

SPLEEN YANG 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"/> kidney | <input type="checkbox"/> rice |
| <input type="checkbox"/> barley | <input type="checkbox"/> lamb | <input type="checkbox"/> rice syrup |
| <input type="checkbox"/> barley malt | <input type="checkbox"/> lamb | <input type="checkbox"/> rosemary |
| <input type="checkbox"/> beef | <input type="checkbox"/> leek | <input type="checkbox"/> shrimp |
| <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"/> chestnuts | <input type="checkbox"/> molasses | <input type="checkbox"/> star anise |
| <input type="checkbox"/> chicken | <input type="checkbox"/> nutmeg | <input type="checkbox"/> stewed fruit |
| <input type="checkbox"/> chickpeas | <input type="checkbox"/> oats | <input type="checkbox"/> sweet potato |
| <input type="checkbox"/> cinnamon | <input type="checkbox"/> onion | <input type="checkbox"/> tuna |
| <input type="checkbox"/> corn | <input type="checkbox"/> palm sugar | <input type="checkbox"/> turmeric |
| <input type="checkbox"/> dates | <input type="checkbox"/> parsnip | <input type="checkbox"/> turnip |
| <input type="checkbox"/> fennel | <input type="checkbox"/> peas | <input type="checkbox"/> walnuts |
| <input type="checkbox"/> garlic | <input type="checkbox"/> pepper | <input type="checkbox"/> yams |
| <input type="checkbox"/> ginger (fresh and dried) | <input type="checkbox"/> prawn | |
| | <input type="checkbox"/> pumpkin | |

Foods to Avoid

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|---------------------|-----------|--------------------|
| chard | salads | sprouts |
| iced or cold drinks | salt | sweets (in excess) |
| kelp | seaweed | tofu |
| millet | soy beans | tomato |
| raw fruit | soy milk | vinegar |
| raw vegetables | spinach | wheat |

Special Preparations:

Other Suggestions:

Specific instructions from your intern: