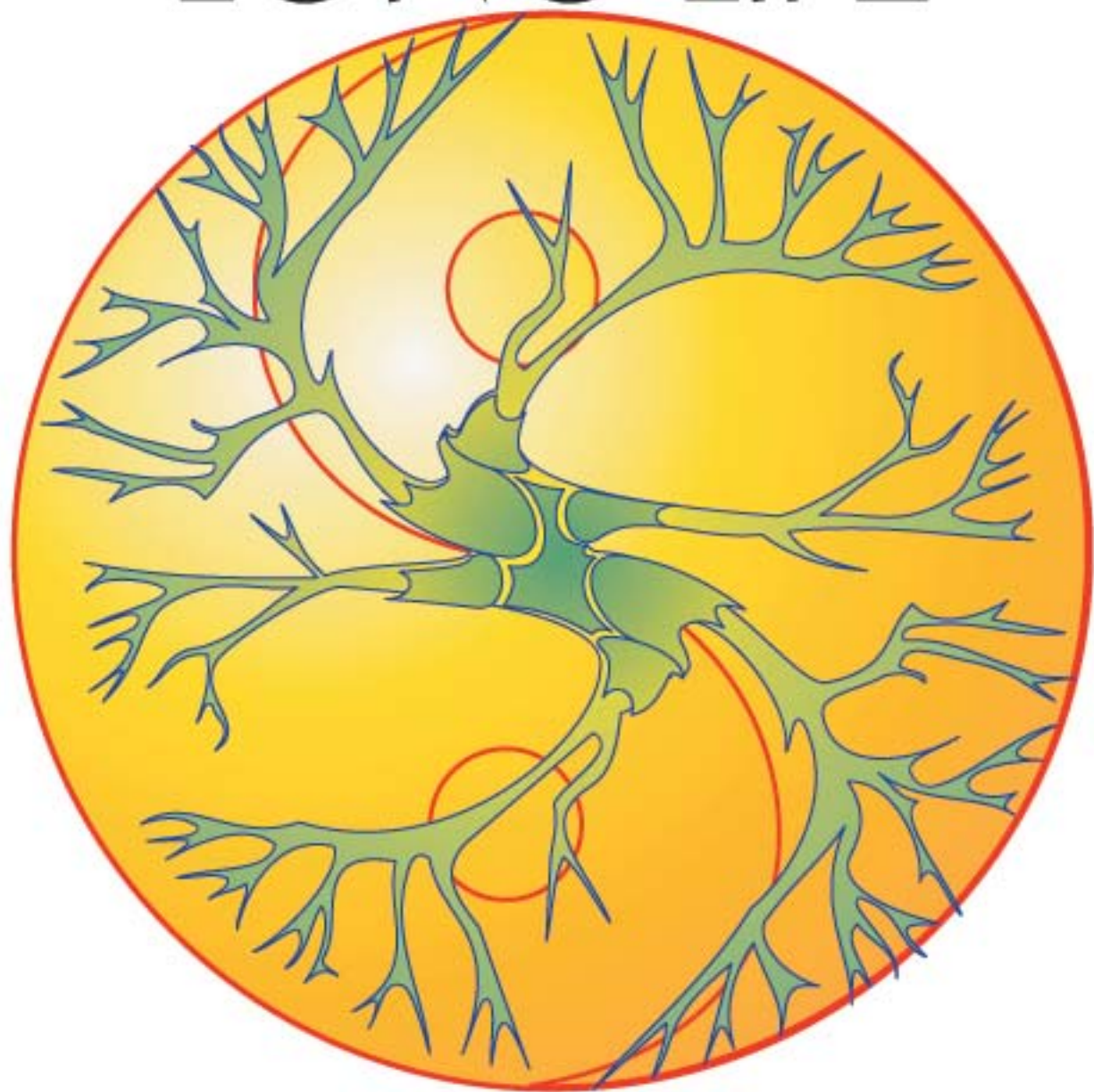


CHANG MING

LONG LIFE



AN INSPIRATIONAL GUIDE AND COOKBOOK
FOR A LONG AND HEALTHY LIFE.

Researched and compiled by Gisela Gibbon

CHANG MING LONG LIFE Diet Guide

GISELA GIBBON

EAST-WEST PUBLICATIONS

Visit our website at: www.eastwestpublications.com

This publication is copyright. Enquiries should be addressed to the author c/o: East – West Publications, 41 Church View. Holme On Spalding Moor, East Yorkshire, YO43 4BG England.

A catalogue record for this publication is available from the British library.

Published East-West Publications 2000

© Copyright. Gisela Gibbon 2000

Artwork by Gisela Gibbon

ISBN 0 9538416 2 6

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise in accordance with the provisions of the copyright Act 1988 without the prior permission of East-West Publications.



Chang Ming Diet, Long Life Diet

This guide serves to inspire those who are already familiar with the ancient Chang Ming Diet, as well as those who feel they should be more in control of their own health.

A brief background of its history: There are thousands of people of all ages throughout Great Britain and world wide who came into contact with our late Grandmaster Chee Soo, a teacher of the Lee Family Style of T'ai Chi, Kung Fu and Chinese health arts. Chee Soo, even when he ran a clinic in London, never charged for his medical services, but always encouraged his patients and students to follow the recommendations on the Chang Ming Diet sheet, the 'Long Life' diet as it was passed onto him by his own Grandmaster Chan Kam Lee. Chee Soo was convinced that our daily food could not only sustain us, but, if the right foods were chosen, would act as medicine and purifier for our bodily systems. Open any health magazine today and you find the same attitude, often portrayed as new scientific discoveries in nutrition.

