to no activity, meditation and silence, plenty of deep, restful sleep

Big Idea: A time of deep rest and shedding. Move and begin to nourish blood and yin.

Day one of bleeding marks the beginning of this phase. Enzymes liquefy uterine lining allowing it to shed. The blood needs to move downwards smoothly and unimpeded. BBT drops. The first three days are a hormonal zero point, when no principal hormone prevails. If possible, this time should be a time of complete rest and rejuvenation. The taoists say that this time is when the walls to other dimensions are shattered and it is a time of deep inner guidance.

According to Ayurveda, it is recommended to wash hair on Day 4 of your cycle to induce...

BBT:

Dos: Rest for first three days, stay hydrated, keep warm, get plenty of deep, restful sleep, use menstrual pads, period underwear or sanitary napkins rather than tampons or cups, gentle, light exercise (such as yoga)

Don'ts: No treatments or herbs unless there is imbalance, Stay away from emotionally intense experiences (conversations, books, movies), spicy or pungent foods, long baths and swimming (showers are ok), avoid sugar, refined carbohydrates, starches, dairy products, cold drinks, raw foods, caffeine and alcohol

Foods: Cooked warming foods that stimulate the circulatory system, stimulate digestion, aid detoxification and nourish blood. Such as: turmeric, eggplant, kelp and seaweeds, bone broth, soups and stews, organic red meats, tempeh, beets, eggs, legumes, dark leafy greens.

Herbs: For Blood Deficiency: Angelica (Dang Gui), White Peony (Bai Shao), nettles.

For Blood and Qi Deficiency: Ba Zhen Tang (Eight Treasures Decoction).

For Spleen Qi Deficiency: Ginseng (Ren Shen), Astragalus (Huang Qi) and Atractylodes (Bai Zhu).

Acupoints: Sp 6, St 36, Ren 4, Ren 6

PHASE I RECIPES

Nut Congee.....76

Recipe Two.....77



NUT CONGEE

½ cup shelled walnuts or walnut/almond flour

1 cup short grain rice (soaked) or rice flour

5 jujubes (sliced and seeded)

1 tablespoon vanilla extract

3 cups water

Salt

Honey, Maple Syrup, or Brown Sugar

Ginger

1. Soak the rice and jujube dates for at least half an hour
2. Drain the rice. Drain the jujubes and remove the pits.
3. In a blender, add the pitted dates with ½ cup of water and puree to a paste.
4. In a blender, combine the rice, walnuts and 1 cup of water. Blend until smooth, then add another cup of water and blend again.
5. Transfer the mixture to a medium-sized saucepan and bring to a boil.
6. Lower the heat to medium-low and cook, stirring constantly for about 10 minutes. (Adjust water according to consistency, adding more water if the mixture is becoming too thick to stir).
7. Add the vanilla.
8. Remove from heat and serve hot.
9. We like to garnish ours with ginger, salt and honey.
10. 3 deep belly breaths and enjoy!

Stimulates appetite

Strengthens the spleen and stomach

Addresses stomach yin deficiency

Moistens the lungs and large intestine

Jujubes energize the body, beneficial for postpartum women, rebuild strength and blood supply.

Walnuts tonify the kidneys and warm the lungs.

PHASE II

Follicular Phase: Kidney Yin and Blood

Day 8-14. Yin.

Big Idea: A time of renewal and beginning a new cycle. Nourish blood, tonify Kidney yin, replenish Kidney jing (essence).

Food, Activity, Mind, Rest

Yin energies are most needed. This is the time to treat Kidney Yin deficiency. Hormones, uterine lining and ovaries prepare a surge in their cyclic development. Getting ready to foster life, making conditions favorable for a baby locker. Ovary selects dominant follicle and nurtures it. Uterine lining develops (Yin, Essence, Blood) becoming at least 8-10 mm in thickness. Then, hospitable cervical fluid is produced. Cervix opens up (Yin function) and discharges wet, clear, stretchy mucus (Yin fluid) which allows sperm to survive and pass through.

BBT: Low temperature phase

Dos: make space for stillness, read a book, relax with friends, go to bed by 10PM (sleep is important for restoring Qi, blood and yin/yang), meditation, tai chi, restorative yoga, walking in nature (exercise that fosters yin and helps us recharge and rebuild internal energy)

Donts: watch less TV, spend less time with phone, avoid strenuous exercise (depletes blood and yin)

Foods:

Herbs:

Acupoints: CV4, CV6, SP6, ST36, BL23, KI3, LR3, PC6

PHASE III

Ovulatory Phase: Liver Qi and Blood movement

Day 15-21. Yang.

Big Idea: Switch from yin to yang, Ensure enough Liver Qi to power transformation, Tonify Kidney yang, Replenish Kidney jing (essence), keep blood moving in the lower jiao.

Kidney yin is turning into kidney yang. Liver sets ovulation in motion. Estrogen peaks and yin energy reaches its max. Dip in BBT before ovulation. Liver Qi begins transformation of Yin energy (estrogen) into Yang energy (progesterone). GnRH triggers pituitary gland to emit LH (luteinizing hormone) and FSH. As these hormones are released, a cascade of events occurs:

In ovary, the follicle (now 20mm - size of a grape) bursts and discharges its egg into abdominal cavity, then fingerlike ends of fallopian tube sweep the egg inside providing clear path to uterus

If pain exists, it indicates Blood Stasis

If bloating exists, it indicates Liver Qi Stagnation

Egg releases and cervix closes and egg travels down fallopian tube seeking sperm

BBT: Dip in BBT before ovulation, ovulation occurs with peak in temperature, BBT elevated 4/10ths of one degree over follicular phase baseline temp for 14 days, High Temp phase (hyperthermal)

Dos: exercises that stretch the hips and move the pelvic area (to help increase blood flow to this area)

Donts: watch less TV, spend less time with phone, avoid strenuous exercise (depletes blood and yin), AFTER OVULATION: avoid travel by air or by car on bumpy roads, vigorous sexual activity (to avoid dramatically increasing bloodflow to abdomen or stimulating uterine contractions), baths or swimming, intense emotional experiences, spicy or pungent foods,

Foods: fresh fruit and veg, pungent foods that help mobilize fluids and prevent congestions (ginger, onion, garlic, leeks, cardamom, cumin, basil, lamb (to increase warmth of the body)

Herbs: Motherwort (Yi Mu Cao), Unblock Liver Qi with Black Cohosh (Sheng Ma)

Acupoints: CV4, CV6, SP6, ST36, BL23, KI3, LV3 LV14, PC6

PHASE IV

Luteal Phase: Kidney Yang and Spleen Qi manage, while Liver Qi helps the premenstrual transformation

Day 22-28. Yang.

Big Idea: Liver Qi directs the transformation of Yang back into Yin, Rectify Liver Qi,

Ceases Progesterone production,

BBT: BBT falls, period begins

Dos: Breathe deeply and relax, laugh, meditate daily, exercise moderately (to move Qi and Blood), eat healthy diet with organic product and small amounts of organic animal products

Donts: overeat, avoid heavy, hard to digest foods like nuts, peanut butter, butter, animal fats, too much meat, too much bread, foods with preservatives or chemicals, avoid situations you find frustrating as any stagnated emotional tension can inhibit the Qi mechanism

Foods: fresh fruit and veg, pungent foods that help mobilize fluids and prevent congestions (ginger, onion, garlic, leeks, cardamom, cumin, basil, lamb (to increase warmth of the body)

Herbs: Motherwort (Yi Mu Cao), Cyperus (Xiang Fu), Citrus Peel (Chen Pi), Black Cohosh (Sheng Ma), Herbal Formula: Free and Easy Wanderer (Xiao Yao Wan)

Acupoints: LV2, LV3, LV8, LV14 - to move stagnant Liver Qi, SP10, UB17 - to move the Blood

PANTRY

Nourishing Life Essentials

Oils:

Olive Oil

Sesame Oil

Toasted Sesame Oil

Coconut Oil

Ghee

Grains:

Oatmeal

Rice

Millet

10 Treasure Mix (sold on theherbalremedy.com)

Nuts:

Walnuts

Almonds

Cashews

Pistachios

(no more than a handful a day)

Sweeteners:

Honey

Agave

Maple Syrup

Rice Syrup

(in small amounts)

Condiments:

Rice Wine

Soy Sauce (tamari, shoyu, etc.)

Sea Salt

Black Pepper

White Pepper