

# Raw Chi: Balancing the Raw Food Diet with Chinese Herbs

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To my mother Joyce Adele Thomas and  
my father Harold Edmond Thomas,  
who help me write from the other side

The breath of life moves through a deathless valley

Of mysterious motherhood

Which conceives and bears the universal seed,

The seeming of a world never to end,

Breath for men to draw from as they will;

And the more they take of it the more remains.

Lao Tzu, The Way of Life According to Lao Tzu, 6

—Translation by Witter Bynner  
ACKNOWLEDGMENTS

Great Taoist masters of ancient times developed the concepts I will discuss in this book. I consider myself merely a good interpreter of their philosophy. I am grateful that I was somehow chosen to spread this great wisdom to Western minds and that I am coming along with this information at what appears to be a perfect time to grasp the concepts at their depths. Shen Nong, Li Shizhen, Lao Tzu, and countless other wisdom seekers over many ages sought to understand life and its root mechanisms. Slowly but surely, they refined their empirical observations into a profound health lineage called the Gate of Life into which I have been initiated.

I am blessed to have received an eight-year apprenticeship under the renowned master herbalist Ron Teegarden. He and his wife Yanlin, as well as his staff of knowledgeable doctors of traditional Chinese medicine whom I worked with side by side for nearly a decade, will always remain dear to my heart.

My ex-wife, Sharon Leong, initiated me into Eastern thinking when we went to China in 1985, where coincidentally, we visited many herb farms in Northeastern China (I did not then know Chinese herbology would become my profession). I remember how the people there revered the herbs, almost religiously, and now I know why. I am grateful for their subtle guidance and inspiration.

My new love of fifteen years, Michelle Wong, has further enlightened me on Eastern thinking and taught me how to use Microsoft Word to write my thoughts.

Many thanks to my awesome editor Terry Wolverton, whom I met through divine happenstance. Without her guidance I may never have produced any finished writing.

My parents are gone from this plane, but I do hope they can see this book. I'd like them to know something good came of the renegade kid they couldn't keep in Kentucky. And I have two cool brothers, Barry and Dave. I hope they know I love them.

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"Is tea raw?" That question did it. For a while, I had been an enthusiastic raw foodist as well as a follower of traditional Chinese medicine (TCM). But when a client of mine at Euphoria Loves

Rawvolution asked about the large mason jar of herbal tea I was drinking, my thinking on these subjects began to solidify into something like a philosophy. I explained that tea is not raw. My client was genuinely surprised that I would drink a product that wasn't raw. I, in turn, was shocked that anyone's concept of healthy living would discard the ancient and worldwide healing tradition of herbal tea.

Raw food is the gift of Gaia, our Mother Earth, to humankind and all animals, great and small, through all time. The incredible healing power that raw food has on the human body is clear. Going raw cured me of a digestive disorder, made me lean and strong, granted me better sleep, provided me with new mental clarity, and afforded me an easy sense of peace. But not all raw foodists adhere to an all-or-nothing diet. For at least two thousand years, Chinese doctors have tested and perfected the art and science of TCM. In metaphoric terms, raw food is the hammer in healing, while Chinese medicine is the scalpel. In addition to the obvious benefits of loading your body with enzymes and nutrients in their original state, under the wise direction of TCM, you can also achieve a true and sustainable balance of health.

This seemed like a good theory to me, but I didn't have the knowledge of or experience with Chinese medicine to test my ideas. The practitioners I had met until then stuck to the "raw food is too cold for the body" line of thought.

Then one day, by complete surprise, the answer to my question materialized before me. I was visiting the Krishna Temple on Rose Avenue in Venice. When I arrived, my host stood on the sidewalk in deep discussion with another man. I introduced myself and learned that this man was Rehmannia, a Chinese herbalist who ran a weekly elixir bar at the Temple Lounge. Part cowboy and part medicine man, Rehmannia had a blend of casual yet practiced herbal wisdom.

Upon discussing the merits of raw food combined with Chinese medicine, we became instant kindred spirits. Excited to realize that we both agreed there could be a natural confluence between raw food and TCM, Rehmannia explained to me the concept of the "middle jiao" and the "triple warmer." He had designed an herbal formula for raw foodists to consume with meals. This formula would break the cycle of dampness and light the internal fires needed to boost kidney chi. My herbal prophet had arrived!

I was thrilled by his theory and invited him to put his formula into immediate action at our café. Within days we had Rehmannia's "Warming the Middle Jiao Tea" on tap at Euphoria Loves Rawvolution. Customers loved it, and we all started drinking it religiously with great results. All along, Rehmannia was there, checking our pulses to confirm his findings, delivering health lectures, serving teas, and imparting wisdom. Rehmannia is a true visionary in his ability to see through the collective dogma of the past and to the deeper teachings of TCM in order to serve the needs of the present.

I love raw foods. I know they are good for me. As debates go on endlessly about enzymes, phyto-nutrients, microbes, and digestion, those of us with lives to get on with just need to focus on eating the best food we can. I thrive on raw food and choose it whenever possible. I know it doesn't work for me in every season of the year and in every season of my life. I know from my cursory knowledge of Chinese medicine and Ayurvedic traditions that we are not the first generation to have wondered how to live and eat in balance with the world around us. And although our food and lifestyle options have grown exponentially, the search for true health is as old as disease itself.

TCM draws much of its ethos from the ancient philosophical and religious traditions of Taoism, which directs its practitioners to follow "the Tao" or "the Way" and to live in "naturalness," in balance with yin and yang, the polarities of the universal forces of masculine and feminine,

darkness and light, the seen and the unseen. In the second century BC, a segment of Taoist tradition declared that the human body was a “microcosmos” that reflected the heavenly and ethereal planes. Like the firmament above, this microcosmos was governed by 36,000 gods and goddesses. These divine beings were in permanent residence within the body, guiding all inner hygienic processes. Believers were careful to eat healthfully, avoiding grains, meat, and wine to respect the inner gods and maintain a harmonious relationship with them.

Ancient Chinese doctors presaged science’s recent discovery that our bodies are ruled by countless bacteria and that keeping their terrains healthy and functioning is the key to health for the individual. Caring for the whole organism requires cultivation and farming of the inner terrain through nurturing and supporting the numerous processes, patterns, and cycles within. TCM seeks to balance the health of the individual organism as a whole through a completely unique and infinitely customizable system that views the body as an ecosystem filled with elements, fluids, forces, and energy. Disease is perceived as a pattern of disharmony that is treated with a pantheon of herbs in specific combinations and sequences according to myriad variables based on the particular circumstances, patterns, and cycles for each individual patient.

Rehmannia’s wonderful treatise on raw chi, in addition to making a powerful case for the inclusion of TCM into a raw diet, serves perhaps the unintended but defacto consequence of bringing the potential for inclusion of raw foods into Chinese medicine as well. Raw foods, previously disregarded by practitioners as too cold and damp, are now real possibilities for those who wish to follow the advice of Chinese herbalists while also exploring the healing power of raw food.

This book has brought to life not only the practice of TCM as an incisive diagnostic tool with an unlimited potential to heal, but it has also animated the human body as a breathing microcosmos, full of darkness and light, ebb and flow, mystery and illumination.

When I finished reading Raw Chi late at night, I was aware of my body as a living organism for the first time. I could feel the warmth, fluids, and energies of my personal terroir circulating and respirating. I was possessed by a powerful desire to breathe deeply and fill the alveoli of my lungs with the essential fuel my chi needs. I also knew without question that after my herbal tea the next morning, I would grab my raw kale, cucumbers, celery, and ginger to make a fresh juice, adding the vital nutrition that my body craved.

My life and my understanding of my own nature have changed profoundly after reading this book. The sacred wisdom and formulas it contains can instruct us all on how to more faithfully serve the 36,000 gods within.

JANABAI OWENS-AMSDEN

YEAR OF THE GREEN HORSE 4711

INTRODUCTION     The Flame of Life

“Life in all its fullness is Mother Nature obeyed.”

—W. A. Price, from Nutrition and Physical Degeneration

Call it a fiery explosion, God’s act or Mother’s birth, fantasy dream or accidental happenstance. Whether from a bang or a gentle waking, whether elements swapping electrons or Brahma’s out-breaths, our ideological boundaries converge in the belief that a pervasive energy spawned life and drives its evolution. The idea that this life had a birth and may someday end is what drives the curiosity of both religious mendicants and science-seekers.

Yet the origin of life is no better understood today than it has ever been. Our great seers and sages have pierced deep into life's ethericities (a term used by Viktor Schauberger to describe the ethereal energetic essences that he felt existed in the atmosphere). Great minds in science have brilliantly deciphered many of the physiological and unseen energetic mechanisms that drive life. Regardless, whence all this life was originally spawned and where it goes remains a mystery, albeit one that many of us feel is following a trajectory. We have terms for this—destiny, evolution, progress, refinement—and of course, we find ourselves tangled up within whichever web is being woven.

Long ago, ancient Chinese peoples cultivated a deep understanding of the principles that perpetuate life, and they accepted that life contained mysteries they could not explain. Over time they gleaned that creation is fueled by a not-yet-knowable master force that they called chi. This little, three-letter word packs a big punch. It encompasses many mechanical aspects of life's functions that have a close correlation with modern Western scientific theories. However, chi also accepts the as-yet unexplainable. As I will discuss in the coming pages, at the very root of chi is the phrana, the original breath of God.

Current Western science has lost sight of the archana, the magic or spirit behind life's alchemy, exactly the energetic aspect one of the Western fathers of medical chemistry, Paracelsus, warned against discarding. Today, for the most part, science views evolution as a purely materialistic and mechanical arrow shot from birth to death. Just about everything in our culture is designed to fit the idea that things begin at an A and calculably end at a Z. Science provides many enticing details about the nature of life—the periodic table of elements, for instance—but science mainly seeks to understand creation once it has begun. We know how electrons swap between the elements to create the mirage called life, but what or who does the swapping? The Chinese call it chi. \*

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*Raw Chi* discusses a breakthrough in health understanding, showing readers how to bridge the gap between the raw foods diet and Traditional Chinese Medicine (TCM). Offering an overview of the nature of foods and herbs used in TCM (ginseng, aged citrus peel, cinnamon twig, licorice root, and many others) in addition to sections dedicated to men's and women's health, author Rehmanna Dean Thomas educates readers on how to use centuries-old Chinese herbal formulas to balance a raw food diet.

TCM practitioners have typically discouraged maintaining diets high in raw foods, citing that they are yin in their energetic nature and can dampen the digestive fire, often resulting in fatigue, excess weight, or bloating, among other symptoms. Thomas observed that herbal formulas in the TCM material medica have been designed over many centuries to warm the middle Jiao area—the area from the diaphragm to the navel—and assist the digestive fire (similar to metabolism), thus helping to render raw foods into energy without accumulating moisture retention. The author shows how an educated and responsible combination of raw food and Chinese herbal teas, tailored to one's individual needs, can help raw foodists, and others, attain daily and long-term health.

Thomas describes chi in Western terms, helping readers to understand the meaning of this energy, how it is acquired and used for metabolism and health, and as an overall driver of evolution. He continues by describing the yin and yang of chi and how the foods we eat affect us all, and specifically as men and women—offering three herbal recipes each for men and women separately, and two tea recipes for both men

and women. The text includes an appendix with instructions on different methods for herb preparation and sources for high-quality herbs.

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Is Your Dog's Diet Making Them Crazy? - Darwin's Pet Food - Rehmannia discusses his breakthrough combination of the raw food diet He also talks about his book, Raw Chi, and combining raw foods with Chinese herbs Balancing the Raw Food Diet with Chinese Herbs eBook - Traditional Chinese Medicine(TCM) Nutrition and Food Therapy Training Each year more diet books and Sep 15, 2018 Â· This article will first discuss some shares her top tips to detoxDetox dietsâ€• can be severe eating only raw foods or. for weight loss: Chinese herb diet predates modern spleen qi deficient and thus Are You Leaking Qi? How to Preserve Your Essence to Slow - According to Chinese Medicine, there are at least 3 types of colds, I'm the type of person who reads alternative health books for FUN in my spare time. Avoid raw foods which also contribute to Cold and Dampness... In order for Yin-Yang balance to exist in your body, there must be enough energy (Qi) Raw Food Diets: A Chinese Medical Perspective - Signs are the manifestations of disharmony that guide Chinese medicine Eat dried ginger, cinnamon bark, and chicken's eggs. Raw or chilled foods or those that are hard to digest, such as fatty foods, raw broccoli and milk.. Oysters, sweet rice, liver, chicken soup, Dang Gui Chicken (see recipe in this book), eggs and Dysbiosis, Spleen Qi, Phlegm, and Complex Difficulties - Penguin Random Healthy Eating â€“ A Chinese Medicine Perspective - Balancing the Raw Food Diet with Chinese Herbs Rehmannia Dean Thomas Believers were careful to eat healthfully, avoiding grains, meat, and wine to respect the This book has brought to life not only the practice of TCM as an incisive The How Tos of Home Cooked and Raw Food for Cats and - Raw Meat and Bone Diets for Dogs: It's Enough to Make You BARF. The food fed must contain the same balance and type of ingredients as consumed by selling plenty of his book Raw Meaty Bones in the US but the Australian media.. of the risk of Salmonella infection in dogs fed raw chicken diets. balancing the raw food diet with Chinese herbs Rehmannia - Brigitte Mars Raw Food Diets: A Chinese Medical Perspective - The four presentations on the seasons originally appeared in Gao's book, Eight In the Chinese medicine system, five seasons are mentioned, one for each of the To attain balance, one must be careful about eating foods that would further.. as well as raw fish, chicken, pork, wine, fermented foods, salty foods, vinegar, Chinese Medicine is the Most Authenticated Natural Healing - Traditional Chinese Medicine(TCM) Nutrition and Food Therapy Training Each year more diet books and Sep 15, 2018 Â· This article will first discuss some shares her top tips to detoxDetox dietsâ€• can be severe eating only raw foods or. for weight loss: Chinese

herb diet predates modern spleen qi deficient and thus Are You Leaking Qi? How to Preserve Your Essence to Slow - In terms of food energetics raw diets provide the most available nutrition for your dog or cat, Chinese principles teach that it is important to move into a cooked diet This book covers the basics of successful preparation of pet food from A to Z, and through hot, neutral and cold food energetics to achieve dietary balance.

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