



Eating According to Elemental Balance for Better Health

Pathum Sookaromdee¹, Viroj Wiwanitkit²

¹Private Academic Consultant, Bangkok Thailand.

²Adjunct professor, Joseph Ayobabalola University, Ikeji-Arakeji, Nigeria.

Abstract

The concept of eating according to one's elemental balance is rooted in traditional health beliefs that classify individuals and foods into core elements. This approach emphasizes understanding personal characteristics and aligning dietary habits accordingly to promote overall well-being. This article explores how food can be categorized by elements, how individuals can identify their dominant element based on their birth day, and how applying this knowledge can support better health. In line with the Chulalongkorn University Values Integration Program (CUVIP), this topic reflects the integration of cultural wisdom with personalized learning, encouraging individuals to make informed lifestyle choices for sustainable health.

Keywords: elemental diet, personalized nutrition, holistic health.

Introduction

Diet plays a crucial role in maintaining health and preventing illness. Beyond modern nutritional science, traditional knowledge offers alternative perspectives, such as the concept of eating according to one's elemental balance. This approach encourages individuals to understand their body and adapt their diet accordingly.

Classification of Elements in Food

In traditional practices, foods are often categorized into elements such as:

- Earth element: foods that provide stability and nourishment (e.g., grains, root vegetables)
- Water element: hydrating and cooling foods (e.g., fruits, soups)
- Wind (air) element: light and easily digestible foods (e.g., leafy greens)
- Fire element: warming and stimulating foods (e.g., spices, fried foods)

Balancing these elements in daily meals is believed to support bodily harmony.

Identifying Your Personal Element

An individual's dominant element can be determined through traditional methods, such as their day of birth. Each day is associated with a specific element that reflects physical and emotional tendencies. Understanding one's element helps guide dietary choices and lifestyle adjustments.

Applying Elemental Knowledge to Diet

Once individuals identify their element, they can select foods that help balance their body:

- Those with a fire element may benefit from cooling foods
- Those with a water element may need lighter, less heavy meals
- Those with an air element may require grounding and nourishing foods
- Those with an earth element may benefit from easily digestible options

This personalized approach promotes balance and prevents excess or deficiency.

Benefits of Eating According to Your Element

Adapting diet based on elemental balance may offer several benefits:

- Improved digestion
- Better energy balance
- Reduced risk of certain health issues
- Enhanced overall well-being

While not a replacement for medical advice, this approach can complement modern health practices.

Integrating Elemental Diet with CUVIP Values

The Chulalongkorn University Values Integration Program (CUVIP) encourages learners to apply knowledge meaningfully in daily life. Understanding elemental balance in food reflects personalized learning and cultural awareness. It allows individuals to integrate traditional wisdom with modern perspectives for holistic self-care.

Conclusion

Eating according to one's elemental balance offers a unique and personalized approach to health. By understanding food classifications, identifying personal elements, and applying this knowledge, individuals can enhance their well-being. This practice aligns with emphasis on integrating knowledge into practical and meaningful life decisions.

Reference

Activity Schedule | Activity Details. Eat According to Your Body's Element. Available online at <https://www.cuvip.gened.chula.ac.th/Timetable-Detail.php?id=985>