

Essay VIII | The Five Tastes Practice: Listening to Your Body Through Flavor

第八篇 | 五味觉察练习：通过味道倾听你的身体

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Abstract

This essay presents the five tastes—sour, sweet, bitter, pungent, salty—as a language the body already speaks. Each taste carries specific physiological qualities. A meal with all five conveys a complete message; monotonous tastes numb the body. The five tastes function as a sensory-cognitive feedback system. A week-long taste observation practice is suggested, from noticing one taste per meal to sensing how each lands in the body, restoring discernment and deepening the dialogue with one's own body.

摘要

本文将五味——酸、甜、苦、辛、咸——呈现为身体已经在说的语言。每种味道具有特定生理特征。一餐包含所有五味时，身体接收完整信息；味道单调则麻木。五味作为感官-认知反馈系统。提出为期一周的味道观察练习：从每餐关注一种味道，到感知每种味道在身体中的沉淀，恢复辨别力，加深与自身身体的对话。

Introduction

引言

You are sitting down to eat. The plate in front of you has food you've prepared or ordered. Before you pick up your chopsticks, ask yourself one question: What tastes are here?

你坐下来准备吃饭。面前的盘子里是你自己做的或点的食物。在你拿起筷子之前，问自己一个问题：这里有什么味道？

It sounds simple. But most of us never ask it. We eat without noticing whether the meal is sour, sweet, bitter, pungent, or salty. We eat without realizing that each taste speaks directly to our body — awakening it, calming it, grounding it, clearing it.

这听起来很简单。但我们大多数人从没问过这个问题。我们吃饭时从不注意这餐饭是酸的、甜的、苦的、辣的还是咸的。我们吃饭时没有意识到，每一种味道都在直接对我们的身体说话——唤醒它、安抚它、扎根它、清理它。

In **Chinese food philosophy**, the five tastes are not just about flavor. They are a language — a way for the body to communicate with itself. Sour gathers. Sweet harmonizes. Bitter clears. Pungent moves. Salty grounds. When a meal includes all five, the body receives a complete message. When one taste is missing, the message is incomplete.

在中国饮食哲学中，五味不仅仅是关于味道。它们是一种语言——身体与自己沟通的方式。酸收。甜缓。苦清。辛散。咸润。当一餐包含所有五味时，身体接收到完整的信息。当缺少一种味道时，信息就不完整。

This week, we invite you to practice something simple: before you eat, notice the tastes. And after you eat, notice how your body feels. This is not about cooking perfectly. It's about learning the language your body already speaks.

这一周，我们邀请你练习一件简单的事：吃饭前，注意味道。吃饭后，注意身体的感受。这不是关于完美烹饪。这是关于学习你的身体已经在说的语言。

Section I | Why Tastes Matter — The Body's Response

第一节 | 味道为何重要——身体的回应

Here is something you may not have considered: every time you taste something, your body responds. Not just your tongue — your whole body.

有一件事你可能没想过：每次你尝到味道，你的身体都会回应。不只是你的舌头——你的整个身体。

Try a small experiment. Imagine biting into a lemon. Just imagining it — do you feel a slight tightening in your jaw? A gathering of saliva? That is the body responding to sour. Sour gathers. It pulls things together. It awakens the digestive system and prepares it to receive.

做个小实验。想象咬一口柠檬。仅仅想象一下——你是否感觉到下巴微微收紧？唾液聚集？那就是身体对酸味的回应。酸收。它把事物聚集起来。它唤醒消化系统，准备好接收。

Now imagine a piece of dark chocolate. Bitter. Notice how the sensation is different — clearer, sharper, like a small clearing in your mind. That is bitter clearing. It removes stagnation, sharpens perception, tells the body: pause, pay attention.

现在想象一块黑巧克力。苦的。注意感受的不同——更清晰、更锐利，像心中一片小小的开阔地。那就是苦清。它清除淤滞，锐化感知，告诉身体：停下，注意。

Each taste has its own signature. Sweet harmonizes — it soothes, relaxes, brings a sense of satisfaction. Pungent (spicy) moves — it pushes energy outward, creates circulation, wakes you up. Salty grounds — it anchors, stabilizes, reminds the body of its deep connection to the earth.

每种味道都有自己的特征。甜缓——它安抚、放松，带来满足感。辛散——它推动能量向外，促进循环，唤醒你。咸润——它扎根、稳定，提醒身体与大地深处的连接。

When you eat without noticing tastes, you miss this entire conversation. The body is speaking. You just aren't listening.

当你吃东西不注意味道时，你错过了整个对话。身体在说话。你只是没在听。

Section II | The Five Tastes — A Quick Guide

第二节 | 五味——快速指南

If you are new to this way of eating, here is a simple guide to the five tastes. You don't need to memorize it. Just let it become a background awareness as you eat.

如果你对这种饮食方式还不熟悉，这里有一个五味简单指南。你不需要记住它。只需让它在吃饭时成为背景觉察。

Sour — lemon, vinegar, fermented foods, pickles, sour plums.

Sour gathers. It awakens the digestion and helps the body hold onto fluids. In small amounts, it stimulates appetite. In larger amounts, it can contract and tighten.

酸——柠檬、醋、发酵食品、泡菜、酸梅。

酸收。它唤醒消化，帮助身体保持水分。少量时，它刺激食欲。多量时，它会使身体收缩紧绷。

Sweet — rice, grains, most vegetables, meat, honey, dates.

Sweet harmonizes. It is the most fundamental taste — the taste of nourishment itself. It builds the body, soothes the mind, and brings a sense of contentment. Natural sweetness from whole foods is different from refined sugar, which can overwhelm the system.

甜——米饭、谷物、大多数蔬菜、肉类、蜂蜜、枣。

甜缓。它是最基本的味道——滋养本身的味道。它强健身体，安抚心神，带来满足感。来自天然食物的甜味与精制糖不同，精制糖会让身体系统超载。

Bitter — dark leafy greens, coffee, tea, bitter melon, citrus peel.

Bitter clears. It drains dampness, sharpens the mind, and helps the body let go of what it doesn't need. Many modern diets avoid bitter, but a little bitterness is essential for balance.

苦——深色绿叶菜、咖啡、茶、苦瓜、柑橘皮。

苦清。它排除湿气，清醒头脑，帮助身体释放不需要的东西。许多现代饮食避免苦味，但少量苦味对平衡至关重要。

Pungent — ginger, garlic, chili, onion, pepper, spices.

Pungent moves. It creates a gentle internal warmth, circulates energy, opens the sinuses, and breaks up stagnation. It can be stimulating in small doses, overwhelming in large ones.

辛（辣）——姜、蒜、辣椒、洋葱、胡椒、香料。

辛散。它促进能量循环，打开鼻腔，温暖身体，化解淤滞。少量时刺激，多量时过于强烈。

Salty — salt, soy sauce, miso, seaweed, salted fish.

Salty grounds. It softens hardness, anchors the body, and connects you to the earth. It is essential for life, but excess can stiffen and retain fluids.

咸——盐、酱油、味噌、海带、咸鱼。

咸润。它软化坚硬，扎根身体，让你与大地相连。它是生命必需的，但过量会使身体僵硬、水分滞留。

When you eat, notice which tastes are present. Notice which are missing. Over time, you may start to sense what your body is asking for — without anyone telling you.

当你吃饭时，注意哪些味道存在。注意哪些缺失。随着时间的推移，你可能会开始感知到你的身体在要求什么——不需要任何人告诉你。

Section III | A Real-Life Scene: Thursday Night Takeout

第三节 | 一个真实场景：周四晚上的外卖

Imagine this. Thursday night, 8 p.m. You just finished work. You order from your usual place — maybe Thai, maybe Chinese, maybe something else. The food arrives. You open the container.

想象一下。周四晚上八点。你刚结束工作。你从常去的地方点了餐——可能是泰餐，可能是中餐，也可能是别的。食物到了。你打开餐盒。

Now, instead of reaching for your phone, you pause. You look at the food. You ask: What tastes are here?

现在，不是伸手去拿手机，而是暂停一下。你看看食物。你问：这里有什么味道？

You see red — maybe chili. That's pungent. You see green vegetables — maybe bitter. You see rice — sweet. You see a dark sauce — salty, maybe a little sour if there's vinegar.

你看到红色——可能是辣椒。那是辛。你看到绿色蔬菜——可能是苦。你看到米饭——甜。你看到深色酱汁——咸，如果有醋可能还有点酸。

You take a bite. You notice how the tastes layer on your tongue. The pungent hits first, then the salty, then the sweet from the rice balances it. You notice how your body responds — a slight warming, a settling in your stomach.

你吃一口。你注意到味道在舌头上层层展开。辛先出现，然后是咸，然后米饭的甜平衡了它们。你注意到身体的回应——微微发热，胃里感到安定。

Halfway through the meal, you notice you've had enough. Not because the container is empty, but because your body signals satisfaction. You stop. There's still food left. That's okay.

吃到一半，你注意到你已经够了。不是因为餐盒空了，而是因为身体发出了满足的信号。你停下来。还剩一些食物。没关系。

This is not a perfect meal. It's Thursday night takeout. But by paying attention to tastes, you've turned it into something more: a moment of dialogue with your body.

这不是一顿完美的饭。它是周四晚上的外卖。但通过关注味道，你把它变成了更多的东西：一个与身体对话的时刻。

Section IV | Why This Matters — The Opposite of Numbness

第四节 | 为什么这很重要——麻木的反面

We live in a world that numbs us. Processed food is designed to hit only two tastes — sweet and salty — over and over, until our taste buds stop noticing subtlety. We eat the same flavors daily, and the body stops sending signals because no one is listening.

我们生活在一个让我们麻木的世界里。加工食品被设计成只击中两种味道——甜和咸——一遍又一遍，直到我们的味蕾不再注意细微差别。我们日复一日吃同样的味道，身体停止发送信号，因为没有人在听。

The five tastes practice is the opposite of numbness. It is a way of waking up the senses — one meal at a time.

五味觉察练习是麻木的反面。它是一种唤醒感官的方式——一餐一餐地。

When you start noticing tastes, something shifts. You begin to crave variety — not because you "should," but because your body starts asking for what it's missing. You might find yourself wanting something sour after a week of sweet. You might crave bitter when you've been feeling sluggish.

当你开始注意味道时，一些东西开始转变。你开始渴望多样性——不是因为你“应该”，而是因为你的身体开始要求它所缺失的东西。你可能会在吃了几天甜食后想要点酸的。当你一直感到昏沉时，你可能会渴望苦味。

This is not a diet. This is not a rule. It is simply the body's intelligence, finally being heard.

这不是节食。这不是规则。这只是身体的智慧，终于被听见了。

Section V | A Simple Practice for the Week

第五节 | 本周的一个简单练习

Here is a practice you can do this week. It takes five minutes a day. It requires nothing but your meals.

这是本周你可以做的一个练习。每天只需五分钟。只需要你的餐食。

Day 1 — Observe one taste

Choose one meal. Before eating, identify one taste in the food. Just one. Notice how it feels on your tongue, and how your body responds.

第一天——观察一种味道

选择一餐饭。吃饭前，辨认食物中的一种味道。就一种。注意它在舌头上的感觉，以及身体的反应。

Day 2 — Two tastes

In another meal, notice two tastes. How do they interact? Does one dominate? Does the other balance it?

第二天——两种味道

在另一餐中，注意两种味道。它们如何互动？一种占主导吗？另一种平衡它吗？

Day 3 — Missing taste

Ask yourself: in this meal, what taste is missing? Would a squeeze of lemon (sour) brighten it? Would a pinch of salt (salty) deepen it?

第三天——缺失的味道

问自己：在这餐中，缺少什么味道？挤一点柠檬（酸）会让它更鲜明吗？捏一点盐（咸）会让它更深沉吗？

Day 4 — Body response

After a meal, pause for two minutes. Notice how your body feels. Energetic? Heavy? Satisfied? See if you can connect that feeling to the tastes you ate.

第四天——身体反应

吃完一餐后，暂停两分钟。注意身体的感觉。有活力？沉重？满足？看看你是否能把那种感受与你吃过的味道联系起来。

Day 5 — One new taste

If you cook this week, try adding one taste you don't usually use. A splash of vinegar. A pinch of bitter greens. A slice of ginger. Just one small addition.

第五天——一种新味道

如果你本周做饭，尝试加入一种你通常不用的味道。一点醋。一小把苦味蔬菜。一片姜。就一小样。

Day 6 — Eating out

If you eat out or order in, do the same practice. Even fast food has tastes. Notice them.

第六天——外食

如果你外出就餐或点外卖，做同样的练习。即使是快餐也有味道。注意它们。

Day 7 — Reflect

Look back on the week. What did you notice? Did any meal feel different? Did your body speak more clearly?

第七天——回顾

回顾这一周。你注意到了什么？有哪一餐感觉不同？你的身体说话更清晰了吗？

Section VI | From Practice to Deeper Learning

第六节 | 从练习到深度学习

This simple practice — noticing the five tastes — is a doorway. It opens into a much larger world: the world of **Chinese food philosophy**, where food is not just fuel but medicine, where cooking is not just labor but self-care, where eating is not just consumption but connection.

这个简单的练习——关注五味——是一扇门。它通向一个更广阔的世界：**中国饮食哲学**的世界，在那里食物不仅是燃料更是药物，烹饪不仅是劳动更是自我关怀，吃饭不仅是消费更是连接。

If this week of practice has sparked something in you — curiosity, a desire to learn more, a wish to go deeper — we invite you to explore what comes next.

如果这一周的练习在你心中点燃了什么——好奇心、想学更多的愿望、想更深入的渴望——我们邀请你探索接下来会发生什么。

At HanFlow, we offer guided practices and online courses that build on these simple beginnings. You've already started. You've taken the first bites. Now you might want to sit at the table a little longer.

在 HanFlow，我们提供引导练习和在线课程，建立在这些简单的开始之上。你已经开始了。你已经吃了第一口。现在你可能想在餐桌旁多坐一会儿。

Conclusion | Your Body Already Knows

结语 | 你的身体已经知道

You don't need to become a chef. You don't need to master ancient texts. You just need to pay attention — to the tastes already on your plate, to the responses already in your body.

你不需要成为厨师。你不需要精通古籍。你只需要关注——关注已经在你盘子里的味道，关注已经在身体里的反应。

The five tastes are not a foreign language. They are your body's native tongue. You've just forgotten how to listen.

五味不是一门外语。它们是你身体的母语。你只是忘了怎么听。

This week, try listening. One meal at a time. One taste at a time. And if you find yourself wanting to learn more, you know where to find us.

这一周，试着倾听。一餐一餐地。一味一味地。如果你发现自己想学更多，你知道在哪里能找到我们。

At HanFlow, we're here — not to teach you what to eat, but to help you hear what your body has been saying all along.

在 HanFlow，我们在这里——不是为了教你吃什么，而是为了帮助你听见你的身体一直在说的话。