

PHLEGM-HEAT

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

Beneficial Foods

- | | |
|--|--|
| <input type="checkbox"/> bamboo shoots | <input type="checkbox"/> rice milk |
| <input type="checkbox"/> kelp | <input type="checkbox"/> seaweed |
| <input type="checkbox"/> pears | <input type="checkbox"/> shiitake mushroom |
| <input type="checkbox"/> persimmon | <input type="checkbox"/> turnip |
| <input type="checkbox"/> radish | <input type="checkbox"/> watercress |

Foods to Avoid

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|----------------------|--------------------------|
| alcohol | nuts & seeds (in excess) |
| avocado | pineapple |
| bananas | salt |
| chocolate | soy milk |
| coffee | soy sauce |
| dairy (all products) | sugar |
| eggs | tempeh |
| fatty meat | tofu |

Special Preparations:

Other Suggestions: lightly cooked leafy greens, light meals, some raw foods, eat less

Specific instructions from your intern: