

DAMPNESS & PHLEGM

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

Beneficial Foods

- | | | |
|---|--|---|
| <input type="checkbox"/> azuki bean | <input type="checkbox"/> fresh ginger | <input type="checkbox"/> pumpernickel |
| <input type="checkbox"/> barley | <input type="checkbox"/> garlic | <input type="checkbox"/> pumpkin |
| <input type="checkbox"/> basil | <input type="checkbox"/> green tea | <input type="checkbox"/> quail |
| <input type="checkbox"/> broad bean | <input type="checkbox"/> horseradish | <input type="checkbox"/> radish |
| <input type="checkbox"/> buckwheat | <input type="checkbox"/> lean organic free range meats | <input type="checkbox"/> red tea |
| <input type="checkbox"/> cardamom | <input type="checkbox"/> lettuce | <input type="checkbox"/> rye |
| <input type="checkbox"/> celery | <input type="checkbox"/> mustard | <input type="checkbox"/> shallots |
| <input type="checkbox"/> cilantro | <input type="checkbox"/> nutmeg | <input type="checkbox"/> sourdough bread |
| <input type="checkbox"/> clam | <input type="checkbox"/> oats | <input type="checkbox"/> sweet potato/yam (small amounts) |
| <input type="checkbox"/> clove | <input type="checkbox"/> onion | <input type="checkbox"/> thyme |
| <input type="checkbox"/> corn | <input type="checkbox"/> oregano | <input type="checkbox"/> turnip |
| <input type="checkbox"/> caraway | <input type="checkbox"/> pepper (white & black) | <input type="checkbox"/> watercress |
| <input type="checkbox"/> dill | <input type="checkbox"/> potato | |
| <input type="checkbox"/> extra virgin olive oil | | |

LUNGS & SINUSES

- | | | |
|--------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> cayenne | <input type="checkbox"/> garlic | <input type="checkbox"/> radish |
| <input type="checkbox"/> daikon | <input type="checkbox"/> ginger | <input type="checkbox"/> shallot |
| <input type="checkbox"/> fennel seed | <input type="checkbox"/> horseradish | <input type="checkbox"/> turnip |
| <input type="checkbox"/> fenugreek | <input type="checkbox"/> mustard greens | <input type="checkbox"/> watercress |
| | <input type="checkbox"/> onion | |

Foods to Avoid

- | | | |
|-------------------------------------|--------------------------|------------|
| avocado | fruits (raw & dried) | sweeteners |
| beer | ice cream | tempeh |
| butter | lard | tofu |
| chocolate | margarine | vinegar |
| dairy | nuts & seeds (in excess) | wheat |
| eggs | salt | |
| fatty meat (especially pork & duck) | soy milk | |
| | sugar | |

all foods should be cooked and warm
avoid deep fried & junk foods
avoid late night eating
eat small meals
low intake of fats, oils, dairy, and sugar

Special Preparations

Other Suggestions: the diet should consist of 40-50% vegetables, 10% lean protein, and 30-40% carbohydrates (especially rice, barley, millet, and oats)

Specific instructions from your intern: