

# Let's Answer Your Questions!

1. **Brown rice vs. white rice — which is better?**
2. **Do you buy MISO soup?**
3. **Difference between *Nabe* and *Shabu-Shabu*?**
4. **How good is Umami from local store?**
5. **Yakuzen + acupuncture/cupping—used together?**



**—cauliflower and spinach soup**

**—black rice**

**—baked tofu (baked in the oven with an umami sauce that included 2 tablespoons soy sauce, 2 tablespoons sesame oil, and 2 tablespoons ketchup)**

**— simmered carrots, green beans and leeks**

**By Janet**





# Japanese Style Hot Pot

# What We've Learned About Yakuzen

**1. Yakuzen is based on the idea of**

**① "food and medicine come from the same source."**

**② "food supports health as much as medicine does."**

**2. Yakuzen creates**

**① complex, layered flavors**

**② delicious meals**

**tailored to your body's condition and overall well-being.**

**3. Most Yakuzen dishes are prepared with**

**① everyday ingredients you can find at local supermarkets.**

**② Chinese herbs.**

**4. Based on Yakuzen, each ingredient has an effect that is**

**① the same as**

**② different from**

**Western nutrition.**



## **Difference between Western Medicine and TCM**

### **Western medicine:**

- relies on scientific evidence
- focuses on diagnosing and treating specific diseases or symptoms

### **TCM:**

- holistic approach to health
- focuses on treating the person as a whole



# Key Points of YAKUZEN

- ① Rooted in Traditional Chinese Medicine (TCM)
- ② 薬食同源 (Yaku-shoku dō-gen)  
“Food and medicine come from the same”
- ③ Health-first approach
- ④ Each ingredient has its own effects based on TCM
- ⑤ Delicious meals tailored to your body’s condition

*Note: Not for curing diseases*

# Important Notes About Yakuzen

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**Yakuzen is not meant to cure diseases.**



**Yakuzen does not necessarily rely on Chinese medicinal herbs.**

# Ancient Wisdom Meets Modern Nutrition

	Name of Food	Health Benefits recognized by Traditional Chinese Medicine	Health Benefits proved by Modern Nutritional Science
1		Soothes coughs, aids digestion	Anti-inflammatory, antioxidant
2		Warms the body, boosts immunity	Antibacterial, supports cardiovascular health
3		Warms the body, promotes blood circulation, alleviates cold symptoms	Anti-inflammatory properties, antioxidant effects,
4		Soothes coughs, aids digestion	Antibacterial properties, promotes wound healing, antioxidant effects
5		Supports eye health, boosts immunity	Antioxidant effects, enhances immune function, protects vision

**Ginger**



**Garlic**



**Cinnamon**

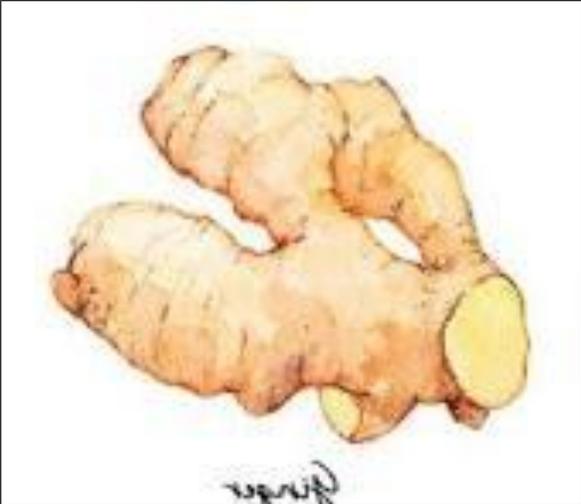


**Honey**



**Goji berries**





## Ginger:

- Traditional Medicine Benefits: Promotes digestion, alleviates cold symptoms
- Modern Nutrition Science: Anti-inflammatory properties, antioxidant effects, reduces nausea and vomiting

## Garlic:

- Traditional Medicine Benefits: Warms the body, boosts immunity
- Modern Nutrition Science: Antibacterial effects, promotes cardiovascular health, enhances immune function

## Honey:

- Traditional Medicine Benefits: Soothes coughs, aids digestion
- Modern Nutrition Science: Antibacterial properties, promotes wound healing, antioxidant effects

## Green Tea:

- Traditional Medicine Benefits: Cleanses the mind and body, aids digestion
- Modern Nutrition Science: Antioxidant effects, anti-inflammatory properties, promotes cardiovascular health

## Cinnamon:

- Traditional Medicine Benefits: Warms the body, promotes blood circulation
- Modern Nutrition Science: Antioxidant properties, anti-inflammatory effects, helps regulate blood sugar levels

## Goji Berries:

- Traditional Medicine Benefits: Supports eye health, boosts immunity
- Modern Nutrition Science: Antioxidant effects, enhances immune function, protects vision

## Chinese Date (Jujube, Da Zao):

Used in TCM to tonify the blood and calm the mind, jujube is rich in vitamins, minerals, and antioxidants. Modern studies indicate its potential benefits for improving sleep, enhancing digestion, and boosting immunity.

## Turmeric (Jiang Huang):

Although more commonly associated with Indian medicine, turmeric is also used in TCM to improve circulation and reduce pain. Curcumin, the active compound in turmeric, has been extensively studied for its

# Specific Warnings for Some Foods:

- **Ginger:** High doses may cause heartburn, diarrhea, and mouth irritation.
- **Garlic:** Overconsumption can lead to digestive issues and bad breath; it can also thin the blood.
- **Goji Berries:** Excessive consumption may interact with blood thinners and blood pressure medications.
- **Green Tea:** High amounts can lead to caffeine-related side effects like insomnia, anxiety, and stomach upset.
- **Ginseng:** Overuse can cause insomnia, headaches, and digestive issues.
- **Chinese Date (Jujube):** Excessive intake can cause bloating and digestive discomfort.



Effective for  
relieving chills  
associated with a cold.

Example: Chicken soup with Genger and  
Scallion

Effective for  
soothing dry cough  
and irritated throat.

Example: Simmered Pear  
Dessert

### Ingredients

**Pear – 1**

**Water- 250cc**

**Cane sugar – 3 tablespoons**

**Lemon juice –1 table spn**



# Warming Lamb with Shiitake and Peppers

## Warming Lamb with Shiitake and Peppers

Lamb is one of the most heating of meats and, combined with peppers, is the basis of this warming winter dish that is ideal to help combat chills and seasonal colds.

The shiitake mushrooms (see page 128) have a sweet taste, so are very tonifying for Qi and blood, helping to invigorate the system to cope with winter's chills. Oregano is also warming, mildly antiseptic, anti-viral and stimulating for the digestive system.

Serves 4

**1** tablespoon olive oil

**1** onion, chopped

**2** cloves garlic, crushed or finely chopped

**1** small sweet red pepper, deseeded and chopped

**450g/1lb** stewing lamb, cut into 2.5cm/1in cubes

**225g/8oz** fresh shiitake mushrooms, washed and sliced

**1** tablespoon plain flour

**Salt** and freshly ground black pepper

**275ml/½ pint** chicken stock

**120ml/4fl oz** rice wine or sherry

**2** teaspoons dark soy sauce

**1** teaspoon granulated sugar

**1** teaspoon dried oregano or 3 teaspoons chopped fresh oregano

**1** tablespoon chopped fresh basil

Preheat the oven to 190°C/375°F/gas mark 5. Heat the oil in a flameproof, ovenproof dish and sauté the onion and garlic for 2-3 minutes until soft and golden. Add the red pepper and sauté for a further 2 minutes until they are soft. Add the lamb and cook until browned all over.

Remove the meat from the pan, then add the mushrooms to the pan and sauté for 3-4 minutes until they are soft.

Add the flour and seasoning and stir well so that the mushrooms and onions are well coated. Add the stock, rice wine or sherry and soy sauce and stir well. Bring to the boil, then reduce the heat. Return the meat to the dish and add the sugar and herbs. Cover and cook in the oven for 40 minutes or until the meat is tender. Cuts of young lamb will be ready to eat after this time, although older meat may need a further 20-30 minutes.

Serve with mashed potatoes or boiled rice and steamed savoy cabbage.



