

## LUNG QI DEFICIENCY

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

### **Beneficial Foods**

- |                                       |                                     |                                             |
|---------------------------------------|-------------------------------------|---------------------------------------------|
| <input type="checkbox"/> anchovies    | <input type="checkbox"/> garlic     | <input type="checkbox"/> peppers            |
| <input type="checkbox"/> barley       | <input type="checkbox"/> kidney     | <input type="checkbox"/> pumpkin            |
| <input type="checkbox"/> barley malt  | <input type="checkbox"/> lamb       | <input type="checkbox"/> rice               |
| <input type="checkbox"/> beef         | <input type="checkbox"/> leek       | <input type="checkbox"/> rice syrup         |
| <input type="checkbox"/> black beans  | <input type="checkbox"/> liver      | <input type="checkbox"/> spelt              |
| <input type="checkbox"/> carrot       | <input type="checkbox"/> mackerel   | <input type="checkbox"/> squash             |
| <input type="checkbox"/> chicken      | <input type="checkbox"/> molasses   | <input type="checkbox"/> stewed fruit       |
| <input type="checkbox"/> chickpeas    | <input type="checkbox"/> nutmeg     | <input type="checkbox"/> sweet potato       |
| <input type="checkbox"/> chilies      | <input type="checkbox"/> oats       | <input type="checkbox"/> tea (acid, spiced) |
| <input type="checkbox"/> cinnamon     | <input type="checkbox"/> onion      | <input type="checkbox"/> tuna               |
| <input type="checkbox"/> corn         | <input type="checkbox"/> palm sugar | <input type="checkbox"/> turnip             |
| <input type="checkbox"/> dates        | <input type="checkbox"/> parsnip    | <input type="checkbox"/> walnuts            |
| <input type="checkbox"/> fennel       | <input type="checkbox"/> peas       | <input type="checkbox"/> yams               |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> pepper     |                                             |

### IMMUNE BOOSTING FOODS

- cinnamon
- ginger
- mushrooms (maitake, reishi, shiitake)
- shark liver oil

### **Foods to Avoid**

- |                        |                            |                    |
|------------------------|----------------------------|--------------------|
| alcohol                | lard                       | spinach            |
| avocado                | margarine                  | sprouts            |
| beer                   | millet                     | sugar/sweeteners   |
| butter                 | nuts and seeds (in excess) | sweets (in excess) |
| chard                  | pork                       | tempeh             |
| chocolate              | raw vegetables             | tofu               |
| dairy                  | salads                     | tofu               |
| duck                   | salt                       | tomato             |
| eggs                   | salt                       | vinegar            |
| fatty meat             | seaweed                    | wheat              |
| fruits (raw and dried) | soy milk                   |                    |
| ice cream              |                            |                    |

**Special Preparations:** congees, soups, stews

**Other Suggestions:**

**Specific instructions from your intern:**