But whether you are a student of the Arts or just looking for a few unusual, health-inspired recipes – this booklet serves to answer the questions most people ask when they first see the diet sheet - WHAT DO YOU EAT? WHY NO ORANGES? AND NO POTATOES, OH NO! WHAT IS THERE LEFT TO EAT?

I'd be lying if I didn't say I felt the same way - in the beginning. Now, a good eight years later, I think of the Chang Ming Diet with a lot of gratitude and affection, with a good deal of common sense and a much greater understanding. We are bombarded with various food warnings all the time, this is safe, no it isn't, don't eat this, well, actually, it contains anti-cancer properties, etc, etc.

So, how do we know, who do we trust, who is going to give us the magic formula? Who will understand what we really feel like, what kind of little discomforts and ailments we might have, and aren't they just all part of an imperfect life?



And what about more serious illnesses? What difference can a diet make, and what about the grandmother who lived to a hundred, smoked and drank like a fish and had a proper meat and potato dinner every night?

Like it or not, all the answers lie within you. Only you know, how you feel, and only you will find out just how effective the Chang Ming Diet can be in making you feel better, and better, and better the longer you follow it, and the more you learn to understand about your particular needs.

To pre-empt one old concept - we are not talking about a “Chinese Diet”. Chan Kam Lee, who was Chee Soo’s mentor and teacher from 1937, had a huge understanding of the principles of Yin and Yang, and how dietary needs would change in different climates. He not only passed this understanding on to Chee Soo, but also changed the Chang Ming Diet to be suitable and complimentary to our climate - no doubt not only to keep himself healthy in England, but also because dietary advice is part of the Lee Family teachings.

It makes sense that those who take responsibility for their health by joining a T’ai Chi class would also become interested in expanding their efforts towards wellbeing by watching what they eat and being sensitive to their true dietary requirements.

There are books on the market, which show the decree of Yin and Yang of different foods, usually macrobiotic cookbooks, an approach that was popular a few years ago but tended to fall short of our western needs. The macrobiotic descriptions of dietary Yin and Yang were also often in conflict with the Chinese understanding of Yin and Yang attributes which meant for those eager to find out more things got more and more complicated the deeper they looked.

So instead of relying on outside sources I shall tell you of my own experiences and conclusions I have drawn so far. I hope to encourage you to take heart in the fact that to a large extent health is really under your control. It is also important to remember that the Chang Ming diet is a result of centuries and centuries of Chinese observation on the effects of various foods on human health - and centuries ago no-one cared or knew about vitamins and minerals etc.



The wisdom was simply born from observations, passed on down through generations.

Until not so long ago food was simply a means to survive and to remain healthy as long as possible, and the idea that you are what you eat, and to take care about what enters your body is as old as mankind itself. Every parent of a new baby worries about feeding this new life well, worries what they put in his or her little body; babies seem so helpless and fragile and deserving of the best. When we go abroad we warn our children not to drink tap water or eat unwashed fruit and we scrutinise the restaurants' reputation for cleanliness. And when the children grow older we treat them with those nice coloured sweets and get busy so the microwave meal will do. We shut our eyes to what may be in the frozen burgers and we feel righteous to call ourselves vegetarian or stubbornly defend our 'odd cigarette or drink or two'.

Food, in our wealthy society, is no longer a means to survive, but a luxury taken for granted, the safety of which is to a large extent considered to be the supermarkets or governments responsibility.

Allergies and food sensitivities, seemingly on the increase are still considered odd and for those not suffering a sure sign of some neurosis. We expect our stomachs to be non-questioning ever obedient mechanisms and when we fall ill, become more and more tired, headachy or end up in hospital we are all too willing to blame pollution, unfortunate inheritances or a cruel God. **BUT HOW ABOUT LOOKING AT WHAT WE CHOOSE TO EAT?**

Looking at the recommended foods you may notice that they are all pure, natural products, most are easy to digest, and there are no heavy doughs, red meat, alcohol, no cream or sugar or too many fruit acids. Heartburn, indigestion and bad breath due to digestive problems really don't happen with this diet and with a bit of thought one can understand that that, which is easy on the stomach, liver and kidneys must be good for your health, aiding the recovery of often overtaxed organs. We are having to deal with more stress, pollution, food additives and chemicals even in our drinking water, so it's a matter of logic to be as kind to ourselves as possible.



I shall start therefor with the matter of organically grown foods - does that really make a difference? In my opinion, of course it does. I believe that the use of additives of any kind is responsible for a whole number of ailments, simply because they stop the food from being a pure, energising fuel it is supposed to be.

Most drivers throw their arms up in the air at the thought of the wrong fuel in their car, but somehow what goes down the throat, as long as it tastes good and “everyone does it” it’ll be fine, and after all it’s no good becoming paranoid. But, let’s be honest - who wants additives, given the choice?

Only those who profit financially, and who somehow lost their sense of gratitude for the food nature provides so readily if properly nurtured.

I inwardly cringe when I read on most cereal packets - good, wholesome whole-wheat, the fibre provider etc. Fibre, yes, but laden with chemicals, pesticides etc? Off-putting, indeed. Which probably makes it relatively acceptable to enjoy some white, unbleached flour foods every now and then, hoping that most of the chemicals got discarded with the husk..

I am sure that in Chan Kam Lees’s days the use of additives and pesticides was a much lesser evil than today - wouldn’t it be great if it said “organically grown wheat” on all cereal packets?

The same goes for processed foods, ready prepared microwave meals, frozen dinners, etc. It is so easy to fall into the trap of convenience as other people see it - believe me, get a wok, some fresh vegetables and you have a healthy, tasty, attractive meal in minutes, no matter how many people you cook for. Some people say quite openly “but I don’t like vegetables, I just love my fish & chips and my tinned spaghetti - go ahead, but don’t expect to get rid of the symptoms you are complaining about. It is a good idea to teach yourself to become sensitive and honest about how you really feel after a meal - do you feel heavy, bloated, tired, and even a little depressed, or do you feel full of energy, warm, happy and rearing to go and be active?



The next subject is the no potatoes and no tomatoes recommendation. As far as the European history goes, potatoes are a fairly newly introduced food in our society, from a very different climate – and they contain traces of the poison solanin. I read an article on nutrition that told of many cases of death when the potato was first introduced, as the immune system was unable to cope. And I was amazed to read in a magazine just a couple of months ago that the ‘latest research’ showed that women with a history of miscarriages should avoid eating potatoes. Old knowledge has way of coming round!

Rudolf Steiner, the famous paediatrician and child psychologist advised against potatoes for children under five years old, as he was convinced of the detrimental effect on the development of the intellect.

In various health magazines also there have been warnings not to eat green potatoes, or to remove any green spots, as the poison solanin is most concentrated there.

Our grandmaster Chee Soo felt very strongly about the diet. As we were attending one of his courses in a school hall I witnessed him scribbling the warning about potatoes over a nutritional advice leaflet on a school notice board - I am sure some teacher wondered what all that was about! My personal feeling? If you can't give them up, cut down, try to make sure you eat organic ones, and leave the green bits out!

Tomatoes, what about tomatoes. Ask the Rheumatism and Arthritis Society, they say they are a no-no if you suffer from joint problems. The acid content is considerable, and like the potato they are a member of the Deadly Nightshade family, Belladonna, a famous poison and – a remedy, yes, but only in minute doses. Even in Italy, home of tomato recipes, tomatoes are usually cooked, and, as the climate is a lot hotter there, sweating aids in detoxifying the body. Strangely enough a new study found that foods such as potatoes, tomatoes and aubergines contain a compound that breaks down the enzymes responsible for nerve and muscle function. This, according to the report, means, that patients can take 5-10 hours to recover from having an anaesthetic, as opposed to 40-90 minutes.



There is no doubt that both the potato and the tomato have lots of vitamins and minerals and reputedly anti-cancer properties in their favour and as I loved both giving them up took a bit of convincing. But after a little rebellion and a few tomato sandwiches and new potatoes for the first time in years as a 'treat', I am again converted. Stomach ache, mouth ulcers and sorer than usual joints, what a difference! And to think I used to walk around like that all the time! Of course our degrees of sensitivity vary and everybody has to find things out for themselves. But give it time and your body a bit of respectful attention and you'll learn all sorts and then at least you can make an EDUCATED CHOICE!

Next to the question of fruit. What kind of fruit, do you think, would you have eaten a couple of hundred years ago? You would have eaten apples and pears and local berries when in season. There would have been picked when ripe and some left a few days to ripen further, because people knew that fresh fruit could give them stomach ache. Fruit is digested faster than any other food—eat it first, on an empty stomach, 20 minutes before heavier foods.

Apples are the only Yang fruit and therefor the most suitable in our Yin country, and many farmers used to store apples over winter in a dark grate, sometimes even with long nails stuck in them for added iron! But oranges, pineapples and even bananas were for a long time unheard of or something strange and exotic,- without coaxing from a heated green house they don't grow here, do they? Their very Yin nature cools the body in hot Yang countries, but as the state of weakness is a Yin state the last thing you want when you are unwell is some Yin orange juice! Get a nice Yang carrot down you instead, try freshly grated when you have flu, it makes sense! And there is lots of vitamin C in broccoli and cabbage, etc. If you think of Yang as hot and Yin as cold, so countries are more Yang the closer they are to the Equator, and are more Yin, the closer they are to the poles. So it is folly, I think, to look at the health of Eskimos, for example and deduct that oily fish must be good for us because there is less heart disease at the North Pole! We don't need that much fat to keep us warm, but perhaps a little more than our African counterparts. Equally it is folly to look at lean Indians, for example and claim that



we could achieve the Yogic health by adopting a diet of cold rice, tropical fruits and hot spices to encourage the body to cool down or to perspire. We need to keep a little warm and a little cool and that includes our different individual requirements. Our vegetables, grains, pulses, fruit and berries from our climes grow for this very reason; it's all so perfectly designed.

I was a bit confused about rice at first. After all, rice doesn't grow here, either. And then I realized why *all* grains and pulses are recommended, not only in the Chang Ming diet, but in almost every health food book I have come across. They pose no threat as far as the acid content goes and they are almost complete foods in themselves, a combination of carbohydrates, protein, vitamins and minerals. The fibre content eases digestion and regularity and neutralizes excess acids. Grains and pulses can absorb toxins and help to expel them. Depending on their preparation, combined with different foods, they can be warming or cooling, shame they are so underrated in the average cuisine – when did you last see some millet, Britain's oldest grain, on the menu? By the way, I just had a hot bowl full of brown rice and split peas and broccoli for lunch and I feel great!

Dairy products are another point of contention for so many of us. For those having grown up in a farming community especially it is difficult to come to terms with the fact that what was once considered a good healthy life style and an honest-to-goodness living has now turned all confusing. After all, we have been living off milk and cheese and butter for years. In the Chang Ming diet skimmed milk is fine, semi-skimmed close, vegetarian cheese recommended, it tastes just the same.

Butter always seemed a purer product to me than any margarine - (until I learned a little about what cattle gets fed and injected with...!), but dairy products are so rich in saturated fats we usually go for organic vegetable margarine without hydrogenated fat, which again can do all sorts of horrible things to your arteries and is a fat very difficult to shift. Soya milk, like all soya bean products, is getting quite a reputation for the prevention of osteoporosis and



breast cancer, as it seems to keep a check on the right oestrogen levels. Some people find soya difficult to digest, but I found that if you dilute the already water based milk with more water it tastes almost identical to milk and is much 'lighter'. (As far as the dreaded genetically modified soya and other modified foods go – we just have to do all we can, read the labels and check with suppliers etc. and take as much responsibility for our food shopping as possible).

And sugar, well, we all know about sugar. Replace it with pure fruit sugar, black molasses or malted rice syrup, from the health food shop; its lovely and full of iron. If you have a look at the SNACKS and SANDWICHES section you'll find that you can still have your turkey and salad sandwiches, a mushroom omelette or porridge oats for breakfast, it's not all brown rice and lentils.

And what would you want to smoke for? As an ex-smoker myself I can't think of any reason but knowing where to put your hands and to relax - try some T'ai Chi instead, or giving your nearest and dearest a hug! As for alcohol, if you can't enjoy yourself without it, that's sad. The odd Guinness for a bit of iron (?) or a glass of wine won't kill you and could be considered preferable to some chemical cocktail soft drink, but if you are at all unwell and want to improve your health with the help of the Chang Ming Diet, leave both out and have some apple juice instead.

There are many who know that due to modern agricultural practises and limitations the mineral and vitamin content of the food we eat isn't as it should be, that the nourishment itself is lacking. There are numerous mineral and vitamin supplements on the market, but it makes sense to choose those produced from organic food concentrates, which can be absorbed naturally in our bodies. Safe supplements can cater for various needs and age groups, even though we must all look honestly at our lifestyle and our diet, to see what we are lacking and why. Supplements, as the name suggests, should never *replace* a good, balanced diet, and that's up to you. Your whole life is up to you and your decisions. The luxury of choice, common sense, positive relationships, enjoyable work, balance between work and leisure, solitude and friendships are all part of good health.

Dietary fanaticism is an illness in itself and no diet should create undue stress and family arguments. But love and care and the right intention towards yourself and your family's health will go a long way to automatically put you on the right track.



Illness helps us recognize the
value of health.

The bad shows us the value of
the good.

Hunger the value of being
satisfied.

Tiredness the value of rest.

War shows us the value of
peace.

Ignorance the value of
education.

Desperation the value of
determination.

Being lost the value of
direction.

Gisela Gibbon

CH'ANG MING **(TAOIST LONG LIFE DIET)**

The Taoist sensible eating and drinking recommendations for constant good health.



You can eat the following foods: -

- Anything made from non-processed flour, such as wholewheat flour, spelt, rye, maize, millet, barley, oats, soya bean flour, rice flour or anything that is made from them such as bread, cakes, puddings, biscuits or breakfast foods.
- Local grown vegetables, which are in season, especially root vegetables, peas and beans – steam or stir-fry them or eat them raw in the summer for maximum goodness. But none of those which are mentioned in No.10 of the foods that are not to be eaten.
- Seaweeds
- Bean shoots
- Roasted nuts – unsalted
- Only local grown fruit and berries, in season.
- Low fat natural yoghurt
- Honey, in small quantities.
- Cottage cheese or vegetarian cheese.
- Herb teas or herbal coffee or china teas.
- Vegetable margarine and oils, such as sesame, olive or sunflower.
- Eggs, preferably scrambled or in omelettes – better still the yoke only.
- Use sea salt or sesame salt or soya sauce , ...p.t.o...
- Dried fruit such as prunes, raisins, currants in cakes, biscuits, etc.
- Grain milk, soya milk or rice milk – but if necessary skimmed milk or powdered skimmed milk.
- Fruit juice made with local fruit, stay away from commercial and fizzy drinks.
- Use organic vegetables whenever you can.
- Should you wish to do so, you may eat non-fat white fish, poultry and seafoods.





These foods are not to be eaten: -

- Refined or processed foods. If any artificial colouring, preservatives, flavourings, chemicals or fruit acids are included, don't touch it.
- Processed grain foods, especially pre-packed white bread or anything that is made from bleached white flour.
- Deep-fried food. Instead, grill, braise or roast it.
- Coffee, alcohol, tobacco, chocolates or sweets.
- Spices, rock salt, mustard, pepper, vinegar, pickles or curry.
- Red meats such as pork, beef, mutton or lamb.
- Salmon, mackerel, tuna.
- Sugar.
- No ice-cold food or drinks – including ice cream, jellies etc. and synthetic fruit juices.
- Potatoes, tomatoes, aubergines, spinach or rhubarb.
- Concentrated meat extracts.
- Cheese, milk butter, lard, boiled, fried or poached eggs.
- Lard or dripping or other animal fat products.
- Any bird or fish that have a lot of fat tissue

Please remember:

- 1) Apart from filtered or mineral water – reduce your fluid intake – this is a must.
- 2) Chew your food really well.
- 3) Don't drink with your meals – wait until at least half an hour after you have eaten.
- 4) Have your last meal of the day at least three hours before bedtime.





