

## Hot and Cold Diseases



There are only two diseases despite the variety, numbers. The body, blood, bones, muscles, tendons, skin, spleen, stomach, liver, heart, brain, glands, hormones, stools, mucous, urine, etc. builds up and breaks down (cleanses) largely according to food, nutrients, to which there are only two: building (hot, yang) and cleansing (cold, yin). The correct amount of building and cleansing produces and maintains the correct amount of blood, structure and function where the body mind can thrive. Any amounts, greater or less, in the extreme, tend to produce disease via too much, **OVERBUILT** (high cholesterol, arteriosclerosis, high blood pressure, cirrhosis, gout, warts, tumors, psoriasis, muscular tension, fixed pain, stroke, cancer, anger, violence, etc.) or too little. **UNDER BUILT** (anemia, pallor, fatigue, coldness, amenorrhea, infertility, miscarriage, short term pregnancy, autoimmune illnesses, ADD, edema, fear, depression, etc.) blood, structure and function. There is only one body, biology, therefore only one way to eat, exercise, etc. A woman may menstruate, but she still has to eat the same blood building foods, nutrients, that a man does, in order to rebuild her blood. She also has to eat more during the day than at night, as digestion is stronger during the day. You are not only what you eat, but also what you digest, absorb. One diet (central theme plus two variations and herbs) can prevent and or cure most disease if you know the building up and breaking down nature of the body, structure by structure, function by function and can apply that knowledge to the building up and breaking down nature of food, herbs, climate, sex, gender, etc. Everything builds up and breaks down.

Hot and Cold Diseases is based on traditional Chinese, Ayurvedic and Western medicines, in addition to the questioning and counseling of 30,000+ people. 140+ symptoms, diseases

(anatomy, physiology, diet, nutrition, herbs, exercise, sex, etc.). Simple solutions that can usually be found in your local grocery store and prepared in your own kitchen. Sample articles (40+) may be found my my weblog: ancient medicine weblog.

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**Hot and cold as an explanatory model: the example of Bharuch** Other potential causes for illness distinctive to Hispanic culture include imbalances between hot and cold, supernatural triggers, and envy.<sup>10</sup> **Hot and Cold Diseases - Google Books Result** In both cultures, hot conditions should be managed with cold therapies and vice versa, and any hot-cold imbalance is thought to foster disease. **Naturalistic disease theories - Wikipedia** The present study examines hot and cold spell effects on ischaemic heart disease (IHD) mortality in the Czech Republic during 1994-2009, **Mexican Cultural Profile EthnoMed** In the Hispanic hot/cold theory, diabetes mellitus is a hot disease. Although the use of home remedies is always encouraged, management of this condition **Cold Agglutinin Disease: Practice Essentials, Pathophysiology** Hot-Cold Theory of Illness. He says that at the end of every doctor-patient interaction patients would ask him what to eat during therapy. At first **Cultural beliefs on disease causation in the Philippines: challenge Caring for Latino Patients - American Family Physician** Cold agglutinin disease is a form of autoimmune hemolytic anemia caused In contrast, warm autoimmune hemolytic anemia predominantly **Yin Yang Theory Chinese Medicine - TCM Hot-Cold Explained** In the Hispanic theory of disease, ailments are thought to develop as a result of an imbalance between 2 humors: hot and cold. Based on this principle, specific diseases and conditions are classified as hot (caliente) or cold (frio). **Hot and Cold Diseases: Richard Gary Heft: 9780974791715** The Hot-Cold Theory of Disease Implications for Treatment of Puerto Rican Patients. Alan Harwood, PhD. Author Affiliations. From the Albert **Cultural considerations when working with Mexicans - Human Kinetics** In medical anthropology, naturalistic disease theories are those theories of illness, present They believe that the combination of hot and cold substances will cause an unbalanced system that leads to disease. Therefore, one is expected not **Humoral Systems - LinguisticsOfTemperature** hot-cold disease system. (redirected from hot cold disease system). hot-cold disease system. Ethnomedicine A therapeutic system rooted in classical **Selected References on the Hot-Cold Theory of Disease - jstor** Start studying hot & cold diseases. Learn vocabulary, terms, and more with flashcards, games, and other study tools. **The Hot-Cold Theory of Disease JAMA The JAMA Network** The Hot-Cold Theory of Disease. Implications for Treatment of. Puerto Rican Patients. Alan Harwood, PhD. Many Puerto Ricans classify illnesses, medicines, **The Hot-Cold Theory of Disease Implications for Treatment of Puerto** Related letter: Chagas Disease Is a Consideration in Latino Patients. Abstract . Hot and Cold Illnesses in Traditional Latino Medicine **Hispanic-American Culture and Health - Case Western Reserve** Cold diseases are ones that have invisible symptoms and include earaches, arthritis, stomach cramps and a chest cold. Hot diseases have more visible symptoms and include empacho (indigestion), colico (nausea, vomiting and abdominal cramp), stomach ulcers, fever, headache and sore throat. **The hot-cold theory of disease. Implications for treatment of Puerto** In Chinese medicine, we distinguish patterns of disharmony or disease within the body according to 8 Principles, two of which are Hot and Cold **Hot cold disease system - Medical Dictionary - The Free Dictionary** The weeds (effect, disease) will continue to grow unless you pull them out by the roots (cause). Health and disease are no different. Hot (building) and cold **hot & cold diseases Flashcards Quizlet** Exposure to heat and cold can result in serious injury or death. Travelers should **PROBLEMS ASSOCIATED WITH A HOT CLIMATE. Risk for Travelers. Complementary and Alternative Medicine Use Among - Medscape** Disease is what is happening to science and to populations. Hot and cold theories about illness are widespread, vary from group to group, and may change **Hot/Cold Principle in Chinese Medicine Jade Lotus Wellness** The concepts of hot and cold are important in disease etiologies and systems of food classification in many parts of the world. A number of writers on hot-cold **Cross-Cultural Medicine - American Family Physician** Thus, a good meal will contain both hot and cold foods, and a person with a hot disease must be given cold remedies and vice versa. Again, a person who is **Complementary and Alternative Medicine Use Among - Medscape** An individual's homeostasis is attained by a balance between the hot and cold elements, and an illness is caused by a dominance of either hot **HispanicHealth - hogarhispano - Homestead** The hot-cold theory of disease. Body Fluids/physiology Communication Complementary Therapies Diagnosis Disease Ethnic Groups Folklore\* Humans **Problems with Heat & Cold - Centers for Disease Control and** Hot and Cold Diseases [Richard Gary Heft] on . \*FREE\* shipping on qualifying offers. There are only two diseases despite the variety, numbers. **Dealing with Patients from Other Cultures - Clinical Methods - NCBI** Illnesses may be categorized into those due to hot and cold

imbalances in the body. If a patient suffers from too much hot, the treatment would involve measures **Culturally-based Beliefs About Illness Causation Dimensions of** on the Hot-Cold Theory of Disease by Michale H. Logan. Department of Anthropology, Pennsylvania State University. Few theories in the popular health culture **Sudden change from hot to cold can harm health The National** Mexicans believe that illness can result from an imbalance of hot and cold this belief is tied to the four body humors (blood, yellow bile, phlegm, and black bile).