

DAMP HEAT

The following list of dietary suggestions is based on Chinese medicine principles to aid in your treatment.

Beneficial Foods

- alfalfa sprouts
- arugula
- azuki beans
- barley
- broccoli
- carrot
- cauliflower
- celery
- daikon
- eggplant
- legumes
- lettuce
- millet
- mung beans
- napa cabbage
- olive oil (small amounts)
- peas
- radish
- root vegetables (small amounts)
- spinach
- swiss chard
- tofu
- tomato
- watercress
- wheat

LIVER/GALLBLADDER

- celery
- chrysanthemum tea
- dandelion tea
- kelp
- leafy greens
- lettuce
- mung beans
- peppermint tea
- shiitake mushroom
- sprouts
- tofu

URINARY BLADDER

- asparagus
- azuki beans
- barley
- blueberries
- celery
- cranberry juice
- dandelion tea
- green tea
- lemon water
- mung beans
- watermelon

Foods to Avoid

- alcohol
- black pepper
- cheese
- chilies
- chocolate
- cinnamon
- coffee
- deep fried foods
- eggs
- fatty meat
- garlic
- ginger
- greasy foods
- horseradish
- mustard
- nuts and seeds (to excess)

prawn

salt

sugar

sweeteners

vinegar

Special Preparations:

Other Suggestions: eat less, mostly light, simple foods, some raw foods and juices, lots of lightly cooked leafy greens

Specific instructions from your intern: