

Spring Cleanse  
& using Jook as a Daily Food

24/03/21

[Work with this information for yourself](#)

but if you do hit troubles with your health  
or have questions unanswerable after personal contemplation

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### **Cleansing or Fasting for Springtime ?**

The suggestion of Cleansing or Fasting from the view of Chinese Medicine, and even more so Daoist Medicine, is rather a misnomer or an approach to health wrongly suggested. For if I felt the need to cleanse, there would be the sense of failure in my practice.

One of the most basic concepts to create and maintain health is that of **regularity**. By being consequent in habits, day to day, week to week, month to month the bodily systems through the efficiency of their own natural function are brought to the most optimal state of function.

In regards to the digestive and metabolic systems, this would mean extracting the most nutrition possible, with the least amount of effort, with the least amount of waste. And so, would 'clean themselves' or rather not collect toxins or phlegm which would need a special action in order to remove them.

**Cleansing** only becomes necessary if one has overburdened the system through

- a) over-eating
- b) eating incorrect foods for one's needs
- c) irregular eating patterns – daily, seasonally, annually
- c) foods with less nutrition; in which much is energy used to metabolise them
- d) foods eaten out of season; which burden the body in its effort to re-align itself.  
e.g. cold ice cream in winter; too hot spicy foods in summer; even XS, icy cold drinks in summer
- e) foods cooked incorrectly, or incorrectly for your needs.

**Fasting** is an even greater problem energetically, as it is seen to weaken the organ systems. Remembering that each level of the energy system is seen as a reservoir of Qi, in which Qi is function and the Viscera, and even the Bowels, are seen as strong reserves of not only the physical functions of the body, but also the emotional and cognitive aspects. (See below: **Notes:** The Body as Reservoirs of Qi and Function).

In the past, with more severe approaches to losing weight, it would not be uncommon for (usually) women to find their weight 'yo-yoing'. This type of 'fasting' with minimal amounts of food would have actually been depleting this functional Qi of the Organ System. So that when returning to a normal diet, they would gain even more weight due to the weakened, less efficient function of the metabolism.

That said, with the idea that most do need **a 'change-over' period** into a more natural and regular dietary approach, I am suggesting that you do begin with a period of transformation. Beginning now in Spring and with the intention to redirect your lifestyle during the coming year.

*And with the idea that it will probably take about **3 years** for you to 'reset' your system into a more natural function. And, with more writings, you will realise that my idea of health and how to create it is*

quite radically different to the ideas that you imagine is healthy and how to live to make this.

**Example:** the most important aspect of nourishment you gain from food **are the flavours**, which are the Qi or the essential nature of the food. The bulk of the food makes blood, nourishment; the vitality Qi, energy.

But, the most essential is flavour, the essence which goes to the Viscera, the *Zang Organs*; carrot is sweet, as is whole grain rice; as is a parsnip which is a bit nutty, bitter, but sweet in the centre : *if cooked correctly !!*

### Three Approaches

I am suggesting three possible pathways, according to your own choice. Obviously, my suggestion is for the first, the usage of the Jook Porridge; as I wish for you to learn how to use this as a basic food for both health and healing ... and it will be invaluable for old age and as you approach death ☺. (See Next Week: Importance of Jook as a Daily Food).

My further suggestion is that you will continue your choice for either 3, 5 or 10 days. Maybe, begin with 3 days and continue forward. Again, the idea from a Daoist perspective is that you do what is comfortable to yourself. There is no idea of striving or aiming to reach a goal.

The sole purpose is self-knowledge, with the idea of your own body being a laboratory for learning through experience. The most important is intention and the bigger goal is that of relaxation. For when there is relaxation there is optimal function of your *Jing-Qi-Shen*, body-mind-spirit.

If you strive and push yourself, with this task or any type of exercise or training, you have already failed yourself and the task of securing your health and directing to Longevity becomes further away. Intentionality, rather than wrongly perceived achievement and success.

**NOTE:** It is still rather cold and windy outside !! Please ensure you do not make yourself too weak or open to the outside weather and become sick. If you are unsure or feel yourself too cold, return to a more normal diet, with **more protein or fatty food** or drink warming liquids such as **Black Tea**.

### First Approach                      Jook Porridge

This is to use the slowly cooked glutinous rice porridge as the basis for all your meals.

**The process for cooking** is as described in the pamphlet: Pathways to Health I, which can be summarised as very slow cooking, adding water as necessary, finally rendering a dish which is more a thick soup, rather than (what you imagine) as a porridge.

*Into this one adds* whatever foods one wishes, preparing or pre-cooking those foods according to taste or need. If one cooks up a larger amount of porridge, enough for e.g. 2 days; then proportions off the amount for an individual meal; and adds those chosen foods as one re-warms or re-cooks the soupy porridge for the time required to heat-cook with the new ingredients ready for eating ☺

It is suggested to eat those different meals as you would normally eat, e.g. breakfast, lunch, dinner; adding those type of foods to the porridge that you would normally associate with that meal.

**Try to eat about two-thirds** of the normal amount eaten at each meal, *so that you are not full*, with the idea of :      1/3 food      1/3 liquid      1/3 empty

the last 1/3 allowing space for 'possibility and potential of change to become part of your daily intake of nourishment'. (and the 1/3 liquid coming from the soupiness of the porridge; not extra liquid).

Best cooked on wood (most ideal) or gas as these give the warmth or 'vitality of Qi'; perhaps the most important aspect of this dish as the basic Original or Root Fire of the body as Human Life.

Seasoning is with a small dash of salt (literally the tip end of a tea-spoon), (Japanese) soya sauce (Shoyu) or miso; these latter giving more variety in both the seasoning and taste.

**Choose those foods** available just now according to locality and season \*. That would be those grown within (south) Sweden or within the temperate zone of middle and southern Europe. Be flexible, not rigid with this and have common sense: such foods as Kiwi, Banana, Avocado etc. are obviously not suited, even though they might be part of your everyday diet and you believe them to be nutritious.

Replace them instead with Nordic Berries and vegetables which can be available already now from the south Sweden or Europe. (and see those foods listed below in the third approach of blending)

**It is personal choice** whether you are to include meats, poultry or fish, dependent upon how much you sense you need to `cleanse`; similarly, with the use of butter, fats, oils and the such.

**But do avoid** the usage of sugar or strong sweeteners, as well as the (strong) usage of herbs, spices and the such. *The idea is to allow the natural functioning of the whole of your dietary system to come forward: hunger, appetite, smell, taste, enjoyment and metabolic efficiency.*

**Do use some Green Teas** as stimulation if you need for mental work and some **Ginger** in the porridge to add digestive ability if it is weak or sluggish.

**Do remember:** *Stop !!* once this becomes boring or a labour to your body or mind. It is not a task to be achieved; but a retraining of habits to redirect health. The idea is to encourage body awareness, intelligence of being and relaxed enjoyment; and to rebut contrived striving towards a goal.

As much as one wishes to bring the body's digestive system back to a normality in function, there are also very strong psycho-emotional forces involved with the digestive process. These also need to be `addressed` by encouraging them to either surface or to be excreted downwards with bowel movements.

One will not achieve this through mental or emotional force; but rather through relaxation of this system over a longer period of time, in order to `return the organs to a more original state of being, as when you were younger`.

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\* One could make a suggestion that Rice is not from this local temperate climate, however *it is* grown as a crop in southern Europe and Kung Markatta's Grötris is grown in Italy. During the colder months, I move over to more locally sourced grains as Barley, Wheat and Oats; especially Barley as the basis for Autumn and Winter Porridges.

I do tend to use Asian seasonings (Shoyu, Miso etc.) as well as Condiments, Herbs and some Foodstuffs (such as Ginger, Da Zao (Red Dates) Seaweeds, Sesame Seeds etc.. This is might be a failing of my approach; but is obviously there due to my training. Now travelling less and with time to roam into the forests, I am gradually orientating myself to the more locally available wild herbs; and see the links below in the section: `Local Herbs and Herbs as Foods and Medicines`.

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## **Second Approach                      Light Eating**

In this approach, you will eat those foods most familiar to yourself, **but avoid these:**

- Animal proteins; though not fish
- Any other animal foods, such as Dairy Produce : Milk, Cheese, Creams, Butter etc.
- Any fatty foods or Oils
- Bread or any Baked Products
- Spices or Herbs; particularly hot spices (stark kryddor)
- Refined sugar, or any products using sugar

- Frozen foods
- Coffee, Black Tea or any other stimulating drinks

Please do not eat raw foods; but see that all foods are lightly cooked or boiled.

If you are unsure about any foods, use your sense of intuition if the food fits with your purpose.

This might seem strict ? This is pretty much what I have eaten for some years; so not so tough !!

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### **Third Approach                      Stronger Cleansing**

In this approach one uses Juicing as a stronger method to cleanse. The idea being that the reduction of solid foods into liquid a) eases the burden upon the digestive system b) 'washes' the lining of the digestive tract to release stuck and old food matter.

One is using raw foods in this approach, which is not the most suitable in the climate in which we live, and so one needs to supplement that by including more warming vegetables, even those which will support the fire of the digestive system.

One will focus on vegetables and those which are available from this general temperate growing zone:

- Roots, such as carrots, beetroots, celery – both which are warming
- Greens, such as Kale, Parsley
- Radishes
- Nordic Berries : of all types
- Fruits such as Apples, Pears

See if one can purchase those which are either already available from southern Sweden or from southern Europe.

But one is avoiding any types of tropical or non-seasonal fruits or vegetables such as: Banana, Kiwi, Avocado, Papaya, Dates, Oranges,

Due to the cold climate at present, I would strongly suggest ***not to try this approach***; unless you are quite unwell with a more serious physical sickness. And then under medical supervision of a practitioner of natural medicine.

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### **Thoughts**

**Remember**, once you feel the sense that your body is not following the intention of your mind and following the idea that the purpose of the exercise is to cleanse in order to improve health; then stop this dietary approach and return to that food which is more customary for yourself.

The body is changed gradually through the retraining or redirecting of the body through changing of daily habits. Try and see what your body likes to do; if it resists, stop and trying something else.

### **Other Activities at this time**

It can be supportive to this process of opening and clearing the body to take a **Sauna** every 3 – 4<sup>th</sup> day, that is 2 or 3 times during this period.

Personally, I do not see that **Cold Bathing** is of much benefit and with a little investigation one sees that most who do this *are using it in order to balance another extreme within their own body*, mind or life. Clinical experience says that most are either trying to balance out a condition, usually chronic, involving severe heat; or supporting their own system through ingestion of hot substances, e.g. cocktails of ginger, black pepper, turmeric and other supposedly 'healthy foods' -

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## Tea Alchemy

During this period, gradually move into using **Sheng Pu Erh** if you are familiar with such; remembering you will be choosing **2 – 3 (- 5) year old teas**.

*If not into Tea Alchemy*, use 'soft green teas' such as **Peppermint, Mint, Fennel, Liquorice, Orange Peel** and such like; moving into the stronger green teas once you have finished the cleansing period.

One can use more acidic type teas, such as **Lemon, Lemon Verbena, etc.** ; however, these will heighten the cleansing affect and could be too strong or irritating. If you have any such symptoms or pathologies related to **Heat**, especially **Dry Heat** (i.e. seasonal allergies), strictly avoid such.

I would *not use* **Black Tea** during the Cleansing Period; and tend not to use such warming teas during the movement into Spring, except when the weather asked for such stimulation or heat.

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## Local Herbs and Herbs as Foods & Medicines

As you move towards the end of the Cleansing Period, go out into the nature in search of those foods which are now becoming available as the 'surface frost turns into the fluid to nourish the growth of plants'.

The timing of their appearance and what is first or more readily available will obviously be dependent upon where you live – and how well you know your own forest areas. As written previously:

- *Björksav* (Birch Sap) as the sap of the tree rises upwards;
- *Granskott* (Spruce Sprouts) for tea; shoots and flowers of the
- *Maskros* (Dandelion)

and see such pages as these, *which seem to be very informative and directed seasonally*:

- Vilda ätliga växter i Sverige - som Mat & Dryck <https://www.facebook.com/groups/264724170291468>
- Svenska medicinalväxter <https://www.facebook.com/groups/238122469645417>
- Dags att Plocka <https://www.dagsattplocka.se/>

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## Qi Gong

**If you are familiar with practising Qi Gong**, you could follow the simple exercise in the previous article.

If you would like something still short, but more specific to make this seasonal shift, then focus on the sequence of the Daily Meridian Cycle, (which is obviously the same sequence as the Monthly or Seasonal Energies, both being cycles of 12).

Practice : Liver → Lung → Colon Meridians . Ensure this is the Main Meridians, not Sinew Channels

To strengthen this, by securing the deeper meridians, complete one of these practices first:

- 8 Extra Meridian or 8 Brocades
- Macrocosmic Orbit
- Microcosmic Orbit

If you have choice, practice the Macrocosmic Orbit.

Obviously all Qi Gong exercise now outside !!

Pointless without the vitality of the Qi from the air !!

**If you do not know any specific Qi Gong Practice, *this is no problem.***

What is essential is that you gain the vitality from the fresh air, that is the Qi , the vital essence !!

Ensure you are outside walking for at least 1,5 – 2 hours each day; each day, all seasons. By doing this, you take in not only the vitality of the air, but also align yourself with the seasonal Qi.

