

# Ernährung nach den Fünf Elementen

## Gesund durch alle Jahreszeiten



Element	Jahreszeit	Klima	Organ	Grundgeschmack	Ernährungsempfehlung	Charakteristika
☵ Wasser	Winter	kalt	Niere/Harnblase	süß	erhitzend	Wachstum/Entfaltung
☴ Feuer	Sommer	heiß	Magen/Dünndarm	säuerlich	ausdehnend	Milde/Liebe
☷ Erde	Frühling	feuchtig	Milch/Magen	süß	beruhigend	Stärke/Harmonie
☳ Metall	Herbst	trocken	Lunge/Dickdarm	scharf	abschlagend	Fruchtbarkeit/Klarheit
☵ Wasser	Winter	kalt	Niere/Harn	süß	erhitzend	Entspannung/Verdauung

# Ernaahrung Nach Den Faanf Elementen

**Lingjun Ying**



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