



WILD ROOTS

TRADITIONAL CHINESE MEDICINE
& ACUPUNCTURE CLINIC

Dr. Andrea Hansen

Doctor of Traditional Chinese Medicine
R. Acupuncturist, R. Herbalist

www.wildrootsclinic.ca

Foods to Moisten and Heal Dryness

Dryness primarily affects the lungs and stomach and their associated structures. Dryness may or may not be associated with a deficiency of yin. Patients can experience dryness without yin deficiency, but rarely yin deficiency without some dryness. Normal body fluids are the most superficial of the body's yin and the most easily damaged and replenished. Foods to moisten dryness tend to be lubricating and mucilaginous, and thus are different from those that build yin, which tend to be deeply nourishing and protein rich.

Foods to moisten the Lungs:

Small quantities of milk and dairy products such as butter and yogurt, pear, apple, banana, tofu, tempeh, soy milk, barley, millet, black and white fungus (wood ears), almond, pine nut, peanut, sesame seed, eggs, pork, herring.

Foods to moisten the stomach:

Tofu, asparagus, slippery elm powder, barley, millet, rice, sweet rice, oats, roasted barley, mung beans, sweet potato, pear, spirulina, mackerel, and sardines.

Foods to moisten the bowel:

Spinach, prunes, figs, pears, most nuts and seeds (especially hemp seeds), almonds, chia seeds, and flax seeds.

Restrict or Avoid

Hot, pungent, bitter and dispersing substances-spicy foods; tobacco, chillies, coffee, bitter melon, lemon

Adapted From: Maclean, Will and Jane Lyttleton. (1998) Clinical Handbook of Internal Medicine. MacArthur, University of Western Sydney.