Remember, (with thoughts of the 24 Seasonal Periods) (and the basic philosophy of Heaven Earth Humanity): the Seasonal Qi (obviously) comes from Heaven .. or the energy of the Sun upon the Earth. This is what one experiences as the sense, smell, climate, temperature in the air with the subtle changes of season when one goes outdoors.

By breathing this in each day, one naturally acclimatises oneself with these gradually movements of `time and space` or the Earth around the Sun. Remembering that the basis of health, at this level, is to make alignment of oneself between these `forces of Heaven and Earth`

*this is the singularly most important activity in order to make good health*

Even more than food, whose bodily and nutritional effect is dependent on a range of variables.

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## **Essential Oils**

I wrote in some detail on suitable **Massage Oils** and **Carrier Oils**, noting differing functions.

For a simple approach to choosing individual **Essential Oils** in order to make a **Blend**; think like this:

- A blend will consist of 4 Oils: **Carrier Oil, Base Note, Middle Note, Top Note.**
- In general: **Base Notes** evaporate most slowly; **Middle** more quickly; **Top** most quickly;  
i.e.           **Base:** 5 – 8 hours;           **Middle:** 2 – 4 hours;           **Top** within 1 – 2 hours:
- After you have chosen the **Carrier Oil**, choose the **Base**, then the **Middle** and finally the **Top** .
- Choose after that written in the previous article; seeking after **Earthy and Woody Oils**:
  - Part of Plant as source           **Earth** being Root or Stem / Wood; **Wood** being Branches and Leaves
  - Aromas                           **Earth being** Herbaceous & Woody/Earthy  
   **Wood** being Citrus & Herbaceous; some Camphoraceous, as Eucalyptus
  - `Flavour`                       **Earth** being Sweet, Bland; even Spicy ; **Wood** being Sour, even Astringent.

### **And which will tend to be with:**

- **Carrier Oil** *either* an **Earth** quality to make resonance with change
- **Earth** (IEE) as the **Base Note**
- **Wood** (IEE) for the **Middle and Upper Notes.**

**Usage will be** to put a few drops on **any areas** of your hands and / or feet which appeal to you:

- *choosing no more than **one point or area on each***
- *deciding if you wish to use just one side or bilateral (both sides)*

Begin with evening, before sleeping. If no bigger reactions, also in the morning (after showering!)  
If the evening session gives unwanted dreams or nightmares, just use in the morning.

*If you wish more simple,* that is just as diffusion in a room, use either:

- those Carrier Oils as indicated as an individual Oil
- an individual Essential Oil, choosing according to both effect *plus evaporation time*
- a simple blend of Carrier Oil as a Base, plus one other Essential Oil

## Gems & Stones

Stone Medicine is most easily seen to be used as a support or stabiliser, the nature of stones (and the minerals) being of **Water Element** and a **Cold Nature**. As all modalities, it's usage can be for all pathologies, i.e. the usage of Blood Stone for Healing Trauma, as Bruises, to the 'Blood Vessels'.

If one thinks about support for Seasonal change, making it more simple to put directly into usage:

- Quartz will stabilise. The colours for this season are Yellow, for transformation; Green for new season of Spring.
- However, Quartz is not suited as a main or leading stone for the formula. So, one will pick another stone, maybe one which resonates with your feelings or intentions for this coming period as the leading or 'Principal Stone'; and then Quartz as the support or 'Associate Stone'.
- One can differentiate their function according to amount = size or weight used.

*If that is too complex;* use a only Quartz or *any stone of those colours plus your intentionality.*

Any of these can be used as an Elixir, drinking a small cup of the mineralised water each day.  
Please see this page on my website for PDF information on how to cleanse stones and make an Elixir:  
<http://purpleonyx.net/articles/>

This is the most preferred method to support seasonal change, through the minerals. However, one can also use a suitable stone as placement within a room, working room or bedroom; carried upon one's person; or as jewellery

If using as placement, most ideal will be to place in an Easterly direction and where the stone can reflect light. More translucent stones, such as Gems ☺, more powerfully transmit and move; whilst more opaque stones gather and contain.

Decide yourself which influence you wish; but do experiment *to see if you can actually notice a difference.* Not only now, but also experiment in the next weeks.

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Daoist-Doc



*'Sitting quietly, doing nothing*

*Spring comes, the grass grows of itself`*

Chang Xuan Ren 暢玄人

[www.PurpleOnyx.net](http://www.PurpleOnyx.net)