

LIVER QI STAGNATION

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

Beneficial Foods

- asparagus
- basil
- beets
- broccoli
- brussel sprouts
- cabbage
- cardamom
- cauliflower
- citrus
- coffee (one cup)
- cumin
- dill
- extra virgin olive oil
- fennel
- garlic
- ginger
- horseradish
- Jerusalem
- mint
- molasses
- mustard greens
- onions
- pepper
- peppermint
- pickles
- plums
- small amounts of organic free
- small amounts of red wine or
- sour cherries
- sourdough rye
- sprouted grains
- taro
- turmeric
- turnip
- vinegar
- watercress

Foods to Avoid

beer
cheese
chilies
cream
eggs
food colorings

foods high in saturated
fats
ice cream
lard
liquor
margarine
nuts

peppers
pizza
preservatives
raw vegetables
red meat
salads
shortening

Special Preparations

poach
steam
stir fry

Other Suggestions

avoid eating when upset or under pressure
avoid skipping meals, eating quickly, or overeating
eat less
larger meals earlier in the day
mostly light, mildly spicy foods

Specific instructions from your intern: