

The Beginner's TCM Toolbox

Herbs, Foods & Daily Habits for Everyday Balance

Traditional Chinese Medicine (TCM) is all about restoring balance and supporting your body's natural rhythms. This beginner's toolbox gives you a simple way to start using herbs, foods, and habits to feel more energised and centred-one small step at a time.



Herbs to Try

- ☐ Ginger-warms the body and supports digestion
- ☐ Goji berries - nourishes the blood and supports vision
- ☐ Licorice root - balances other herbs and soothes the gut
- ☐ Red dates (jujube) - promotes calm and energy
- ☐ Astragalus - supports immune function
- ☐ Peppermint - clears heat and helps with digestion



Note: Always consult a qualified practitioner before using herbs, especially if pregnant or taking medication.



TCM-Friendly Foods

- ☐ Congee (rice porridge) - easy to digest and grounding
- ☐ Bone broth supports the kidneys and digestion
- ☐ Warm, cooked vegetables - easier on the digestive system
- ☐ Seasonal fruits - avoid extremes like raw tropical fruit in cold seasons
- ☐ Miso or fermented vegetables - supports gut health



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DAILY HABITS FOR BALANCE

- ☐ Drink warm water in the morning
- ☐ Eat meals at regular times
- ☐ Stretch or do light movement (like Qi Gong) in the morning
- ☐ Avoid cold/raw foods, especially in the evening
- ☐ Sleep by 10 pm to support your liver and natural rhythms
- ☐ Take breaks from screens every hour

Note: This information is for educational purposes only and is not a substitute for professional medical advice. Always consult with a qualified health practitioner before starting any new health practices.