



Congees for Family Wellness

Amazing Benefits Grain Porridges

Why should you consider using congee for home therapeutics?

- Are experiencing sluggish digestion, inadequate or infrequent bowel movements.
- Experience bloating before or after meals?
- Have food allergies or seasonal allergies?
- Experience fatigue/ low energy?
- Experience joint inflammation?
- Do you tend to “run cold”?
- Experience frequent nausea?

What is Grain Porridge aka Congee?



Congee, also known as rice water, rice porridge, (or grain porridge if other grain used) is a thin porridge that consists of 1 part grain cooked with 7-10 parts water on low heat over a long period, typically 6-8 hours.

-soaking grain makes more digestible, nutrients easily assimilated.

-congee retains more beneficial enzymes.

Supplies Needed To Make Congee

Crockpot or stainless steel pot for stove top cooking, Mason jar with screen lid for soaking/sprouting, dehydrator for drying sprouted grains that will be stored for later.



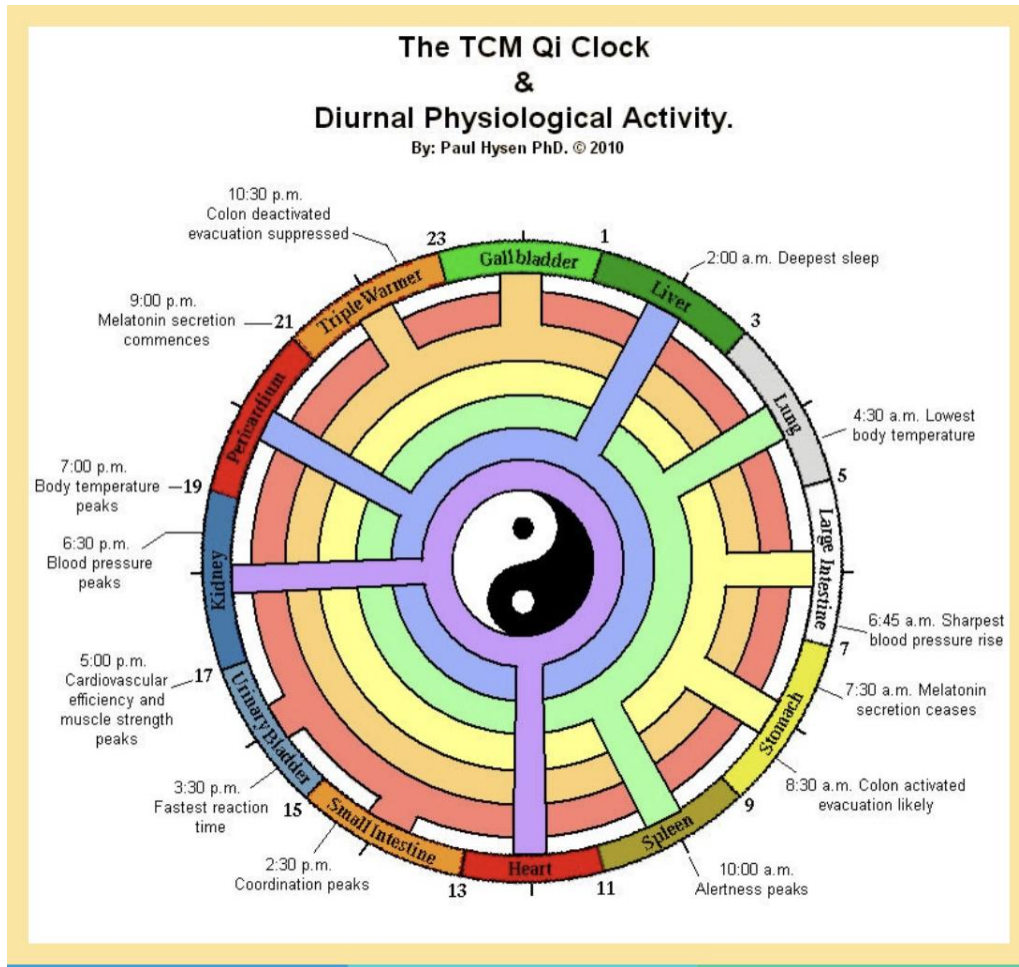








According to the circadian clock used in Chinese Medicine, 7-9 AM is the time of optimal functioning for the stomach channel so it is said to aim for this window of time to increase benefits.



***What to consider before you start.
Self assessment if you are internally;***

- 1) hot***
- 2) cold***
- 3) dry***
- 4) moist***

4 Qi - "Hot diseases must be cooled, Cold diseases must be warmed." -

Am I internally cold, neutral, or internally warm?

Avoiding or reduce consumption of heat inducing foods as first step-

Coffee, alcohol, onion, garlic, gluten, dairy, nightshades.

Or cold inducing substances- dairy (ice cream) iced cold beverages, too many bitters too long of period, beer*



Grains to Consider Using for Congee



Basmati rice
 Thermal - neutral
 Acidity - acidic
 Flavor - Sweet
 Channels - ST/SP



Millet
 Thermal- Cooling
 Acidity - Alkaline
 Flavor - sweet/salty
 Channels - KI, SP, ST



Quinoa
 Thermal-warm
 Acidity- n/a
 Flavor-sweet/sour
 Channels- KI/PC

Grains to consider cont.



