

Dietary Recommendations According to Eastern Principles

Diet is one of the most influential factors affecting our health and it is also one that we have the most control over. With proper diet and lifestyle we can not only recover from diseases quicker, but also avoid illness altogether.

According to Eastern Nutrition Principles every food has an affect on the body. Foods are described by flavor and nature. Foods can be either hot, warm, neutral cool or cold in nature. The flavors are normally broken into six groups; sour, bitter, sweet, spicy, salty, and bland. Each of these flavors has an

affinity for specific organs and Qi pathways. Eating the right foods according to your body type and health concerns can help your body recover from problems as well as keep you from becoming ill.

These recommendations are a simplified list that you can use in conjunction with other modalities such as acupuncture and exercise. These are simple guidelines and by no means complete. Ask your acupuncturist which category applies to you and help you self eat better.

□ **Spleen Channel Imbalances**

Please minimize or avoid the following foods or drinks which may weaken spleen channel function.

Raw Salads, Fruits or Vegetables, Sweet foods, Sugar, Cold Drinks, Colds Foods, Greasy or Fatty Foods, Fruit Juices, Dairy Products, Heavy Gains

Please increase the amount of the following foods:

Cooked vegetables, Rice, Soups, Warm food which are easily digestible, Foods that have a mild taste, Teas, Spices like pepper, cardamom, ginger, cloves nutmeg, orange zest and fennel

** Also eat smaller and more frequently*

□ **Liver Channel Imbalances:**

Please minimize or avoid the following foods or drinks which may aggravate the Liver energy system.

Alcohol, Greasy, Fatty or Fried Foods, Caffeine, Hard to digest foods, Sour foods or drinks, Foods that are hard to break down, Hot or spicy foods.

Please increase the amount of the following foods:

Fresh green leafy vegetables, Mint, Tofu, Milk Thistle tea, Foods which are "Cool" in nature, fresh fruits

□ **For Kidney Channel Weakness**

Please minimize or avoid the following foods:

Alcohol, Artificial Sweeteners, Frozen or cold liquids, Caffeine, Strong stimulants

Please increase the amount of the following foods:

Black Walnuts, Sesame Seeds, Warm Liquids, Natural sweeteners (ie: Stevia), Mushrooms such as Reishi, Shitake, and Cordyceps

Food For Thought:

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□ For “Phlegm” Conditions

Please minimize or avoid the following foods:

Dairy products, Rich hard to digest foods, Sugar/Sweets, Oily, Fried, or Greasy Foods, Red Meat

Please increase the amount of the following foods:

Whole grains, Warm Beverages, Easy to digest foods like broth soups

□ For Lung “Dryness”

Please minimize or avoid the following items

Hot, Spicy Foods, Alcohol, Cigarettes, Caffeine

Please increase the following foods:

Fresh fruits, especially pears, Lily Bulb Teas, Watery Vegetables like cucumbers

** Some meat and dairy may be okay as long as there are not other complications in your condition*

□ For “Damp Heat” Conditions

Please minimize or avoid the following foods:

Sugar/Sweets, Spicy, Hot Foods, Alcohol, Nuts, Greasy Oily Fried Foods, Red Meat

Please increase the amount of the following foods:

Green Leafy Vegetables, Cucumbers, Yogurts, Tofu, Chicken, Fish

□ For Blood Deficiency Conditions

Please increase the amount of the following foods:

Cooked green leafy vegetables, Broth soups from meat, Animal protein, Black Beans, Soy Protein from tofu or other sources

Please be advised that these are only minor recommendations for diet. To learn more about eastern nutrition and how it can help you feel the best you can, consult your acupuncturist or eastern nutritionist. In addition to the following recommendations remember to eat fresh foods ideally grown and prepared without chemicals, pesticides or preservatives. Avoid foods with refined sugars, excessive salt, or saturated fat. Make sure that all meats cooked thoroughly to avoid any bacteria or parasites. Keep vegetables cooked for short times to conserve the vitamin and nutrient content. Increasing fiber is also a good way for most people to keep their digestive system operating at its best.