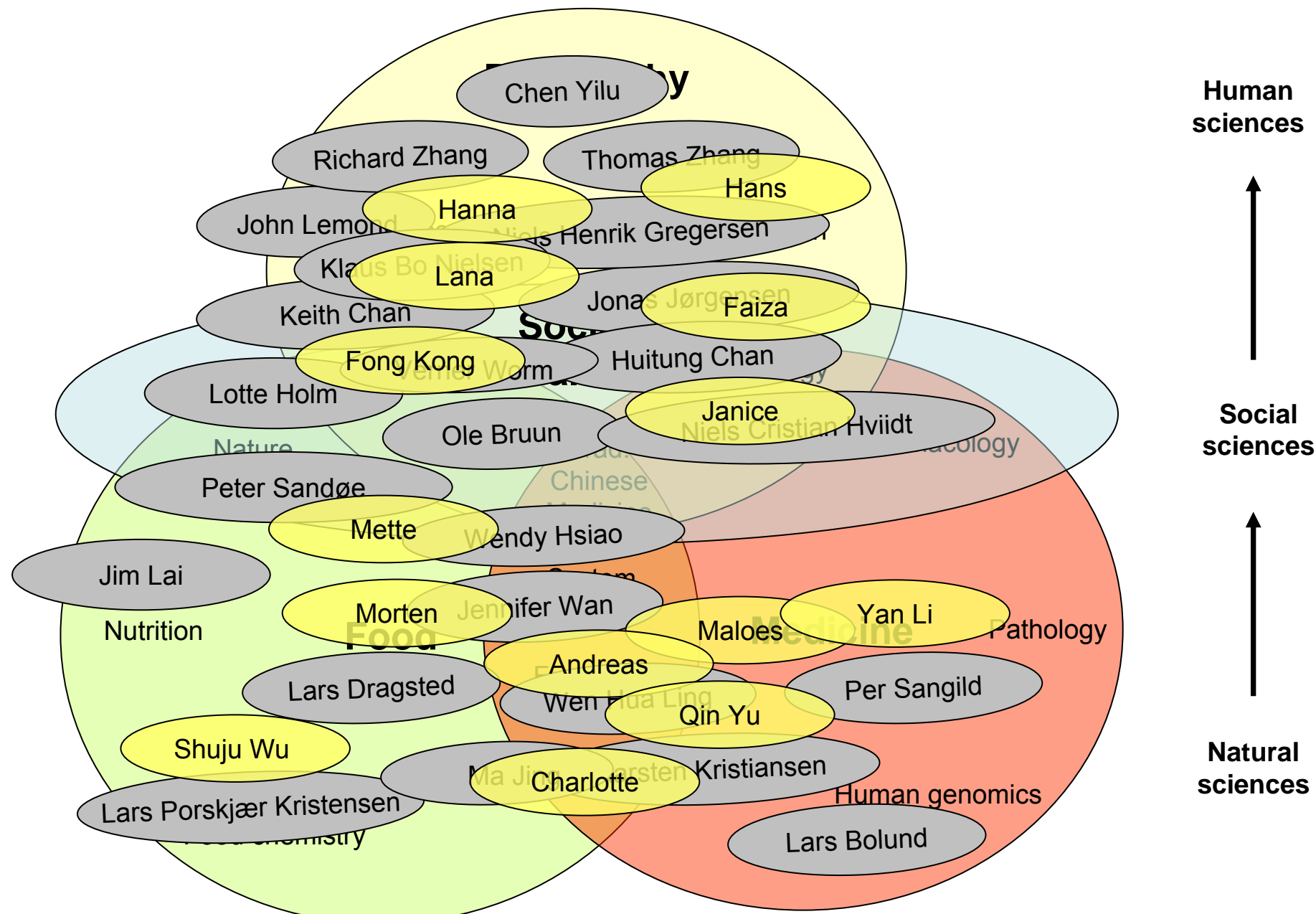


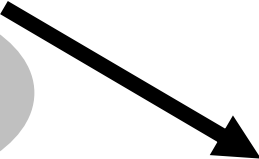
Food, medicine and philosophy – some main study fields:



The function of meals?

Nutrition
(energy and essential
body elements)

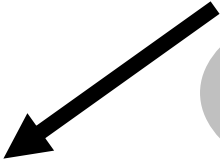
Dietary
guidelines



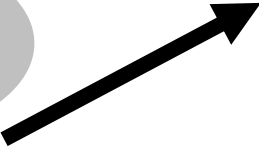
Matter
Physical

Health
(functional foods
medicated diets)

Health
food market



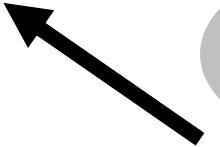
Family
gathering



Social function
(meal-based relaxation,
fellowship, interactions)

Mind
Meta-physical

Dining
out



Art and aesthetics
(sensational, colours, odors,
texture and presentation)

Objective tool

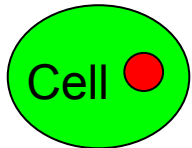
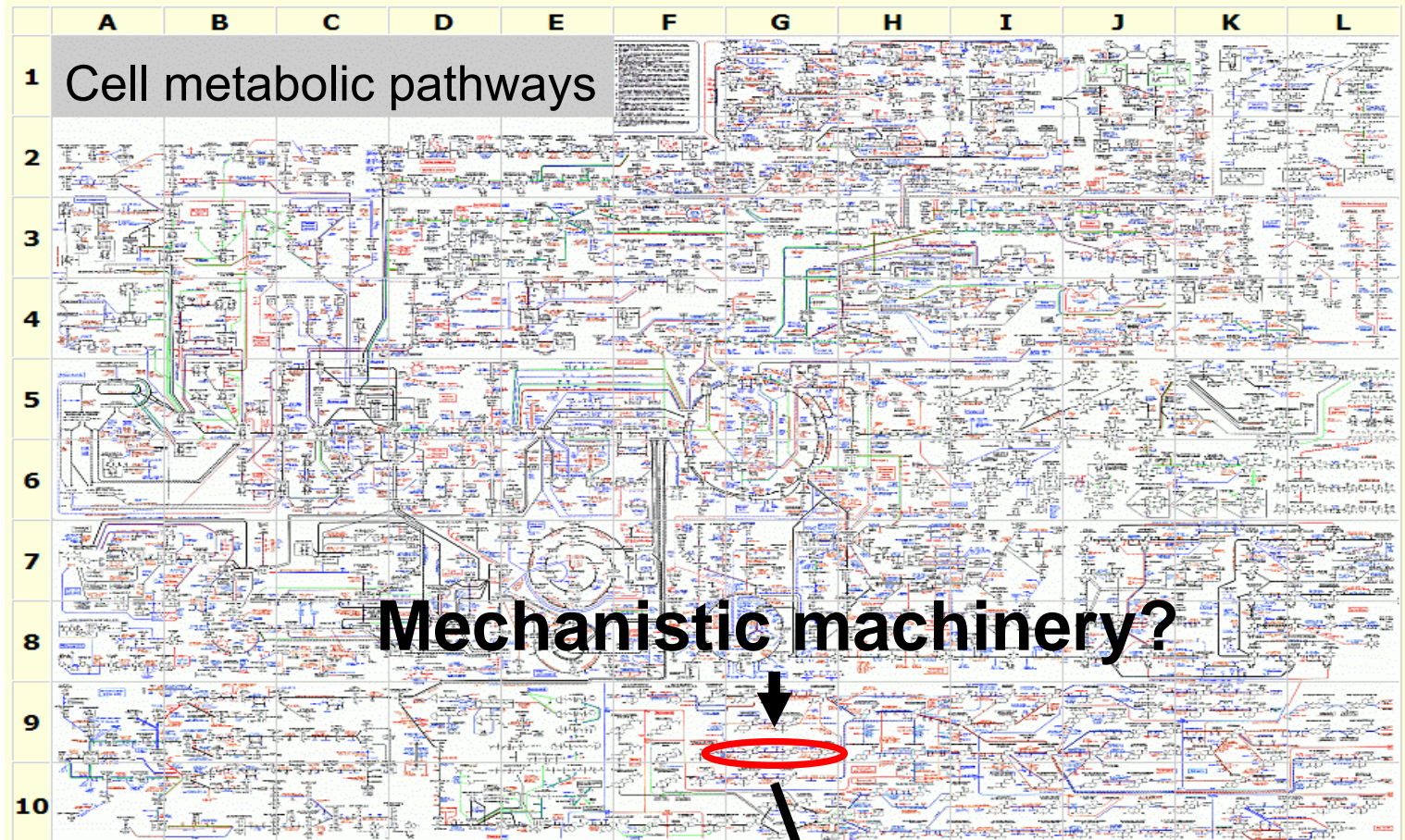


+



Independent observer

Western natural science



Particularity \longrightarrow Reductionism \longrightarrow Linearity \longrightarrow Less philosophy?

Different types of meals (West):

Cerals/rice



Starch

Hot meal



Protein-Fat

Sweets



Sucrose-Glucose

Fruit



Fructose-Fiber

Vegetable



Fiber-Starch

Cakes



Sucrose-Fat

Chinese food & medicine – can we understand?



30 10:12



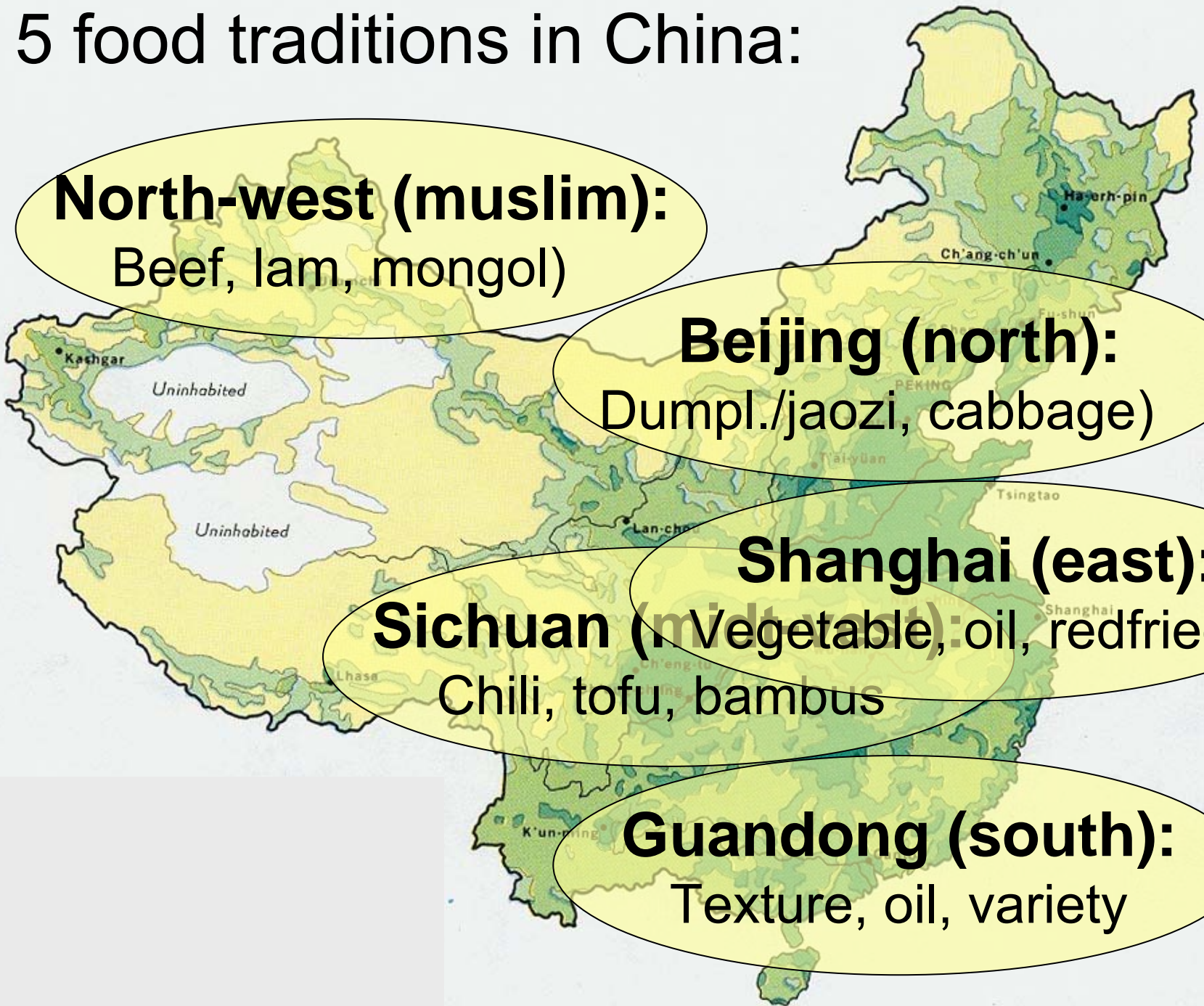
5 food traditions in China:

North-west (muslim):
Beef, lam, mongol

Beijing (north):
Dumpl./jaozi, cabbage)

Shanghai (east):
Vegetable, oil, redfried
Sichuan (mid-west):
Chili, tofu, bambus

Guandong (south):
Texture, oil, variety



All that can walk, can be eaten...



Pick your own fresh (living) food

- not the standard supermarket long lasting preserved foods



Diet focus on food differences

- not nutrient differences (carb., protein, fat, minerals, vitamins)



Functional foods unlimited!

Food ↔ Medicine



Food-based – more than nutrients

(carbohydrates, protein, fat, minerals, vitamins, bioactives)



Functional foods unlimited!



Natural "science" in East and West

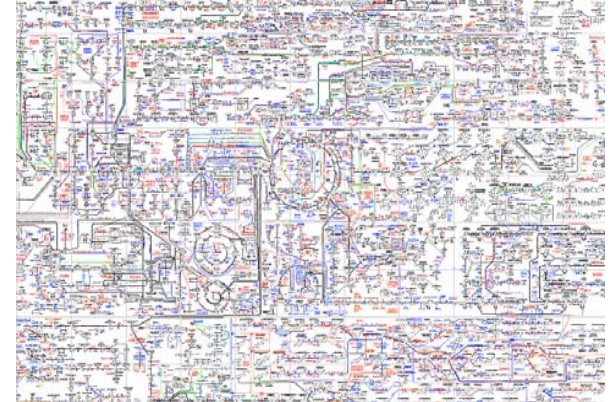
**Nature
Nutrition
Medicine**

Western
science

Linear
Dualistic
Short-term
Chemistry
Synthetic
Experimental



Focus on cell molecular pathways



Eastern
science

Circular
Holistic
Long-term
Immaterial
Natural
Experiential



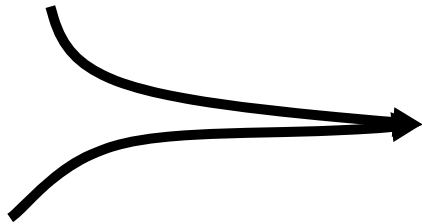
Focus on holistic, harmonic unity

Scientific discovery in Medicine and Nutrition:

Chinese Medicine

Intuitive, holistic
aesthetic, creative
preventive, experiential

Revealing the "truth"
by beauty and experience



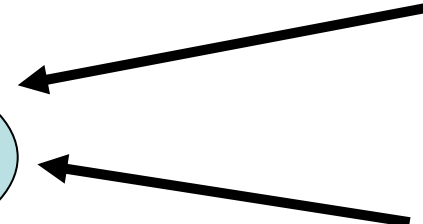
Chinese Nutrition

Warm versus cold
Yin versus Yang
"Nourishing Qi"
Whole body
Holistic - qualitative
Energy flow
Long term, long life
Experience, mystical

Western Medicine

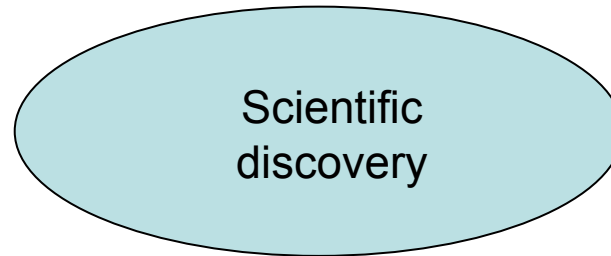
Inductive, reductionistic
analytical, reasonable,
curative, experimental,

Revealing the "truth"
by facts and experiments



Western Nutrition

Carbohydrate
Fat, Proteins
Minerals, Vitamins
Organs, cells, molecules
Mechanistic, quantitative
Chemical metabolism
Short term, keep alive
Experiment, rational

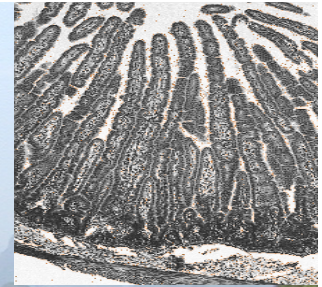




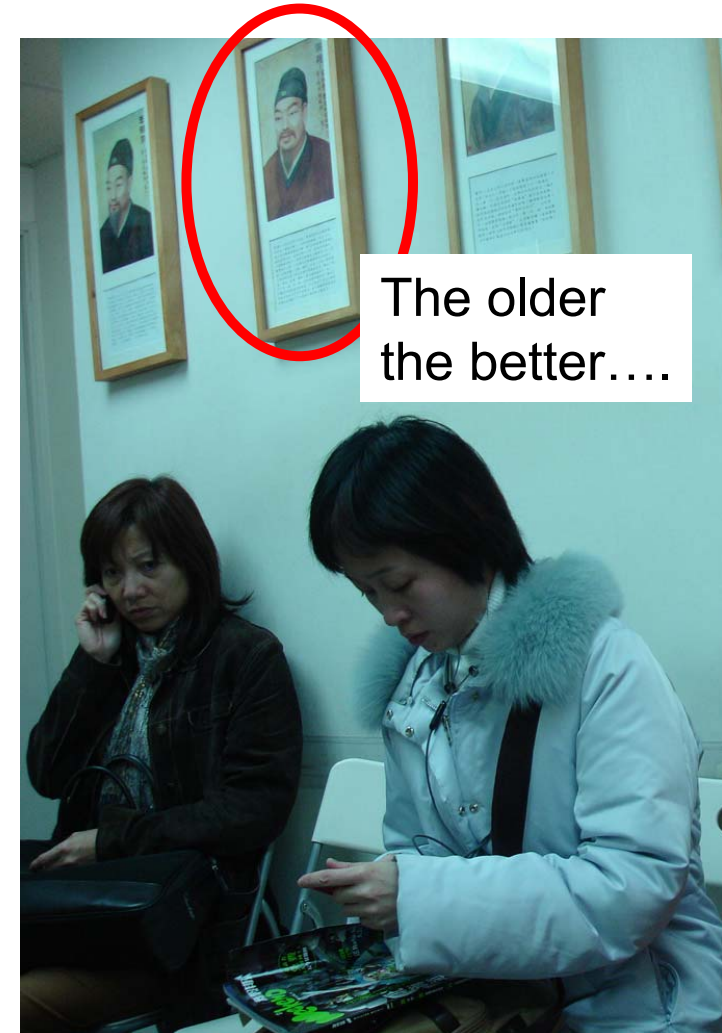
Eastern "natural science" – holistic art work

Man and Nature as one

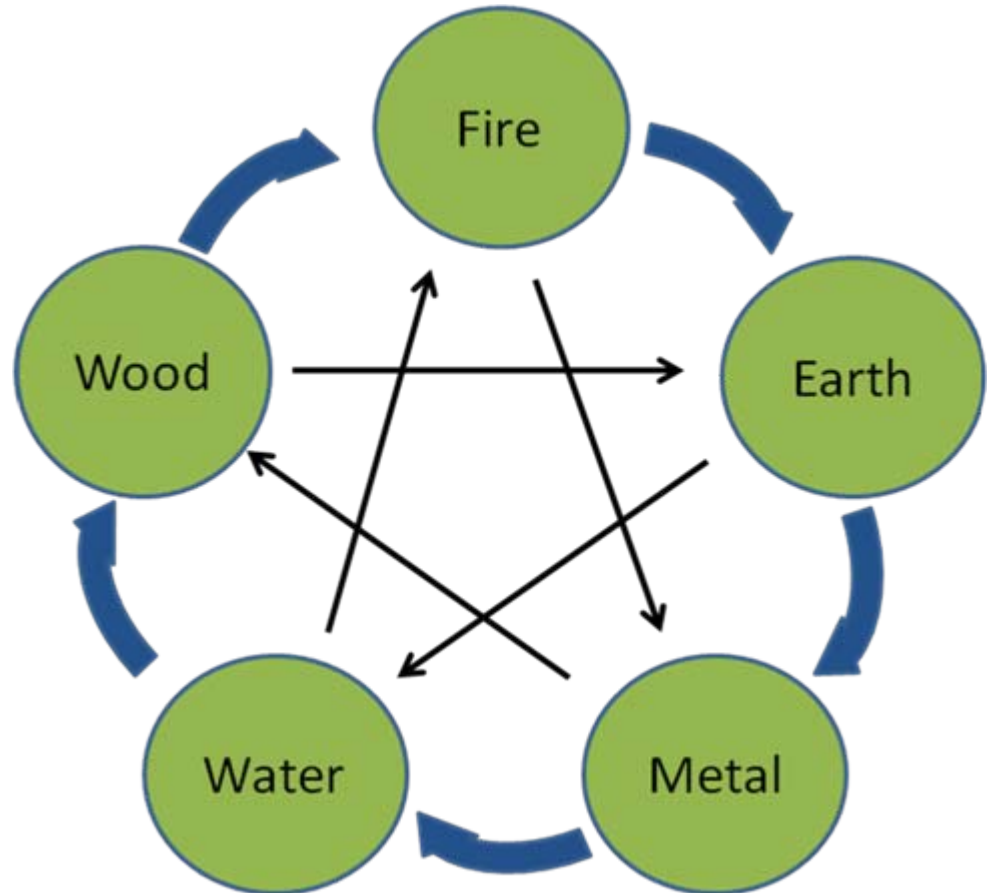
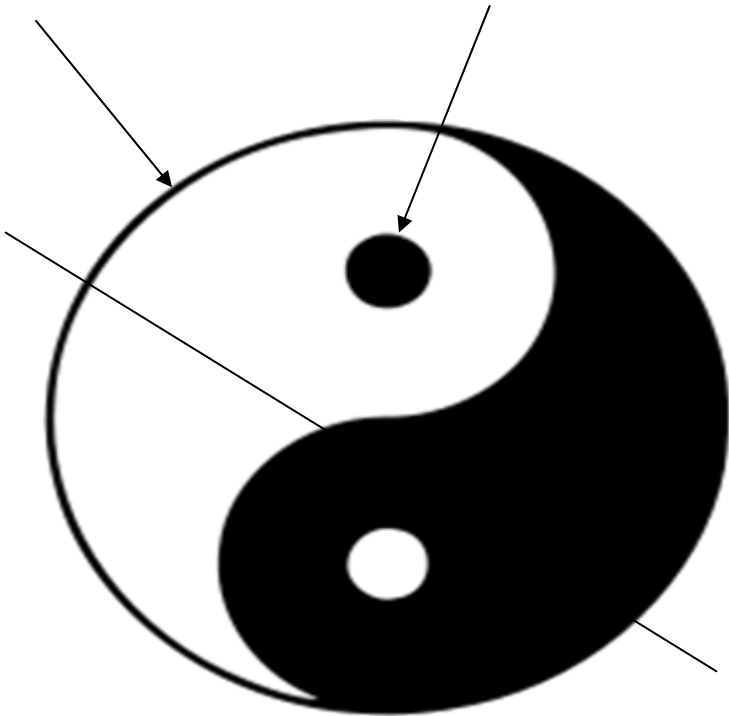
Man, organs and cells as micro-cosmos



TCM = Traditional Chinese Medicine Food as Medicine + a lot more...



Key symbols in Chinese traditional natural categorization systems



Healthy Sheng and Ke cycles. Lines in the opposite direction form the unhealthy Cheng and Wu cycles (Maciocia, 1995)

Traditional Chinese Medicine

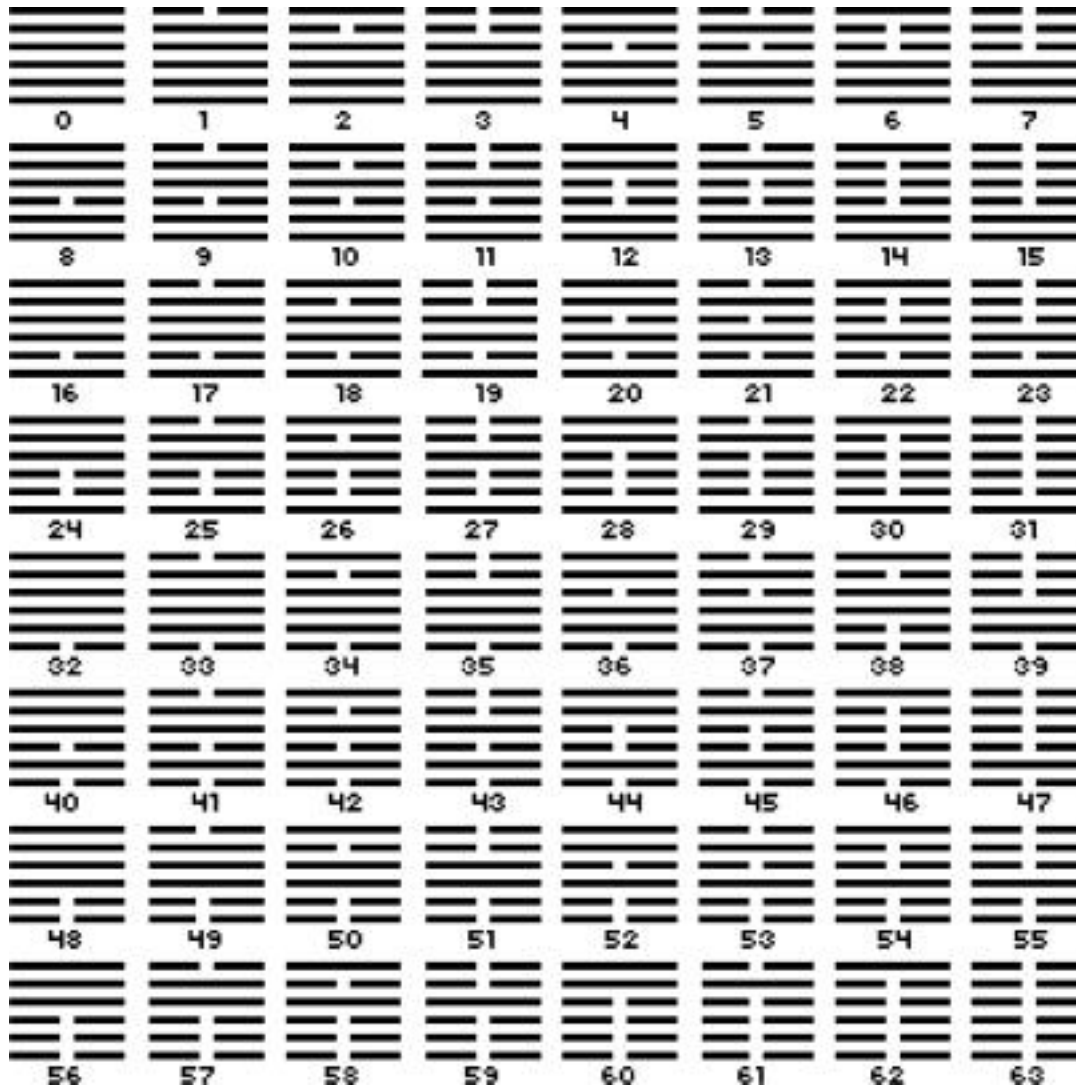


Figure 1.

The I-Ching itemizes 64 combinatorics of Yin and Yang.

Source:

www.theory.org/~strthrwr/retired/iching.html.

Yin and Yang, and symbolized by a broken (- -) and a solid (—) line, respectively

5-element pattern recognition system

Element	Water	Wood	Fire	Earth	Metal
Direction	North	East	South	Centre	West
Planet	Mercury	Jupiter	Mars	Saturn	Venus
Seasons	Winter	Spring	Summer	Late Summer	Autumn
Color	Black	Green	Red	Yellow	White
Tastes	Salty	Sour	Bitter	Sweet	Acrid
Emotion	Fear	Anger	Joy	Pensive	Grief
Yang Organ	Urin. Bladder	Gallbladder	Small int.	Stomach	Large int.
Yin Organ	Kidney	Liver	Heart	Spleen	Lung
Sensory Organs	Ears	Eyes	Tongue	Mouth	Nose

Table 1. The Chinese five-fold discretization and dependency-relationships (Maciocia, 1995)

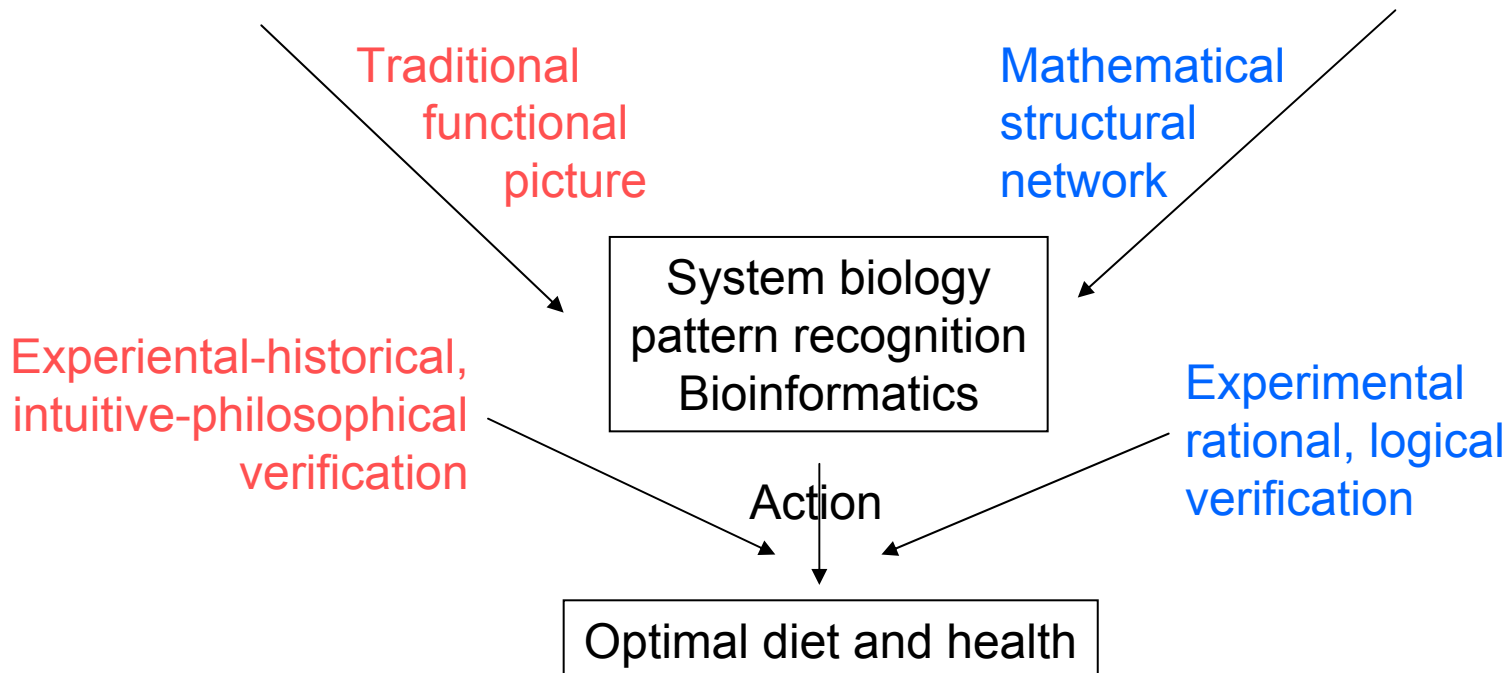
Bioinformatics in modern biology versus "pattern-recognition models" in Traditional Chinese Medicine

East:

Function/effect-based:
Yin-Yang combinations
Five-element pattern
recognition system
Qi, Dao....

West:

Structure-based:
Genomics
Transcriptomics
Proteomics
Metabolomics



Fast food

Food=molecules, body=machine



Fast

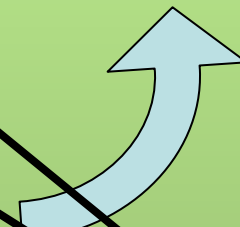
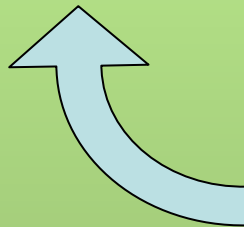
Slow food

Food and body as natural art



Slow

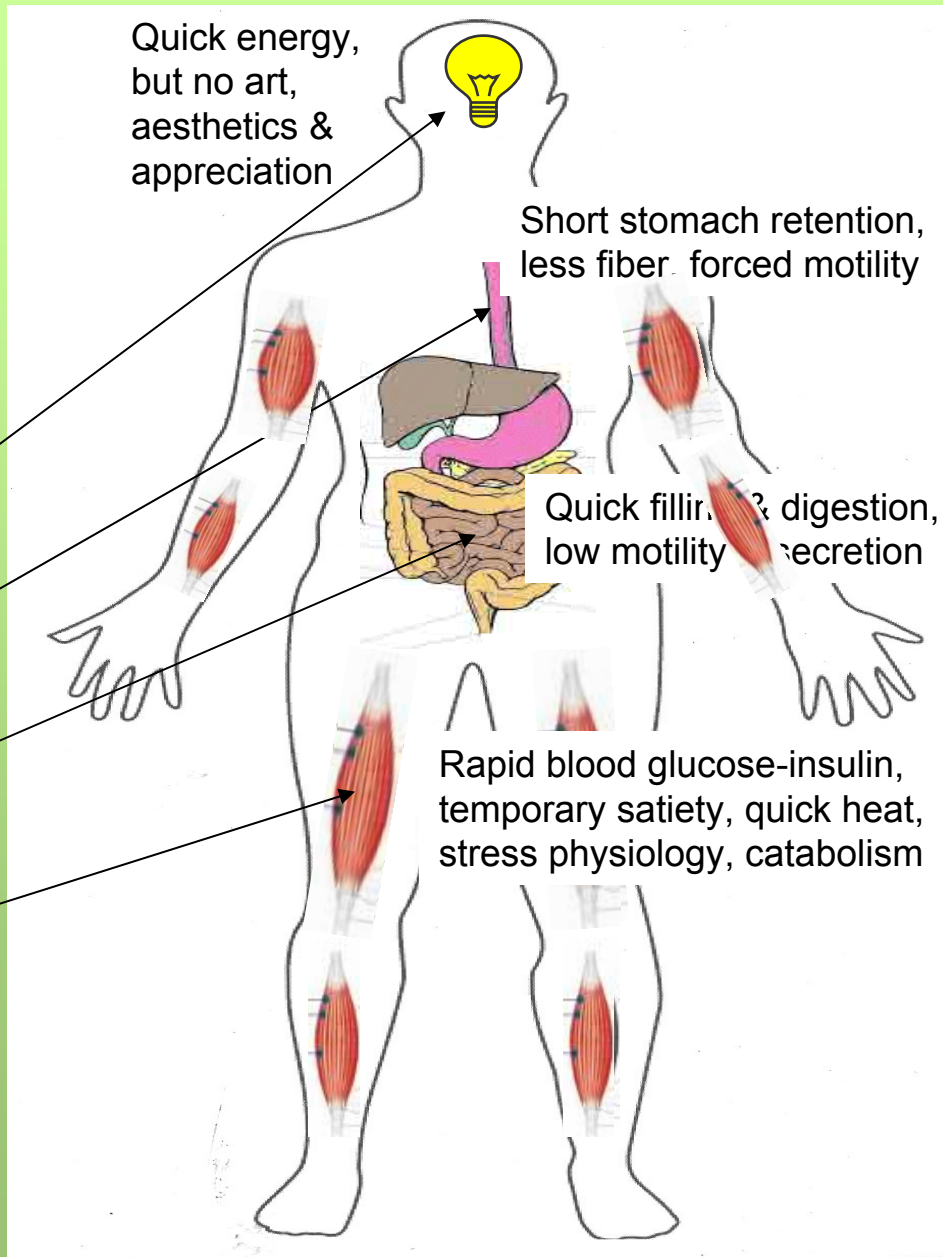
Food:
Preparation
Intake
Digestion
Metabolism



Depends on diet+body

Depends on culture

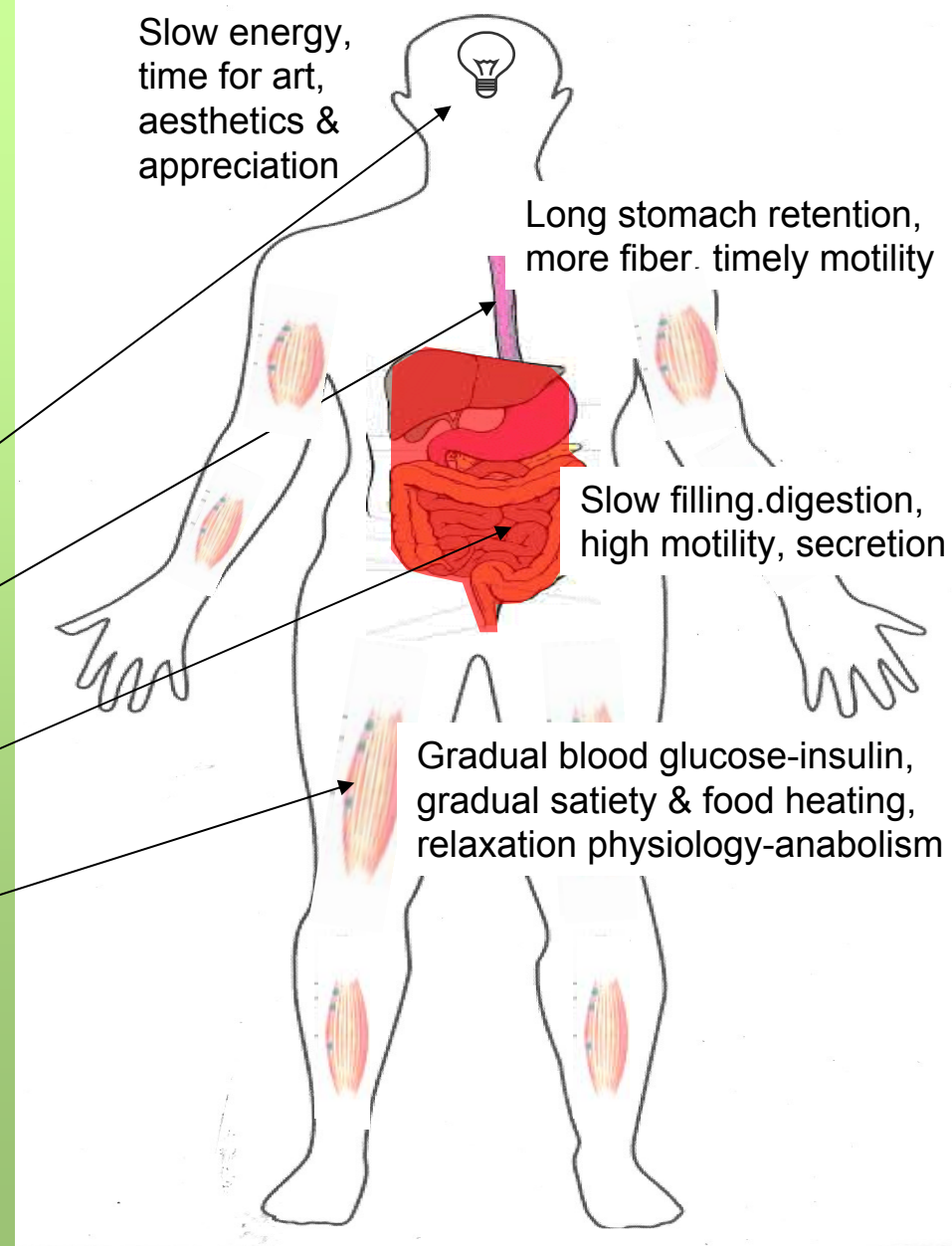
Effects of fast food on the human body:



Fast:
Preparation
Intake
Digestion
Metabolism

Problem: Fast food and/or fast living?

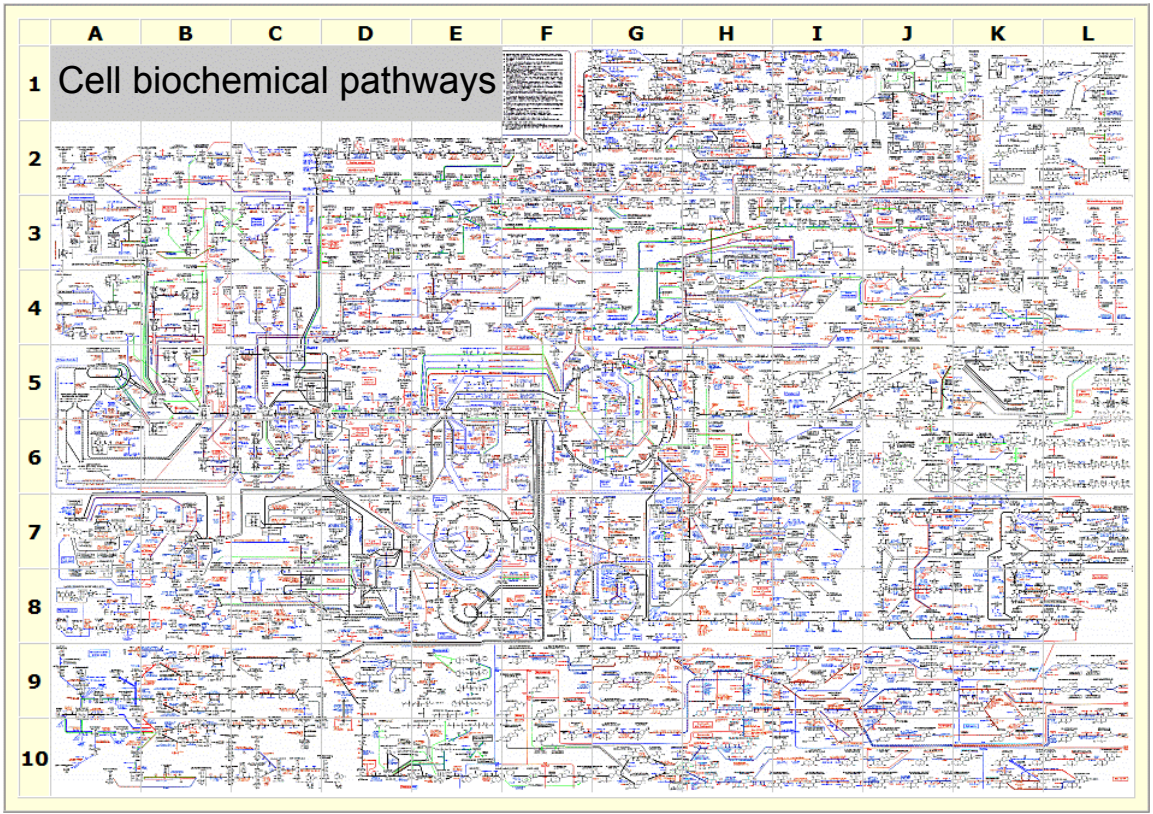
Effects of slow food on the human body:



Slow:
Preparation
Intake
Digestion
Metabolism

Aim: Slow food and/or slow living?

WEST: Physical exercise for the chemical machine



+



+



=



Nutrition and fitness council

FITNESS:

- 1) Physical exercise for the chemical machine?
- 2) +Life-giving contact with the natural/spiritual world?



Body,
Food,
Nature,
HARMONY (?)



FITNESS:

- 1) Physical exercise for the chemical machine?
- 2) Life-giving contact with the natural/supernatural world

