

THE CURE BEGINS WITH DRIVING OUT CHILL

病從排寒解：22 個自主排寒關鍵，教你從飲食入手，徹底預防新病、根除舊疾、溫養一生！

Doctors of traditional Chinese medicine know that cold is more than just a sensation: it's an invasive force that can disrupt essential bodily processes and lead to chronic illness. Here, TCM physician Li Pi-Ju tells you everything you need to know about driving out chill and fostering the natural warmth that will keep you healthy and in harmony with your environment.

Doctors of traditional Chinese medicine have long known that cold is more than just an external sensation: it's an invasive force that disrupts essential bodily rhythms and can lead to chronic illness. Years of clinical experience has taught Dr. Li Pi-Ju even more about the extent of that harm and helped her devise new ways to prevent it.

In this highly informative yet easy-to-understand book, Dr. Li describes the many ways in which cold enters the body – not only via unhealthy indulgence in cold food and drink, but also through incautious use of supplements and cleanses. She also dispels common misconceptions about “chill” being only a function of temperature or sensation, when in fact its effects can be seen in habitually overheated people who “can’t cool down”.

Dr. Li illustrates every point with pictures, diagrams, and a wealth of clinical examples. What's more, for every problem, she offers a solution: even as she illuminates the many ways in which commercial wellness interests cause us to invite chill into our bodies, she also offers an extensive selection of easy, healthy recipes that help us nurture our



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natural warmth. If you read one book to enrich your knowledge of traditional Chinese medicine this year, it should be this one.

Li Pi-Ju 李璧如

Li Pi-Ju is a physician at the Chien-Chung Traditional Chinese Medicine Clinic in Taipei. The first to delve into the effects of chill (*han*) as multi-faceted physiological phenomenon, she has influenced many through her publications as well as her clinical practice.

THE CURE BEGINS WITH DRIVING OUT CHILL

By Li Pi-Ju

Translated by Anne Henochowicz

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Chapter 1: Cold *Ch'i* is the Root of All Disease

Cold *ch'i* is a specific energy, characterized by spasm and condensation. If cold *ch'i* is not completely eliminated, it will cause all kinds of problems. It is in fact the antecedent of many serious illnesses. I guarantee that this is the case from my clinical experience. This is a simple matter of physics: heat expands and cold contracts. Cold makes your muscles, tendons, nerves, blood vessels, and internal organs seize up into a knot, cutting off the circulation of *ch'i* and blood. This naturally leads to illness.

Cold in the body manifests in a number of ways, and is not necessarily indicated by respiratory symptoms. Mild cases involve agitation, short temper, difficulty communicating, dry mouth, overheated palms and soles of feet, constipation, and flatulence. Worse cases lead to soreness, sleeplessness, and night terrors; narcolepsy and inexplicable fatigue; and dizziness and vomiting. Severe cases lead to blood diseases, sensory problems, eye, ear, nose, and mouth issues, and complications involving multiple organs.

Cold *ch'i* is most often exhibited in the skin and the seven orifices of the head (the eyes, ears, mouth, and nostrils), made visible in rashes, swelling, and red, itchy bumps on the skin; itchy, swollen, or red eyes; itchy or stuffy ears; angular stomatitis or swollen gums; and a runny or overly sensitive nose. For example, hives are the mildest of the symptoms caused by it. It is best to nip this in the bud to prevent the illness from dragging on and leading to future problems. If left untreated, outside evils can enter the body, congealing with *ch'i*, blood, phlegm [1], and moisture. It can also cause sadness or depression, as well as insomnia. All of this may inhibit the flow of *ch'i* throughout the body, cause imbalance in the functioning of the internal organs; build up stagnant internal heat, or lead to chronic hives due to stagnant muscles and blood vessels. Diagnosis and treatment are lengthy processes and require particular vigilance to root out the illness.

When cold *ch'i* accumulates in the body, it causes a layer of hard, cold grease to build up in the stomach and abdomen; when central yang *ch'i* cannot circulate, it causes cold, loose stool. Cold *ch'i* buildup in meridians can lead to shoulder, neck, and back pain. Over time, and with the added harm caused by the toxins in medicine and cold drinks, cold *ch'i* will damage the heart, spleen, kidneys, and *yang* energy, leading to ineffective circulation and buildup in the extremities. The forehead will become oily and foul-smelling, the breath will sour, and the armpits, *yin* energy, feet, and other body parts become malodorous. The patient will snore loudly, sweat profusely, and suffer from diarrhea.

Allergies and chronic illness are actually the results of untreated cold *ch'i* blocking the body's energy channels. At first glance, it looks like heat (acute or chronic inflammation), but in fact it's cold. For example, if a cold is not treated properly, cold *ch'i* will build up. With nowhere for the cold to drain, it will become chronic bronchitis. Chronic illnesses such as diabetes, high blood pressure, asthma, and cancer stem from ailments that are not properly treated in the very beginning, which allows them to penetrate further into the body. As the body *ch'i* grows weaker, chronic inflammation begins.

There's no such thing as a "hot constitution," only "cold turning into heat"

Years of clinical experience show that there's no such thing as a "hot constitution", only "cold turning into heat". Only the sun is truly hot! Some people like to cool off with cold drinks, but in fact they suffer from an especially bad accumulation of cold in the body. With nowhere to drain, the cold *ch'i* transforms into heat [3]. More often than not, these heat-fearing people are potential candidates for serious illness. Human blood vessels require warm flow, relying on the heart and kidneys to circulate yang *ch'i* [4], and warm the internal organs. The thirst for cold drinks is simply the result of stagnant cold *ch'i*. An ice-cold beverage will absolutely not cool you off.

