

Qi (pronounced “chee”) is best described as our life-force. When our qi is abundant, we are full of 'get up and go' and ready for the day.

Signs of Qi deficiency:

tiredness

lack of appetite

shortness of breath

loose stools

slight sensitivity to cold

spontaneous daytime sweating

Causes of qi deficiency:

overwork

lack of good nutrition

sedentary lifestyle

Foods to nourish Qi:

Fruits: Cherry, Coconut, Date, Fig, grape,

Vegetables: Carrot, potato, sweet potato, shitake mushroom, squash, yam

Meat/Fish: Beef, chicken, Goose, ham, herring, mackerel, trout, venison

beans/grains/pulses: chickpeas, lentils, millet, quinoa, rice

dairy: egg, milk

Other ways to nourish qi:

Relaxation

moderate exercise

breathing (deep) fresh air

life-affirming activities

positive attitudes

spending time in natural environment

tai chi / qi gong

Where possible, try to eat lightly cooked, fresh, local, seasonal produce. Avoid or at least moderate use of the microwave and processed foods.