Useful in the kitchen are:

A large wok with a lid – steel is better than non-stick. It will last a life time, cuts cooking time and is very pleasant to use and easy to clean.

A food processor – speeds up all that chopping of vegetables for your stir-fries. If your budget doesn't stretch that far, get yourself a really good, sharp vegetable knife.

A bread baking machine – what a brilliant invention! It takes all the time and effort out of bread baking, you just choose the ingredients, the rest is done for you! Waking up to the smell of freshly baked organic bread is wonderful! Also good for those with a wheat intolerance—just make your own special bread!

A water filter jug or water treatment system – pure water is best...

A garlic press comes in handy, too.

A constant supply of skimmed milk powder, dried beans, pulses and fruits and various kinds of wholemeal flour, herbs, dried bay leaves sesame salt or bio salt and herbal and Chinese teas, especially green tea.

Sesame, olive or walnut oil

A good guide to herbs and their healing properties – Chee Soo used to swear by Thyme tea to aid recovery from colds and flue and it works great! Nature is a wonderful provider and very generous.....

Recipes suitable for summer and winter according to vegetable seasons.





CHANG MING RECIPES



MAIN MEALS

Stir Fry with Chicken, Turkey or White Fish

Ingredients: Chicken, turkey, or white fish
(cut into bite size pieces)
Onion, diced
Carrots, sliced
Broccoli, pre-boiled for 5 minutes
Mixed Herbs; Soya Sauce; Olive Oil;
1-3 cloves garlic; Ginger, cut into tiny pieces

Start by stir-frying the meat or fish in one tablespoon of very hot oil first. The heat should seal the meat quickly, keep stirring, and if necessary, add a little water and Soya sauce. When the meat is just cooked, remove it from the wok into a heatproof dish and cover with a lid, a plate will do. There should still be enough of an oil film left in the wok to stir-fry the vegetables, ginger and garlic on medium heat, stirring continuously. After a few minutes add some water from the par-boiled broccoli to cook the vegetables for a further few minutes, add the meat, herbs, (such as sage and oregano) and more Soya sauce if required. The vegetables above are just examples, use more or others if required. Serve with brown rice, pasta or wholemeal bread.

If you feel a little run down, or suffer from bad circulation, try indirect water therapy. Apply hot wet towels (damp heat), or a hot water bottle to the torso - it shares nerves and blood vessels with both hands and feet and strengthens the immune

Scalloped Mixed Vegetables, (serves 4)

Ingredients:

1/2 stick celery (including tops) chopped
1 cup shredded cabbage
1 cup sliced carrots
2 tablespoons oil
50gr/2 oz mushrooms, washed and thinly sliced
300gr/10oz fresh peas or sweet corn
sea-,bio-, or sesame salt, ginger, garlic and
parsley
2 level teaspoons cornflour, blended with
150ml/ 1/4 pint skimmed milk
25 gr./ 1oz margarine
50 - 75 gr./ 2-3 oz fresh wholemeal breadcrumbs
50gr/ 2oz vegetarian cheese, grated



Cook celery, cabbage and carrots in oil in a closed pan over a low heat for about 15 minutes. Stir occasionally with a wooden spoon. Mix together the salt, ginger and garlic. Add mushrooms, peas or sweetcorn. Stir in cornflour and milk. Boil to thicken. Pour into greased, shallow ovenproof dish. Melt margarine and stir in breadcrumbs until fat is absorbed. Remove from heat. Mix in cheese. Sprinkle over vegetable mixture. Bake on top shelf of a preheated oven at 180 degrees C/ 350 F, gas mark 4 for about 30 minutes until the top is brown and crisp.

Beneath heaven, thunder roars - elemental energy which is innocent. Those who act out of innocent selflessness are the receivers of good fortune, those who act behind walls for their own selfish gain will

Stir-Fry Vegetables

Ingredients:

2 tablespoons oil
1 small onion, chopped
2 sticks celery, chopped
1 medium sized carrot, cut into thin strips
250gr / 8oz cabbage, shredded
2 pinches of sea or bio salt
Fresh ginger and garlic, chopped, to taste



Heat oil in wok. Fry onion, celery and carrot, covered over high heat, for 1 minute. Add cabbage and seasonings. Cover and fry, shaking the wok occasionally, for 4 minutes. Serve at once. Other vegetables, such as swedes and sprouts can be cooked this way, too.

Vegetable Soup

Ingredients:

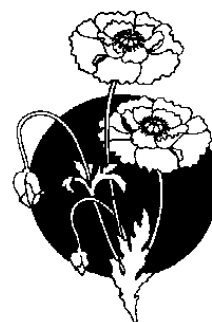
Equal proportions of:
Broccoli, cauliflower, parsnips,
Carrots, swedes, cut or diced into bite-size pieces.
Water, bay leaves, salt, herbs, 1/2 onion, coarsely
chopped,
a little oil, fresh parsley



PARSLEY

Wash and prepare the vegetables ready to boil in a large pan. The water should just cover the vegetables. Add the bay leaves, and seasoning. Boil covered for 15 minutes. In the meantime, fry the onion until browned and add to the soup. If required add some leftover rice or pasta. Dish out into bowls and garnish with fresh parsley.

Lentils, Cabbage, Chicken and Miso on Garlic Bread



Ingredients:

2 cups of green lentils, washed
¼ white cabbage, shredded
2 chicken fillets, diced
1 tablespoon Miso
a little oil and herbs and garlic to taste

Garlic Bread: A loaf of mixed grain, poppy seed, or sunflower bread, sliced half way through and spread with vegetable margarine to which fresh pressed garlic has been added. Warm in the oven or under the grill.

Simmer the green lentils for around 20 minutes until just tender. Stir-fry the cabbage and chicken in the wok adding a little water as necessary. Add the herbs and garlic and simmer in the covered wok until the chicken is cooked but still tender. Remove some of the stock into a cup and mix with one heaped teaspoon of Miso. Add Miso paste to the wok and continue to simmer for another 5 minutes. The water will have thickened to a gravy consistency, if too dry, just add a little more water.

Warm the garlic bread under the grill until slightly crisp. Serve unfolded on a plate and cover with chicken dish.

Thought for the day:

If you don't want to take responsibility for your own health - what will you be responsible for, and how will

Baked Cauliflower with Tofu

Ingredients:

1 whole cauliflower

225g/8oz tofu

1 –2 tablespoons miso (soya bean paste)

60 g/2oz sesame or sunflower seeds

fresh parsley or a sprinkle of caraway seeds



Place the cauliflower in a large saucepan with ½ inch of water, cover and steam for 15 minutes. Meanwhile place the tofu in ¼ inch water in a small saucepan and steam for 10 minutes. Dry roast the sesame or sunflower seeds in a frying pan on medium heat, stirring continuously. The seeds are ready when slightly browned. Mix the ground seeds and tofu and blend to a paste, then add the miso and a little water. Place the cauliflower onto a baking tray and cover with the tofu dressing. Bake in a preheated oven on a medium setting for 15 to 20 minutes. Serve with brown rice or wholemeal pitta bread with vegetarian cheese.



Sage has been used as a fever reducing herb all round the world for centuries. Sip the tea made from just one teaspoon of the dried herb in a pint of boiling water, or inhale the steam to unblock the nose and chest. Stronger tea swilled in the mouth relieves toothache; a sage poultice (simply a soft clean cotton cloth soaked in the hot tea) can soothe

Pasta Hotpot

Ingredients:

125 g/4oz pasta shells
600 ml/ 1 pint boiling, slightly salted water
125 g/4 oz marrow, diced
4 sticks celery, cut in finger thick slices
125 g/4 oz carrots thinly sliced
25 g/1 oz non-hydrogenated vegetable margarine
1 tablespoon natural organic yoghurt
300 g / 9oz fresh peas or sweetcorn
1 teaspoon fresh ginger, finely chopped
Thyme and oregano to taste
4 spring onions, chopped
125 g/4oz vegetarian cheese, grated



THYME

Boil the pasta shells in boiling water in a 3-pint saucepan for 5 minutes. Add marrow, celery, carrots and margarine. Bring to the boil and cook for another 10 minutes. Stir in yoghurt, sweetcorn or peas and ginger. Add herbs to taste. Gently cook onions in a little olive oil until nice and sweet. Serve the hotpot in a casserole and offer the grated cheese in a separate dish.

More cold and flue remedies: Tea made of thyme, rosemary, chamomile, ginger, with a touch of honey. Combine the herbs or use them on their own.

To draw a high temperature away from the head and body rest in bed with a thin blanket and ask someone to wrap cool damp towels, wrapped in a plastic bag and another dry towel around your feet. You'll be amazed how fast the cool towels heat up and how much better you will feel - my mother, a German

VEGETARIAN FRIED BROWN RICE

(1 portion)

Ingredients:

1 small leek
125g/4 oz fresh mushrooms
1 thin slice ginger
1 free range egg
2 pinches sea salt
1 portion leftover brown rice
a little oil, soy sauce or tamari to taste
fresh cut chives and parsley to garnish



Cut leek into thin slices, cut mushrooms into small pieces and finely mince the ginger. Beat the egg with a pinch of sea salt. Loosen the leftover brown rice so the grains do not stick together. Fry the ginger in a little oil in the wok first, for about one minute, then add the leek and a little salt until just soft, then add the mushrooms and stir until cooked. Add half a cup of water and cook, covered, for a couple more minutes. Lower the heat, add the brown rice and the beaten egg and cook, stirring continuously until the water is absorbed and the rice is still moist, or brown off for a couple of minutes. Add some soy sauce or tamari, mix well and garnish with chives and parsley. I have found that tofu is really nice mixed in, as well – experiment.....!

The Chinese law of the five elements, born out of observations of natural rhythms is the basis of Chinese medicine, including acupuncture and dietary measures. Each of the five elements stand in direct relation to one another, i.e. FIRE creates EARTH and rules METAL. EARTH creates METAL and rules WATER. METAL creates WATER and rules WOOD. WATER creates WOOD and rules FIRE. WOOD creates FIRE and rules EARTH. And so the circle is

Cheese Waffles

Ingredients:

½ lb/225g wholemeal flour

½ pint/285ml skimmed or diluted soya milk

2 eggs, 4oz/115g vegetable margarine

6oz/170g grated vegetarian cheddar cheese



Mix the flour, milk, softened fat in a bowl into a creamy mixture and stir in the grated cheese. Heat and oil a waffle iron and pour in batter to cook waffles in the usual way....

Alternatively, if you don't have a waffle iron, you can use this recipe instead of your usual pancake mix. Top waffles with mixed vegetables and a dash of soya sauce.

WINTER VEGETABLE CASSEROLE

Ingredients:

1 large onion, 1 large turnip

1 large suede, 1 large carrot

2 large leeks, 2 sticks celery

½ pint vegetable stock,

mixed herbs, ginger and garlic to taste



Peel, clean and slice all the vegetables and arrange in alternate layers in a casserole dish. Heat up the stock and pour with the herbs, garlic etc and over the vegetables, cover and cook at 180 degrees C/Gas mark 4 for about an hour, or until the vegetables are cooked but still firm. For added interest top with crushed nuts, roasted sesame seeds or grated vegetarian cheese.



Split Pea and Barley Stew

Ingredients:

1 oz/28g vegetable margarine
1 onion, 1 stick celery,
1 carrot, 1 leek, a handful of mushrooms
½ small white cabbage,
4 oz /115g pot barley,
or, if possible, pearl barley, soaked overnight
2oz/55g split peas soaked overnight
1 teaspoon malted rice syrup,
3 basil leaves, shredded; 1 tsp. dried thyme



Melt the margarine in a wok, over low heat and stir-fry vegetables gently for about 10 minutes. Add the rice syrup, the drained barley and split peas and cover with water. Add the basil and thyme and bring to the boil, cover the wok and simmer for about 30 minutes, until the barley and peas are tender enough. Add more water as needed. Serve with warm crusty wholemeal rolls.

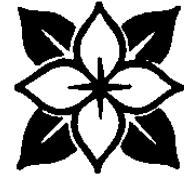
What is health? It is more than the absence of sickness. It is the sense of wellbeing that stems from a healthy life style. What is a healthy life style? Accepting oneself, but to improve that which can be improved. Expecting fruitful relationships, but realizing that all relationships need our positive input. Sleeping enough, but not too much. Eating well, but not too much. Keeping warm, but going for walks in all weathers. Being active, but not frantic. Being careful, but not fearful. Being relaxed, but not lethargic. To enjoy life to the full, the Yin and the

And a couple of sauces to go with it:

Cheese Sauce:

Ingredients:

150ml / ¼ pint skimmed milk
1 teaspoon cornflour blended with
1 tablespoon of water
125gr / 4oz vegetarian cheese, grated
pinch of nutmeg
herbs to taste
1 teaspoon soya sauce

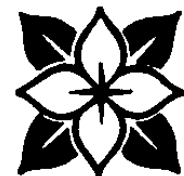


Mix the skimmed milk with blended cornflour and water in a saucepan. Boil to thicken. Remove from heat and let cool a little. Stir in cheese, nutmeg, herbs and soy sauce and pour over main dish..

Mushroom Sauce:

Ingredients:

125gr / 4oz onion, thinly sliced
1 tablespoon olive oil
250gr / 8 oz mushrooms, sliced
25gr / 1oz vegetable margarine
2 tsp of any type flour, blended with 2 tbl.sps of cold water
finely chopped fresh ginger
½ teaspoon black bean paste



Gently fry onions in oil for 5 minutes, add mushrooms and simmer, covered, for 10 minutes. Add water and bring to the boil. Stir in flour and ginger. Boil to thicken. Mix in black bean paste and pour over main dish or use for mushroom toast.

SANDWICHES, SNACKS & DESSERTS

Oh yes, they are “allowed”, lets face it, we all lead pretty busy lives, and most of the time things just need to be available quickly. Most of us get stuck wit the same old sandwich, so if you are bored with yours, some of these suggestions might make a change...

Wholemeal, or wheat free sandwiches topped with:

- Omelette, or scrambled egg,
- vegetarian cheese and onion,
- turkey and salad,
- watercress and cottage cheese,
- lettuce and radish,
- beetroot and prawn
- crabmeat, parsley and chives
- cucumber and chicken,
- bean sprouts, pear and walnut pieces
- shredded cabbage + grated apple,
- grated carrot and raisins,
- tahini and malted rice syrup,
- honey and apple,
- peanut butter and sliced pear
- Try a large open sandwich, like they do on the continent, served with a side salad and you have a satisfying meal!
- Why not replace your usual loaf with Ricecakes, Crackerbread, wholemeal Pittabread, Naan or rye bread?
- *give yourself time to enjoy in peace.....*





Snacks & Deserts:

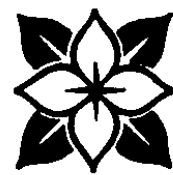


- Wholemeal fruit scone,
- Vegetable and herb omelette
- Cheese on toast
- Bread and jam and a pot of organic natural yoghurt,
- An apple or local fruit in season
- A bowl of home made apple sauce sweetened with honey
- Roasted sunflower and sesame seeds
- Local fruit and nut salad
- Baked apple with honey and chopped nuts
- Natural yoghurt with chopped onion, chives and linseeds on top of a rice cake.
- Natural yoghurt topped with bilberries
- Bowl of lettuce, spring onion and cheese cubes with crisp bread
- Bowl of whole-wheat cereal with soya or skimmed milk
- Semolina pudding with cinnamon
- Wholemeal garlic bread
- Cheese and mixed herb toastie
- Reheated rice and split peas with a touch of margarine and soya sauce
- Cooked apple with date syrup and yoghurt
- Home-made popcorn with honey or rice syrup
- Baked apple with raisins
- Grapes & cheese,
- Grated carrot and apple
- Cup of local berries in season





Notes:-----





What else you can do for a healthy and happy life:



Count to twenty-three and let it
be

or do something about it
fast.

