

## **SPLEEN 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"/> pepper       |
| <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"/> cinnamon     | <input type="checkbox"/> oats       | <input type="checkbox"/> tuna         |
| <input type="checkbox"/> corn         | <input type="checkbox"/> onion      | <input type="checkbox"/> turnip       |
| <input type="checkbox"/> dates        | <input type="checkbox"/> palm sugar | <input type="checkbox"/> walnuts      |
| <input type="checkbox"/> fennel       | <input type="checkbox"/> parsnip    | <input type="checkbox"/> yams         |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> peas       |                                       |

### **WITH DAMPNESS**

- |   |                                      |                                       |
|---|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> alfalfa  | <input type="checkbox"/> celery      | <input type="checkbox"/> pumpkin      |
| <input type="checkbox"/> amaranth   | <input type="checkbox"/> corn        | <input type="checkbox"/> raw honey    |
| <input type="checkbox"/> azuki beans  | <input type="checkbox"/> corn silk   | <input type="checkbox"/> rye          |
| <input type="checkbox"/> bitter herbs<br>(chaparral,<br>chamomile, Pau<br>d'Arco) | <input type="checkbox"/> goat's milk | <input type="checkbox"/> scallion     |
|   | <input type="checkbox"/> kohlrabi    | <input type="checkbox"/> turnip       |
|   | <input type="checkbox"/> lettuce     | <input type="checkbox"/> white pepper |

### **Foods to Avoid**

chard  
excess sweets  
millet  
raw fruit  
raw vegetables

salads  
salt  
seaweed  
spinach  
sprouts

tofu  
tomatoes  
wheat

### **WITH DAMPNESS**

antibiotics  
beer  
chocolate  
dairy

ice cream  
nut butters  
nuts & seeds  
processed foods

sugar  
vitamin C (over 1-  
2g/day)

**Special Preparations:** cooked and warm foods, soups, broths, stews, congees

**Other Suggestions:** light exercise, deep breathing, smaller meals more often, regular meal times; avoid late night eating, skipping meals, eating while working, overeating, and drinking excessive fluids before or with meals

**Specific instructions from your intern:**