



# Energyfood – diet as medicine

- » BIORHYTHMIC NUTRITION ACCORDING TO TRADITIONAL CHINESE MEDICINE (TCM)
- » STRENGTHENS ORGAN FUNCTION, REPLENISHES ENERGY
- » NUTRITIONALLY BALANCED AND COMPLEX
- » ALL-NATURAL, NO ADDITIVES
- » QUICK PREPARATION IN 3 MINUTES
- » SYNERGIZES WELL WITH ENERGY PRODUCTS





Energyfood is a unique concept of a holistically balanced diet that respects the nutritional needs and key biorhythms of your body. At the right moment, it supplies your body with carefully selected, perfectly prepared and mutually balanced essential ingredients.

By combining Western scientific knowledge with Eastern knowledge and principles of traditional Chinese medicine, we are able to achieve exceptional synergy. The result of these endeavors is a harmonious unison of extraordinary tastes with health benefits, a world where diet becomes both pleasure and medicine.

#### ENERGY FOOD – EFFECTS

- » Biorhythmic nutrition based on the five elements of Traditional Chinese Medicine (TCM).
- » A unique concept that combines the highest quality ingredients with herbal effects, suitable for the purposes of both prevention of illness and dietary treatment. Promotes proper digestion, psychological well-being, physical fitness and health through harmonization of the entire body.
- » Owing to the effects of the individual ingredients, chosen according to TCM, Energyfood fulfills the role of a therapeutic diet that strengthens organ functions without burdening the digestive system.
- » Provides energetically balanced, nutritionally complex, easily digestible, clean and natural nutrition without any additives or preservatives. Contains sources of high-quality fiber, protein, carbohydrates and fats.
- » Strengthens and energizes the body, promotes qi and blood circulation, has anti-inflammatory and anti-stress effects.
- » Healthy start to a day at work, to a vacation, on the road or in the hospital.
- » High-quality nutrition for children, athletes, managers, postpartum women, the elderly or sick.
- » Lightning fast preparation within 3 minutes with emphasis on therapeutic potential and delicious taste. Works perfectly as the first meal of the day.



## GAJA ESSENCE

- » according to TCM, it belongs to the element of Earth
- » mild, nutritionally complete
- » strengthens spleen, pancreas and stomach
- » supports digestion
- » gently warms the digestive organs
- » easily digestible

## EFFECTS

- » Extremely mild porridge for people with sensitive digestion. According to TCM, it acts as a therapeutic diet for individuals with weakened spleen, pancreas and stomach qi. It does not burden the digestive system.
- » Energetically balanced, nutritionally complex, pure and natural nutrition, with a gentle warming effect.
- » Harmonizes digestion, promotes the secretion of gastric juices and food absorption and helps to restore gut microbiota. Promotes the circulation of qi and blood.



## BUDDHA ESSENCE

- » according to tcm, it belongs to the element of metal
- » nourishing, seasoned
- » strengthens the function of lungs and large intestine
- » supports immunity
- » provides strong sense of warmth on the body surface
- » therapeutically focused on immunity

## EFFECTS

- » Warming, immunity boosting porridge. According to TCM, it acts as a therapeutic diet for individuals with weakened lung and large intestine qi.
- » Energetically balanced, nutritionally complex, pure and natural nutrition with no added sugar. It specifically warms the surface of the body.
- » It nourishes the body, warms the digestive system, promotes proper bowel function, strengthens immunity and replenishes energy.



Nutrition is a crucial part of a healthy life style

“Let food be thy medicine, and let medicine be thy food.”

— Hippocrates —

Eating healthy foods brings us one step closer to a healthy body. Hence, proper nutrition is important for all of us, not just for those who want to lose or gain weight. In order for our body to start up properly, most of our attention should be given to the very first meal that we eat at the beginning of each day.



#### DIET – MEDICINE, YES, BUT ALSO A POTENTIAL CAUSE OF ILLNESS

Finding a way to have a healthy and tasty diet is a true challenge nowadays. We are exposed to a constant rush and overload of contradictory and often completely false information in many areas of our lives. Not all of us have the time and desire to become a nutritionist, and yet what we eat is extremely important. The Chinese have stressed since time immemorial that food can be medicine. Each individual food product has a well-defined effect and function. Diet can thus be a double-edged sword. It can **keep us in good shape but, on the contrary, it can also be the root of health issues**. One family member can thus, by their cooking, affect the health of the whole family.

