

Diet, Traditional Chinese Medicine & A Delicious Chicken Salad

BY CHEF RAPHAEL GAMON



We are the result of how and what we eat. The powers contained within – and then released into our bodies from – everything we consume, eat, inhale, see and smell impact us in many ways, both large and small.

Traditional Chinese Medicine (TCM) presents a sophisticated and distinctive body of knowledge and treatment methods. People across the globe have long considered it successful because of its uninterrupted and continued application in the Asiatic world.

Natural remedy references lead discussions among alternative and even mainstream healthcare practitioners, fill physical and online bookstore shelves, and are widely praised in food magazines to promote healthy lifestyles. Still, there is a mystery and magic to this ancient archive of wisdom.

Now, national trading brings us year-round seasonal alternatives in our diet. Rapid developments in preservation have extended storage times far beyond nature's organic limits. Food is manipulated to look better and to taste better. And some if it is even engineered to make us practically addicted.

Some children consume extremely high percentages of processed foods, causing them to battle chains of physical and psychological illnesses that were unassociated with their age only 50 years ago.

Highly processed food is clearly not good for a person to ingest on a long-term basis. In addition to vast amounts of research data made publicly available to support and verify positive endorsements, we are consequently inundated with smart advertising campaigns that seek to comfort and reassure us about the very product we are wary of consuming. Still, we eat and eat, too much and too quickly, day after day.

The more we know about the basic food powers, the better off we will be. TCM incorporates an understanding of basic applications of natural products into its holistic approach to health, an approach that begins with diet.



In this age of processed and refined foods, we are largely disconnected from the raw, source production of food grown in nature, which has



Chef Raphael Gamon

led us to a subsequent and fundamental lack of knowledge about it. However, it is this very knowledge that can help us make the correct food decisions for our individual bodies, lives, and circumstances.

Tomatoes, for example, nourish the eyes, stimulate circulatory function, and help us to produce healthy antibodies that work to counteract cold symptoms. But the benefits don't stop there. The value of other parts of the tomato plant, from the seeds within the fruit to the green leaves on the vine which can strengthen our heart, have also been established. If more of us knew the basics about food in general as it grows in natural conditions and learned to respect the simple, innate need to eat according to the circumstances of our surroundings, we all could lead much healthier, happier, stronger, and wiser lives.



The ancient Egyptians grew and ate rosemary for a multitude of medical purposes. The Greeks cured migraines with rosemary. The Romans recognized

the soothing power of rosemary oil when treating battle wounds, calming both the pain and the mind of the injured. Our great-grandparents knew that rosemary strengthens the heart. Even Shakespeare famously praised rosemary for its power of enhancing memory.

Today cosmetic companies are banking on the old knowledge that rosemary lubricates dry skin, using it in lotions and shampoos. It is remarkable to consider that history has found such a varied use from a single little sprig of a common plant.

Yet this knowledge has also been passed down to us through millennia from ancient China, where the earliest Encyclopedia for Clinical Practice was written by Sun Simiao.

Foods and plants are now dissected, divided and broken down into their components. Genetically manipulated, unripe produce is artificially grown.

It is arrogant to assume we can isolate one singular healthy component and absorb it, expecting a controlled and boosted benefit while disregarding the symphony of perfection that nature presents in her supreme amalgamation as grown under the sun. Vitamin and mineral-enhanced food celluloid, resembling enlarged, perfectly shaped, and mutated versions of out-of-season fruits and vegetables, replace real produce. Some produce is so unnatural, not even insects will eat it.

Chinese Medicine, with its focus on preserving and promoting health along with its unique concepts of disease prevention and treatment, is often regarded today as a discipline with potential for high growth in economic development.

By incorporating this philosophy into the food we put into our bodies on a daily basis, we provide ourselves with the best opportunity to enjoy lengthy, healthy lives.

We begin here by presenting certain recipes designed to place on the table delicious food that is good for a person to eat.

In this issue, we start with a fantastic pomelo and chicken salad. Though often harvested in the spring, year-round crops have now made this exotic fruit widely available throughout every season. Prepared with organic and fresh ingredients, this healthy meal should put a smile on everyone's face and bring satisfaction to every stomach.



About the Chef

Raphael Gamon has become known internationally for his fusion of Traditional Chinese Medicine and French cuisine.

A graduate of the Swiss Culinary Academy, Chef Gamon's "big break" came when he inadvertently taught France's Culture Minister how to bake bread and wound up preparing a meal at the Royal Palace. Since then he has traveled the globe extensively, preparing healthy meals for luminaries and dignitaries throughout Europe, Asia and America.

According to his website, Chef Gamon's signature is "fusing healthy elements into traditional cuisine."

Adds Chef Gamon: "As a chef, I have every power to make a difference and if people measure me by the food that I put on their table, I end up being a good person – and that's important to me! Within little changes, everyone can boost their immune system; old or young can guarantee health and longevity. It's my joy to disclose this old wisdom available to all of us."

For more information or to contact Chef Raphael Gamon, visit his website: www.privatechef.com

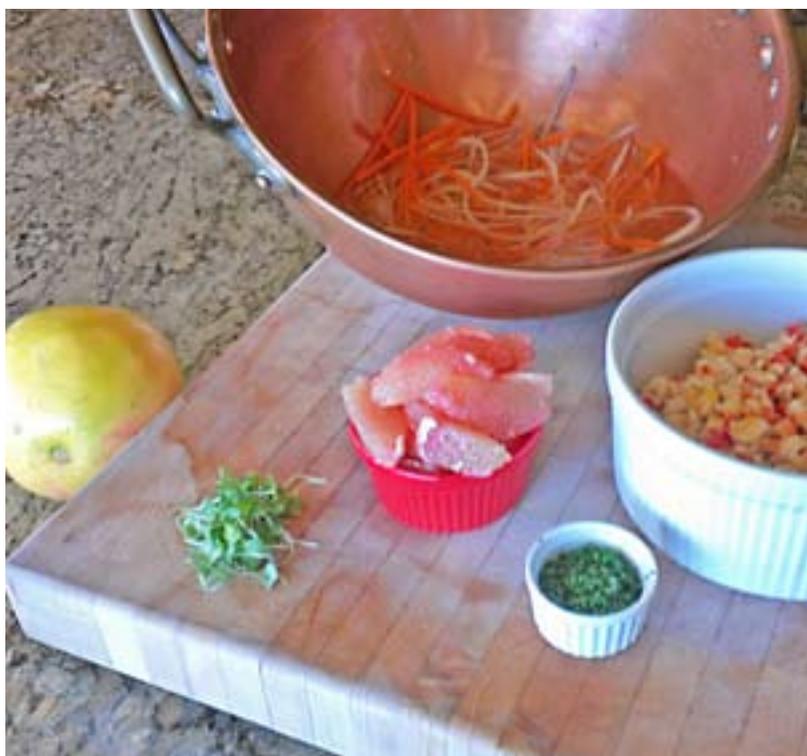
Pomelo & Chicken Salad with Ginger/Lemon Dressing



Serves four

Ingredients:

- 2 chicken breasts (skinless and boneless)
- 1 toe ginger (peeled and finely grated)
- 1 pomelo (peeled)
- 1 carrot (peeled and julienne)
- 1 small zucchini (julienne)
- ¼ daikon (julienne)
- chive and fresh sage to decorate
- 2 tbsp olive oil
- 2 tbsp rice vinegar
- 1 tbsp lemon juice (fresh squeezed)
- 1 dash lemon zest (freshly grated peel)
- salt and pepper (to taste)



Photos by Raphael Gamon

Preparation

Simmer the chicken breasts in hot water until fully cooked (approximately 10 minutes per pound).

Chill the meat and cut it into little pieces.

Julienne (or finely cut) the carrot, zucchini and daikon into long, thin strips. (It is also possible to use a potato peeler to cut the ingredients into thin chips and from there into strips.)

Place the strips of carrot, zucchini and daikon into ice-chilled water, so they curl up.

Fillet the pomelo into pieces by carefully cutting segments between the membranes. (This should be very easy; they peel by hand.)

Mix the oil, vinegar, lemon juice, zest, ginger and spices together, then gently add the chicken meat.

When plating, make a circle with the pomelo segments.

Fill the center with chicken, then top with the vegetable julienne.

Can be made ahead and stored in fridge for two hours.

Health Benefits of Pomelo and Ginger

Pomelo belongs to the citrus family. One of the largest, juiciest fruits on the planet, pomelo is enjoyed for its sour, smack taste and is a gold mine of vitamins, especially Vitamin C. It is also a source of folic acid, essential for young women to ensure the health of future babies. Pomelo also contains a significant amount of heart-strengthening potassium. New studies show that limuloids found in citrus fruits prevent cancer cells from dividing.

Ginger has been praised since ancient times for its rich flavor and medicinal power. It aids digestion, nourishes dry skin, prevents motion sickness, and is newly recommended for people with diabetic symptoms to aid production of healthy red blood cells. *