Wheat Berry
Thermal- cooling
Acidity- mildly acidic
Flavor- sweet
Channels- HT, KI, SP



Buckwheat
Thermal- neutral-cool
Acidity- alkaline
Flavor- sweet
Channels- LI, SP, ST



Oats
Thermal- Warming
Acidity- mildly acidic
Flavor- sweet/ slight bitter
Channels- KI, SP, ST, HT, LU, LI

Grains not discussed today but also used for congees and worth exploring-

- Amaranth
- Corn
- Sorghum
- Rye
- Spelt
- Kamut

A bit about Pao Zhi (Herbal Preparation)

Roasting or lightly toasting grains is a great way to modify their nature or reinforce a particular action of the grain. Specifically some grains become more alkaline with roasting. For example -

Millet when toasted makes the grain more effective in treating diarrhea

Whole barley can be roasted and made into a tea to relieve fatigue and used as digestive aid.

Example - Whole Barley vs Sprouted Barley



Whole Barley - More Yin
Thermal-cooling
Acidity- n/a
Flavor-sweet salty
Channels- ST,SP,GB,LI - more laxative



Roasted Barley
Thermal- slight warm
Acidity- alkaline
Flavor- sweet
Channels- ST,SP - much less laxative



Sprouted Barley -More Yang
Thermal-warming
Acidity- n/a
Flavor-sweet
Channels- ST,SP

Roots/Rhizomes



Ginger
 Thermal - warm
 Acidity - mildly alkaline
 Flavor - Pungent /Sweet
 Benefits - loosens phlegm (lungs), warms stomach cold leading to nausea & vomiting



Turmeric
 Thermal- warm
 Acidity- n/a
 Flavor- Bitter Acrid
 Benefits - dries phlegm, promotes blood circulation(menstrual pain) anti inflammatory,

Bark & Peels

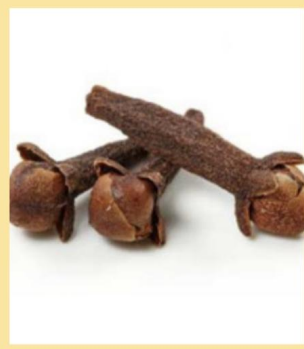


Cinnamon
 Thermal - warm / hot
 Acidity - mildly alkaline
 Flavor - Acrid /Sweet
 Benefits -aversion to cold, pain, sweating dysmenorrhea/amen., frequent urination



Orange Peels
 Thermal- warm
 Acidity- n/a
 Flavor- sour/bitter
 Benefits - indigestion, gas, bloating, fullness in chest, asthma, nausea, uterine prolapse

Fruit and Seeds



Cloves
Thermal- warming
Acidity- alkaline
Flavor- slight sweet, pungent
Channels- LU,LI, KI, SP, ST



Nutmeg
Thermal- Warming
Acidity-mildly acidic
Flavor- acrid
Channels- SP,ST,LU,LI

Cloves conditions - diarrhea, low back, abdominal pain (all due to internal cold).

Nutmeg conditions - bloating, indigestion, abdominal swelling, (not hemorrhoids)

Seeds Continued...



Caraway Seeds
Thermal - warm
Acidity- alkaline
Flavor - sour sweet
Benefits - m hernias, blood disorders
_dysmenorrhea, vomiting, hiccups



Fennel
Thermal- warm
Acidity- n/a
Flavor- sweet - pungent,
Benefits - asthma, parasites, headache,
poor appetite,, abd. pain, hernial dis.



Coriander
Thermal - warm
Acidity- n/a
Flavor - Pungent/Bitter
Benefits - nausea, gastrointes disorders,
vomiting, rheumatism, HBP, menses

Seeds Cont.



Mustard
 Thermal - warm/hot
 Acidity - n/a
 Flavor - Pungent
 Benefits - vomiting, abdom. pain, coughing, asthma, joint pain, sinus congestion



Allspice
 Thermal- warm/hot
 Acidity- n/a
 Flavor- Bitter Acrid
 Benefits - nausea, diarrhea, constipation, painful menses, joint pain/arthritis, blood circ.

Some Common Foods & Herbs Correspondences: Congee for the Elements

- Wood - mustard greens, spring greens, dandelion, lemon, raw sprouted grains, peony root, ACV, flax seed & borage seed (oil).
- Fire - Reishi, oysters shells, oat straw, celery, lettuce, red sage, lily bulb (helps to calm heart issues. Also used for lung issues), longan fruit (used for insomnia and sleep related disorders)
- Earth - congee (grains that are slowly cooked over a period of time), sweet potato, pumpkin, yam, ginger, fennel, nutmeg, winter squash, millet, citrus peels (tangerine and bitter orange).
- Metal- okra (good for the lungs/ paired with a legume or grain), slippery elm, mullein, hyssop, elecampane, marshmallow, mustard seed, licorice, sea moss, watermelon, oats.
- Water- nettles, parsley and raspberry leaf, adzuki beans, watermelon, whole barley (do not use pearl barley), black bean, seaweed, black sesame, asparagus root, walnuts, plantain leaf, microalgae, spirulina.

