

HEAT & FIRE

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

Beneficial Foods

- | | | | |
|---|--------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> alfalfa sprouts | <input type="checkbox"/> cauliflower | <input type="checkbox"/> millet | <input type="checkbox"/> tofu |
| <input type="checkbox"/> apple | <input type="checkbox"/> celery | <input type="checkbox"/> mung beans | <input type="checkbox"/> tomato |
| <input type="checkbox"/> asparagus | <input type="checkbox"/> chard | <input type="checkbox"/> pear | <input type="checkbox"/> watermelon |
| <input type="checkbox"/> barley | <input type="checkbox"/> crab | <input type="checkbox"/> radish | <input type="checkbox"/> wheat |
| <input type="checkbox"/> beef | <input type="checkbox"/> cucumber | <input type="checkbox"/> soy milk | <input type="checkbox"/> yogurt |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> eggplant | <input type="checkbox"/> spinach | <input type="checkbox"/> zucchini |
| <input type="checkbox"/> cabbage (savoy & napa) | <input type="checkbox"/> kelp | <input type="checkbox"/> spirulina | |
| | <input type="checkbox"/> lettuce | <input type="checkbox"/> tempeh | |

LUNG HEAT

- apple
- cabbage
- carrot
- cauliflower
- lemon
- peach
- pear
- pumpkin
- radish
- spinach
- strawberry
- swiss chard
- watercress
- white wood ears

STOMACH HEAT

- arugula
- avocado
- banana
- barley
- cabbage
- cabbage juice
- cucumber
- lettuce
- millet
- oat
- porridge
- rice
- soy milk
- spinach
- tofu
- watercress
- yogurt

LIVER HEAT

- celery
- cucumber
- daikon
- dandelion
- kelp
- lettuce
- millet
- mung beans & sprouts
- peppermint
- radish
- tofu
- watercress

BLOOD HEAT

- celery
- eggplant
- lemon
- lettuce
- olives
- persimmon
- spinach
- swiss chard

Foods to Avoid

- | | | | |
|--------------|-----------|-------------|------------------|
| alcohol | chocolate | ginger | prawn |
| black pepper | cinnamon | heated oils | red meat |
| cheese | coffee | horseradish | salt (in excess) |
| chicken | eggs | mustard | vinegar |
| chilies | garlic | peanuts | |

Special Preparations: short cooking times, steam, stir fry, soups, and broths, lots of vegetables, small amounts of raw foods (salads, sprouts, juices), lots of liquids; avoid deep frying, BBQ, roasting, and overeating

Other Suggestions

Acute Patterns: drink plenty of room temperature fluids (water, fruit/vegetable juices, broths, teas), pungent cool dispersing foods (peppermint, pear, radish, watercress, cabbage); avoid lamb, beef, chicken, shellfish, warming spices

Chronic Patterns: cook foods lightly (steam or stir fry), some raw foods are okay, increase amounts of celery, cucumber, and beets; avoid roasting, frying, deep frying, alcohol, coffee, red meats, rich creamy foods, and fried foods

Specific instructions from your intern: