

Practical Preventable Medicine



WARM THOSE KIDNEYS!

This month I will focus on some real traditional Chinese Medicine to assist all of us feeling the cold and its relationship with the Kidneys. So first some basic properties of the kidneys, the colour of the Kidneys are Black and this is why when our Kidney Yang is deficient, you get dark blackness under the eyes to alert us to nourish those kidneys. The taste of the kidneys is salty which means naturally salty foods nourish the kidneys, and yes that does include good sea salt but a caution...too much salt will dehydrate the kidneys and too little will have you holding fluid causing oedema and leg cramping! So the Yin Yang balance is the key. Being a paired organ there is a distinctive Yin and Yang aspect to the Kidneys, Yin being the Water as it filters our water, and the Yang being the transforming that water into urine for excretion. So a delicate balance must be maintained.

Fear negatively impacts on them (think adrenal glands that sit on top on them) while determination and will are their positive aspects, Winter is their season and the Yang aspect is quite effected by cold so now is the time to nourish them as much as you can to fortify for the Spring disease times! They look after our lower back, knees and ankles, bones, our hearing and growth and development (think growing pains in children) so all these aspects are nourished when we focus on the kidneys.

Kind nature has colour coded foods good for the kidneys in most cases foods that are black are particularly important. They include olives, capers, mushrooms and yeast (e.g. Vegemite), pepper, black beans and red Kidney beans of course) oysters and mussels and seaweed, and Walnuts. Notice how most of these foods are salty in taste, or are eaten with salt (except the Walnuts). Cinnamon and other warming spices are really good for the kidneys too so enjoy the warmth and flavours they bring.

So if you are feeling fatigued, cold, achy in the lower back knees or ankles (or have cankles!), need to urinate too often especially at night, and are lacking in drive and motivation get stuck into these black foods, your Kidneys will appreciate the difference.

Until next time

Stay Well
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