# Experts reveal how traditional Chinese medicine foods can slow ageing naturally



Experts are increasingly advocating for dietary interventions as a means to combat common ageing concerns, such as grey hair and wrinkles, positing that effective solutions may be readily available in many people's kitchens. Dr Marina Christov, a prominent figure in traditional Chinese medicine (TCM), and Dr Vincent Candrawinata, a clinical nutritionist and researcher in antioxidants, suggest that one need not resort to expensive supplements to maintain a youthful appearance.

Speaking to the Daily Mail, Dr Christov emphasised the TCM focus on disease prevention through dietary choices. "The less pain or physical or mental strain the body has to deal with, the more time it has to repair itself and function at an optimum level," she stated. Dr Candrawinata, 35, echoed this sentiment, highlighting the concept of balance in health, which aligns with TCM principles of yin and yang.

Traditional Chinese medicine gained prominence in the 17th century when it first interacted with Western medical practices. Following a period of waning interest, it experienced a revival in the 1990s, and is currently appealing to younger generations, particularly millennials and Gen Z.

The interview went on to explore specific foods that may help prevent premature greying of hair. The duo identified dark and black foods as particularly beneficial. Varieties such as black sesame seeds, black beans, black cherries, black fungus, mushrooms, and mung beans were suggested as effective dietary components. Dr Candrawinata referred to black sesame seeds as a "tonic to help with premature ageing," explaining their role in nourishing the blood and preserving hair follicle pigmentation. However, he cautioned against relying solely on "heating" foods, which could lead to inflammation, suggesting they should be paired with "cooling" foods like apples and pears for effective results.

Further discussions indicated that maintaining hydration is equally crucial in preventing wrinkles. Dr Christov recommended an intake of white or green teas and vitamin C-rich foods, such as berries, apples, and pears, to aid the body's hydration efforts. "You need constant, gentle hydration to cleanse the liver, get rid of toxins while bringing an infusion of vitamin C," she stated.

Dietary changes should be attuned to seasonal variations, with different foods recommended depending on the time of year. For instance, summer diets should focus on hydrating fruits like watermelon and strawberries, while autumn calls for warming foods such as apples and ginger to prepare the body for winter.

Complementing dietary efforts, Dr Christov highlighted the importance of holistic approaches, specifically referencing the practice of facial acupuncture, which she has introduced to Australia, and cupping therapy for anti-ageing benefits. She warned against short-term solutions like preventative Botox, suggesting such procedures might actually lead to quicker muscle weakening and ageing.

Central to her perspective is the preservation of energy in the body, particularly concerning the adrenals linked to kidney health. Excess stress can disrupt hormonal balance, which may accelerate ageing. Dr Candrawinata provided clarity on the categorisation of foods in Chinese culture, distinguishing between "heating" foods, which promote vitality and nourishment, and "cooling" foods, that support digestive health and calm the mind.

Both experts stressed the importance of a balanced diet, advocating for the consumption of foods from both groups to optimise health benefits. As Dr Candrawinata explained, an imbalance favouring one food group might lead to adverse reactions, such as skin issues.

In closing, Dr Christov advised individuals interested in anti-ageing strategies to consult a qualified practitioner of Chinese medicine to establish a tailored approach, rather than following potentially misleading trends on social media platforms. This expert guidance could be essential for developing a well-rounded, effective anti-ageing regimen.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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