Cold *ch'i* accumulates and wanders through in the body. Deposits build up over time, just like a dormant volcano, waiting for the chance to explode. In particular, cancerous tumors form in areas of the body where the flow of *ch'i* and blood are cut off. This is why I say that cold is the root of all disease. Time and other factors may complicate an illness, but it always stems from cold. After decades of mistreatment and unregulated diet, how could your body not be ruined?

The source of cold *ch'i*

I divide the sources of cold *ch'i* into three categories: "opportunistic," "ingestible," and "autogenous."

Opportunistic cold *ch'i* encompasses climate, man-made air conditioning, misplaced trust in cold ointments, and unclean *ch'i*.

Cold air is present in every season. Many unexplained illnesses that arise in midsummer have to do with unnatural air-conditioning. Think about it: when you rush from the heat outside to the cold air inside covered in sweat, what do you think will happen? Some people don't put on more clothing when they wake up and walk outside barefoot, letting cold *ch'i* into their bodies through the kidneys. Young children are especially susceptible -- no wonder they always have runny noses. It's impossible to talk about each and every detail of life. Suffice it to say that cold *ch'i* is formless and colorless, but still substantial. It is easily ignored until it inevitably stagnates and congeals in the body.

Humans are warm-blooded animals. The embryo develops inside its mother at thirty-seven degrees Celsius, indicating that this is the optimal temperature for the human body. We cannot go against nature. This is why cold food and beverage, including Western medicine, room temperature fruit, and anything else consumed at a temperature below that of the human body, will hurt yang *ch'i*, and is thus classified as ingestible cold *ch'i*. The body must expend a great amount of energy releasing these deleterious substances in order to regulate body temperature. For this reason, I am opposed to any food or drink that is below the temperature of the human body.

Autogenous cold *ch'i*, caused by depression or stress, inflicts the deepest damage of the three.

Traditional Chinese medicine has a rich clinical history of treating emotional illness. For example, the seventeenth-century gynecologist Fu Ch'ing made "gloom-lifting seed soup" to cure infertility due to jealousy. Here, "jealousy" refers to pent-up anger caused by any negative emotion. Under this condition, the heart has difficulty pumping, vital energy is unable to move freely through the abdominal cavity, and the "belt tract" is obstructed, all of which make it difficult to conceive.

Frustration can be another major culprit. Unexpressed resentment clogs the blood vessels, slowly accumulating until it eventually obstructs the pulse. Anger builds up like silt at the bottom of consciousness, where it will stagnate over time, forming into cancerous tumors.

Within our confined modern lives, both substantive physical spaces and formless psychological spaces grow ever narrower. Pressures from many fronts come together and turn the five emotions into fire, depriving the organs of sufficient *yin*. Internal melancholy becomes hot and dry, invariably leading to pent-up liver *ch'i* and an overabundance of liver *yang* [5] (tightening of the sympathetic nervous system). This tightness has the same effect on the body as cold *ch'i*, constricting the muscles and tendons and impeding the flow of *ch'i* and blood. We all need periodic cleanses of both our emotional waste and physiological impurities. We must all do our best not to let these unhealthful substances accumulate in our bodies. Only when we improve our constitution and nurture thermal energy can we find the strength to energize the natural currents of energy in our exhausted body. Once we start to clear out those years' worth of trash does life truly begin.



Spring Recipe **01**

Braised Dried Daikon with Lima Beans

Benefits

Lima beans strengthen the spleen, expel moisture, and relieve edema. However, they can cause bloating, so take care not to eat too many. Dried daikon and orange peel can counteract the swelling caused by lima beans. Daikon, also called white radish, can align and rectify the ch'i, break up hematomas, and eliminate phlegm. Orange peel also clears the ch'i and gets rid of bloat.

Ingredients (serves four)

- 180g lima beans
- 6g orange peel
- 30g dried daikon

Directions

1. Chop the orange peel into slivers and place in a steaming basket with the lima beans and dried daikon. Place the basket inside an electric rice cooker.
2. Pour one cup of boiled water (about 125 ml) over the steaming basket, then 1.5 cups of water to the outer pot of the rice cooker. Steam for 20-30 minutes. Serve immediately. No seasoning necessary.



Spring Recipe **02**

Broccoli Pottage

Benefits

Broccoli is sweet and mild. It strengthens the kidneys and bones, nourishes the brain and marrow, invigorates the spleen and the stomach, clears the lungs, and moistens the throat. It can also clear internal heat and relieve fever. It is especially useful for those suffering from depletion of the spleen and heat in the stomach, and gets rid of bad breath, peevishness, and dryness.

Ingredients (serves four)

- one crown of broccoli
- half an onion
- 100 g raw cashews
- 10 g goji berries
- 20 g ginger

Directions

1. Shred the onion. Sauté with oil and ginger.
2. Remove the tough outer skin from the broccoli and chop into small florets. Blanche.
3. Blend cashews until they just begin to form a paste. Add the broccoli, onions, and 1200 ml of hot boiled water and blend slightly, taking care to preserve the texture of the vegetable fibers.
4. Pour the mixture into a pot on the stove and bring to a rolling boil. Add the goji berries for color. Finally, add flax seed oil, salt, and pepper to taste.

Seasoning

- a splash or two of flax seed oil
- pinch of salt
- pinch of black pepper