TCM WAY · FREE GUIDE

The 7-Day Kitchen Pharmacy

Seven everyday ingredients.
Seven small rituals.
One old way of paying attention.



Educational content only. Not medical advice. · tcmway.net

How to use this

One ingredient a day. One small action. No supplements to buy, no diagnosis to self-assign.

Each page has four parts:

1. **What tradition says** — the old view, in plain English.
2. **What evidence says** — honestly, including “limited.”
3. **Today's ritual** — five minutes, in your kitchen.
4. **When to skip** — the red flags that mean “ask a person, not a post.”

This is education, not treatment. If you are pregnant, on medication, or managing a condition, ask your clinician before changing what you eat or drink.

DAY 1

Ginger · 生姜

WHAT TRADITION SAYS

Warms the middle, settles a rebellious stomach.

WHAT EVIDENCE SAYS

Some evidence for nausea in pregnancy and after surgery; motion sickness is mixed.

TODAY'S 5-MINUTE RITUAL

Slice 3–4 thin pieces into hot water. Sip slowly after a meal.

WHEN TO SKIP / ASK FIRST

Blood thinners, gallstones, pregnancy — ask your clinician first.

DAY 2

Pear · 梨

WHAT TRADITION SAYS

Cooling and moistening — the classic answer to autumn dryness.

WHAT EVIDENCE SAYS

Mostly a food: water and fibre. No strong clinical claims.

TODAY'S 5-MINUTE RITUAL

Half a pear, thinly sliced, with warm water — as a snack, not a cure.

WHEN TO SKIP / ASK FIRST

Diarrhoea or loose stools — go easy on cold fruit.

DAY 3

Dried tangerine peel · 陈皮

WHAT TRADITION SAYS

Moves a heavy, sluggish feeling after rich food.

WHAT EVIDENCE SAYS

Aromatic digestive support; evidence is limited.

TODAY'S 5-MINUTE RITUAL

One small piece in hot water after a rich meal.

WHEN TO SKIP / ASK FIRST

Reflux or heartburn — skip if it worsens.

DAY 4

Red dates · 红枣

WHAT TRADITION SAYS

A gentle tonic for tiredness and pale complexion.

WHAT EVIDENCE SAYS

Fruit sugar and iron in small amounts; not a treatment for anaemia.

TODAY'S 5-MINUTE RITUAL

Three dates in warm water or porridge.

WHEN TO SKIP / ASK FIRST

Diabetes — watch the sugar; tooth decay — rinse after.

DAY 5

Cinnamon · 肉桂

WHAT TRADITION SAYS

Warmth for cold hands and a cold belly.

WHAT EVIDENCE SAYS

Evidence for blood sugar is mixed; do not use as a medicine.

TODAY'S 5-MINUTE RITUAL

A small pinch in porridge or tea — not a spoonful.

WHEN TO SKIP / ASK FIRST

Pregnancy, liver issues, blood thinners — ask first.

DAY 6

Hawthorn · 山楂

WHAT TRADITION SAYS

Helps after a heavy, greasy meal.

WHAT EVIDENCE SAYS

Digestive tradition; evidence limited.

TODAY'S 5-MINUTE RITUAL

2–3 dried slices in hot water after a rich meal.

WHEN TO SKIP / ASK FIRST

Heart medication or low blood pressure — ask first.

DAY 7

Chrysanthemum · 菊花

WHAT TRADITION SAYS

Cooling for eyes tired by screens.

WHAT EVIDENCE SAYS

A gentle herbal tea; evidence limited.

TODAY'S 5-MINUTE RITUAL

A few flowers in hot water; rest your eyes for 5 minutes.

WHEN TO SKIP / ASK FIRST

Allergies to daisies/ragweed — avoid.

What next?

If you tried one thing this week, you already did the hard part: you paid attention.

Next: the short guide **Shanghan Lun for Modern Life** — eight everyday situations, one classical line each, and three things you can actually do.

Reply to the email that brought you here and tell me which day helped. I read every reply.