

# 5 MEALS

FOR AUTUMN

*according to traditional  
Chinese medicine*

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# AUTUMN

As autumn begins it is signaled by the visual representation of leaves on trees slowly changing from a vibrant green to yellow, orange, red, and then subtly falling off their branches. The cold brisk mornings and evenings tell us to pack away summer clothes, and get out the warmer thicker winter clothes.

Energetically we begin to move from the yang expansive energies of summer when the nights were long, and we were outdoor more, to now a yin introspective energy. The shorter, cooler days signify that it's time to stay indoors, go to bed earlier, and focus on rest and quiet energy.

The yin/yang organ energies that are associated with autumn are lung and large intestines.

The lung organ in Chinese medicine focuses on looking for new experiences, new people, beliefs and projects within ourselves. It is also a time to set new boundaries, limits and focus on protecting yourself from things that do not serve a purpose in your life. When the lungs are in balance this process is a simple and effortless to do, there is a clarity in thought, and an inner peace with knowing who you are and what you need. When lungs are out of balance grief and sadness takes over, there is a sense of isolation from others, being stuck on the past, not being able to cope with change, and a struggle to detach yourself from things or people that are not beneficial anymore. Physically they may experience issues such as coughs, colds, sinus and asthma.



Large intestine is the yang organ for autumn, its job is to let go and get rid of waste, whether physical or emotional. When it is out of balance the person becomes more stubborn, pessimistic, and stagnation occurs, as they are not willing to let go of what is no longer needed in their life. Physically if a person is out of balance, they are more likely to experience issues with constipation or diarrhea.

To strengthen your body physically, it is time to take a walk in the beautiful brisk morning, allow the lungs to soak in the cool and refreshing air. Deep breathing allow the lungs to expand and release any unwanted and negative energies.

However ensure you begin to wear a scarf, so you do not catch a cold during the upcoming months, as your pores begin to close in preparation for winter. If you catch a cold now, it may stay in your system all winter long, until the warmth of the spring weather heralds our pores to open again, finally releasing any pathogens we caught during autumn transition times.



To help with the seasonal transition, it's time to change the foods we eat, the type of exercise we do, and focus on getting more rest. Our bodies no longer require the coolness of summer fruits, raw salads, and other cooling foods. We need to start to fuel our bodies with seasonal foods that warm, but also pungent foods to help build our immune system in preparation for winter.

There are certain foods that are beneficial to consume during autumn, which will benefit your body and strengthen you as the weather turns cold. These foods include; carrots, radishes, apples, pears, cabbage, spring onion, mushrooms, and garlic. Herbs to include are; thyme, echinacea, garlic, ginger, chilli, and mustard seeds.

The autumn season is also related to the colour white. Therefore foods that are white are beneficial to eat this time of year, they include; onions, radish, mushrooms, almonds, cashews and garlic.

During autumn it is important to avoid fatty, rich and heavy foods. Also alcohol and heavily sweet foods should be reduced. Dairy also produces thick mucus which can block the lungs and airways, therefore causing phlegm and dampness.

To transition easily into autumn, I have provided 5 meals that are beneficial during autumn.

I hope you enjoy them.

01

*Congee*



01

# Congee

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## INGREDIENTS

- 1.5 water of water/ stock
- 1/2 cup of long grain white rice

### Optional ingredients

- Slices of beef, shredded left over roast chicken, duck, or tofu
- Sliced mushrooms, fried onions, carrots, walnuts, mung beans
- For additional flavour add soy sauce, black pepper, honey, nuts, chillies or parsley

## METHOD

- Bring water/stock mixture to the boil, add rice and reduce to a simmer and cover for 1 hour.
- Occasionally stir mixture to ensure it does not stick.
- After 1- 1.5 hour, the mixture should be thick and all liquid is absorbed.
- Add additional ingredients in the last 5 minutes of cooking or just before serving.
- Serve while warm.

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*Congee is a rice porridge that is great for digestion and provides you with energy. It can be eaten any time of the day*

02

*Chicken  
ramen soup*





## INGREDIENTS

- 1 packet of eight soba, ramen, or rice noodles
- 1 brown onion (diced)
- 1 clove garlic (minced)
- 4 mushrooms (chunks)
- 1 carrot (diced)
- 1/2 head of broccoli (smaller chunks)
- 1 zucchini (strips)
- 1 tbs of (coconut aminos) or soy sauce
- 1 litre of stock

### Optional ingredients

- 1 boiled egg to add on top of dish, handful of parsley, spring onion, peanuts or chilli for extra flavour

## METHOD

- Cook noodles follow the instructions on noodle packet.
- In a pan fry onions until translucent add garlic, mushrooms, carrots, broccoli, peas, zucchini together and fry for 1 minute.
- Add soy sauce and cook for a further minute.
- Strain noodles and add to pan until heated through.
- Add stock and bring to boil, then turn heat down and allow to simmer for 20 mins without covered.
- Once cooked add garnishes for extra flavour .

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*Chicken is good to build your energy, strengthen the body, and good for recovery from illness especially when cooked slowly in a soup or stew.*

03

Poached pears



03

# Poached pears

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## INGREDIENTS

- 2 pears (peeled, cored, and halved)
- 4 cups of water
- 1 tbs of rock sugar or raw honey
- 5 red dates
- 1 tbs of goji berries
- 1 cinnamon stick
- 1 baking/ parchment paper

## METHOD

- In a saucepan, add all the ingredients together.
- Cut paper into a circle the size of the saucepan with a hole in the middle. Add on top of the pears.
- Bring to the boil, then simmer for 30 minutes.
- Add goji berries for the last 5 minutes.

Serve on their own or with congee.

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*Pears are perfect for autumn as they help the lungs and coughs, they also lubricate for constipation.*

*Honey is great to help with coughs, relieves constipation, can help promote sleep.*

04

Sweet potato,  
pumpkin and ginger  
soup



04

# Sweet potato, pumpkin and ginger soup

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## INGREDIENTS

- 1 sweet potato diced
- 1 pumpkin diced
- 2 carrots diced
- 2 clove garlic diced
- 1 tbs olive oil
- Salt and pepper
- 1 cup of stock

## METHOD

- Turn oven on 180C
- Add all ingredients onto baking tray with oil and spices and roast for 25 mins.
- Wait to cool, then add to a food processor with stock and blitz under smooth consistency.
- Serve warm.

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*Sweet potatoes are seen as good for immunity, clear heat and toxins and benefit the digestion. Ginger is considered warming and helps to boost the immune system.*

05

*Bone broth*



## INGREDIENTS

- Bones (fresh or from a previous meal)
- 1 onion, cut into quarters (skin on)
- 1 carrot, cut in 4 pieces
- 1 piece of fresh ginger (cut into slices)
- 1 celery, cut in 1 cm pieces
- 2 tbs of apple cider vinegar
- Small handful of peppercorns
- 3 bay leaves
- Couple of mint leaves

## METHOD

- If bones are fresh, add bones to a baking tray, drizzle olive oil, salt and pepper and cook for 15 mins at 180 C.
- Once bones cooked, transfer to a cooking pot, cover with cold water, and add rest of ingredients.
- Bring to the boil, then allow to simmer covered for hours (the longer the better 24-48 hours).
- Once cooked strain so you are left with only the juices. Drink a cup of liquid daily or use in soups and stews.
- Ingredients quantities alter depending on the amount of meat you have. Alternatively for vegetarians, can make a vegetable broth with saved left over vegetable scraps.

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*Bone broths are seen as one of the most nourishing foods to have during the cooler months. Add onion and ginger for an extra boost.*

## ABOUT DR KAROLINA CASS (TCM)

Karolina is a qualified Chinese medicine practitioner and registered Acupuncturist. She also holds a degree in Bachelor of Science (Psychology). Previously Karolina spent many years working in a busy corporate environment.

This gave her the opportunity to understand and experience the daily pressures and stress due to work related issues. This inspired her to change her career and find a better way to manage her wellbeing through natural medicine. Karolina currently has two clinic rooms where she runs her own practice.

She is passionate with assisting you getting back your health to a state where you can live the life you always wanted. Whether the goal is physical, emotional, or spiritual, Dr. Karolina Cass is here for you.

She has a keen interest in hormonal issues that impact women throughout their lives especially menopause.

*"My aim is to assist my patients in getting their health back so they can start doing again the things that enjoy. Whether the goal is physical, emotional, or spiritual, I'm here to help you.*

*I will provide you with the best care in the most effective, professional and caring way. I want to treat not just the obvious symptoms, but by treating your individual and working on the root cause, to ensure you receive an effective consultation and treatment.*

*I use acupuncture, auricular acupuncture, cupping, moxibustion, and dietary advice to treat a wide range of conditions."*





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While researching information and recipes, a number of books and resources were used as a reference and guide, which I would like to acknowledge and suggest my readers to view.

- The Chinese medicine cookbook. Nourishing recipes to heal and thrive. By Stacey Isaacs.
- Nourishing life the Yang Sheng way. Nutrition and lifestyle advice from Chinese medicine. By Deirdre Courtney.
- Chinese nutrition therapy: Dietetics in Traditional Chinese medicine (TCM)
- Healing with whole foods. Paul Pitchford.
- The Australian health hormone diet. By Michele Chedvalley Hedge with Jennifer Fleming.