#### WHAT AFFECTS OUR DIGESTION AND HOW DOES THIS RELATE TO A PERSON'S FITNESS AND HEALTH?

According to Chinese medicine, in order for us to survive, we need stomach qi. If we lost it, we would become unable to digest food at all. Similarly, if the qi of our spleen and pancreas was fundamentally weakened, we wouldn't be able to digest food properly. These organs are very sensitive, and every day, they are weakened by many factors. Worries, constant reflection, stress, work at a computer and an inappropriate, heavy diet



(white pastries, sweets, pasteurized/UHT dairy products or raw vegetables/fruits during the winter) are common culprits. First the **digestive function weakens**, and then our overall energy plummets, resulting in long periods of tiredness. We can feel as if we had “stones in our stomach”, we can feel pain and suffer from diarrhea. An energy phase-out right after the meal is also given. So, how to go about remedying it?

### **THE FIRST MEAL OF THE DAY IS CRUCIAL**

The greatest emphasis should be placed on the **first meal of the day**. Unfortunately, breakfast is, nowadays, the most underrated. In order for our body to start up properly, we need to eat food that matches the current season. Unfortunately, the typical start of the day for most families comes in the form of yoghurt (often taken out of the fridge), which has a cooling character, causing our body more harm than good. By cooling our digestive organs, we gradually **weaken our immunity** and overall qi. What should we eat, then? In the colder period of the year, we should opt for a warm cereal porridge or soup (broth); in the warm months, a refreshing smoothie prepared from foods that are aligned with the current weather will do the trick.

### **THE QUALITY AND THE ESSENCE OF THE DISH**

During the entire process of developing our porridge, we were mindful that food cannot just be medicine, it must also taste delicious! We’ve fine-tuned and carefully selected all the ingredients to bring the necessary nutrients to the body, while also providing a culinary experience. Emphasis was placed on the **body’s needs during the given season**, nutritional balance, energy efficiency, the best possible digestibility and health benefits. Energyfood products are designed to benefit and strengthen certain organs during a given season. They are preserved exclusively through drying, so they do not contain any additives or any other chemicals.

In 2024, you can look forward to new Energyfood products based on the essences of the principle of the five elements of TCM: **Runa essence, Tao essence and Lama essence.**



## Each season requires a different diet

According to traditional Chinese medicine, each season is connected to elements (phases) characterized by a certain type of energy, taste, thermals, colors, etc. Individual elements are also associated with specific body organs that should be strengthened and supported during each given season. Hand in hand with this, goes the care towards the selection of suitable seasonal foods and the specific adjustments to the diet.

### Element of Wood – Liver and Gallbladder

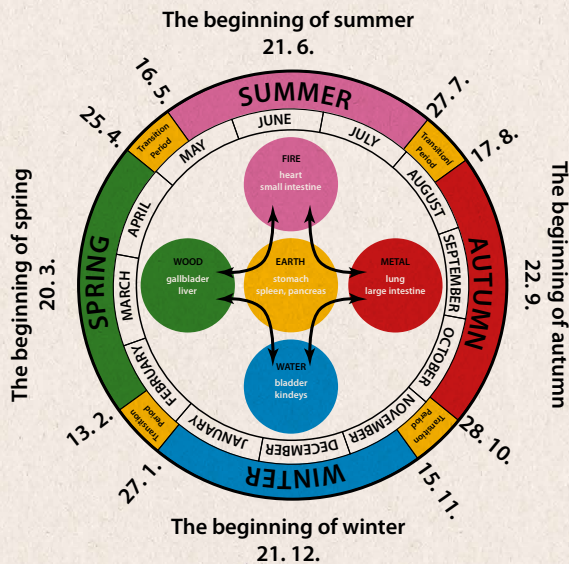
The element of Wood is associated with the spring season and the organs of the liver and gallbladder. In the spring, we should eat lightly warming dishes (cooked, blanched) with the addition of fresh green herbs and vegetables that are just starting to grow.

### Element of Fire – Heart and Small Intestine

The element of Fire is associated with the peak of summer and the organs of the heart and small intestine. We do not need to cook the food so thoroughly anymore and we can introduce seasonal fresh vegetables and fruits to our diet.

### Element of Earth – Spleen, Pancreas and Stomach

The element of Earth is associated with the late summer (and transitional periods between the elements) and the organs of the



spleen, pancreas and stomach. In the late summer, we cook the food lightly and reduce the amount of raw vegetables and fruits.

### Element of Metal – Lungs and Colon

The element of Metal is associated with the autumn season and the organs of the lung and colon. We cook the food thoroughly now and we add steamed or fermented vegetables and cooked seasonal fruits to our diet.

### Element of Water – Kidneys and Bladder

The element of Water is associated with the winter season and the organs of the kidneys and bladder. In the winter, we cook (or bake) the food thoroughly and eat cooked or fermented vegetables and dried fruits.

# Inspiration and tips for you

## HEALTHY COOKING VIDEOS

Nutrition based on the five elements. You will learn what to eat during each season and how to properly prepare the food.