Enjoy the sky at least once a
day

make simple pleasures
last.



Be calm, be still
wish no one ill, least of all
yourself.



Move your body, soul and
mind,
enjoy the journey and what you
find.

Breathe the air, take it and
feel

and know, right now, this
minute

is
real.



Gisela Gibbon



**Here are some of the many testimonials we have received for our
other publications which can be seen at:
www.eastwestpublications.com**

Hello Howard,

I absolutely love the Tai Chi Dance DVD. The different viewing angles allows a 360 degree sweep of each move. Allowing you to really examine each move and the way all the parts synchronize together to bring about such fluid, graceful, flowing and meditative movement. Its hard to put into words how brilliant it is to have this available, like having your own one to one lesson with Howard. Not being able to attend classes on a weekly basis due to the time and distance involve, because of living in Dublin, its just fantastic to play the DVD and feel I can progress with these arts and gently push them a little further down the road.

N.B. I Will be there for the Easter Course all going well, which for me will be such a great thrill to renew the very valuable contact that is greatly appreciated.

Best Regards, Anthony

From: Janice Hall

To: howard@eastwestpublications.com

Thank you for sending the dvd so quickly. I have found it very easy to follow and makes practise sessions so much easier. I have been attending a class locally and now I know what I am supposed to be doing with the form I don't feel such a novice. Your demonstration with your wife on the cliff top is quite uplifting. Many thanks once again.

Please email me any information you may have on other useful aids and also classes/courses that may be available in Yorkshire. I live just outside Wakefield.

Thank you for the speedy delivery of the K'ai Men manual I ordered. I love the format with the in depth instruction on the left and the photo's on the right. Another very useful addition to my Lee style training library. L. Johnson

From: Rosie Mor

To: howard@ewta.co.uk

Dear Howard, I have received my online copies of the newsletter and have now managed to download and read them thanks to finally getting Adobe Reader sorted out. I feel quite pleased with myself actually being a computer innocent! Can you please let me know some details about membership and also if I could come to the April 15th day in Scarborough without attending the other days. I am a friend of Mark (P's) and have attended classes with him in Wakefield - I am going to start going again when I feel I have some more oomph about me. I have bought your Dao Yin DVD and lay on the sofa soaking it in, relaxing fully for the first time in ages. So I thank you very much for that.

with love, Rosie

East - West Publications

Relaxation DVD

Three different scenes of Gisela and I performing the short form and long form. A useful DVD to relax with after a stressed filled day or to give to a friend to show them what you practise and help them relax too.

T'ai Chi DVD Volume 1 (Moves 1 to 50)

A beginners training DVD on the short form for new students.

T'ai Chi DVD Volume 2 (Moves 51 to 103)

An intermediate training DVD. Showing sets 16 to 31 - Numbers 51 to 102. Includes an A5 booklet showing each movement from a front and side view.

T'ai Chi DVD Volume 3 Moves (103 to 140)

Advanced training DVD. Showing sets 32 to 40 - Numbers 103 to 140 to complete our long form. Includes an A5 booklet showing each movement from a front and side view.

Secret Island DVD

24 Ancient Taoist breathing techniques to wash away your stress and boost your energy levels. Set in a beautiful garden by the river Nidd, Knaresborough, North Yorkshire.

T'ai Chi Dance Volume 1 - DVD only (Moves 1 to 60)

Beginners level. Experience for yourself the exhilaration and renewed energy flow that the T'ai Chi Dance brings. Moves can be viewed from all four angles.

T'ai Chi Dance Volume 2 - DVD only (Moves 60 to 120)

Intermediate Level. Training moves can be viewed from all four angles.

T'ai Chi Dance Volume 3 - DVD only (Moves 120 to 185)

Advanced level. Training moves can be viewed from all four angles.

T'ai Chi Staff DVD (Moves 1 to 70)

A training DVD on our T'ai Chi Staff Form. Moves can be viewed from all four angles.

T'ai Chi Sword DVD (Moves 1 to 70)

A training DVD on our T'ai Chi Sword Form. Training moves can be viewed from all four angles.

East - West Publications

Online Tai Chi/Feng Shou Training

Books & Manuals

Student of a Master

Learn about the philosophy behind these arts, combined with inspired insight, humour and common sense.

K'ai Men (Taoist Yoga - Chi Gung)

A complete exercise manual with clear, easy to follow instructions.

Secret Island - Manual

A course of 24 breathing exercises for increased vitality and overall health. These fascinating and beautiful "few minutes" retreats will ease your day, whether at the office, at work or at home—even when walking to the shops!

To order any of our publications or download our catalogue
visit our online store at:
www.eastwestpublications.com

Address:

EAST- WEST PUBLICATIONS

41 Church View. Holme On Spalding Moor. East Yorkshire. YO43 4BG. England

ISBN 0 9538416 5 0
East – West Publications
41 Church View
Holme On Spalding Moor
East Yorkshire
YO43 4BG