



WILD ROOTS

TRADITIONAL CHINESE MEDICINE
& ACUPUNCTURE CLINIC

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Foods to clear damp and phlegm mixed with heat

The principles to clear phlegm and damp mixed with heat are similar to those applicable to the heat clearing and the damp drying diet depending on the rations at hand. Individuals will vary in their responses, and experimentation with varying mixtures of raw, cooked and carbohydrate rich food is necessary.

The damp / phlegm heat pathogen is difficult to manage with diet alone because it calls for both the approaches for a heat clearing diet (which prefers cool, raw and watery foods) and the damp / phlegm clearing diet (which prefers cooked and stewed foods, and no raw, cold or chilled foods or drinks).

The major feature of an anti damp heat diet is the avoidance of the specific foods that aggravate damp heat, notably alcohol, cheese, deep fried foods, and fatty meats.

When there is more phlegm than damp, and phlegm tends to congeal in the lungs, choosing specific foods with an affinity for the lungs such as pears are helpful.

Eat less at each meal, light simple foods, some raw foods and juices; plenty of lightly cooked leafy greens.

Foods to eat more of

Millet, wheat, barley, aduki beans, celery, carrot, spinach, swiss chard, eggplant (aubergine), tomato, broccoli, peas, cauliflower, asparagus, lemon, cranberry, watercress, rocket (arugula), lettuce, radish, daikon, legumes, tofu, tempeh, green and red tea, water.

Sparingly: olive oil, root vegetables.

Liver/Gallbladder mung beans, mung bean and alfalfa sprouts, celery, kelp, lettuce, tofu, leafy greens, shiitake mushroom, peppermint tea, chrysanthemum tea, dandelion tea.

Urinary Bladder aduki bean, mung bean, barley water, celery, asparagus, diluted lemon juice, cranberry juice, blueberries, watermelon, dandelion tea, green tea.

Foods to avoid

Alcohol, greasy or oily food, deep fried food, fatty meat, eggs, cheese, sugar, concentrated sweeteners, chocolate, "junk food", nuts and seeds, (especially peanuts) chillies, cinnamon, ginger, black pepper, garlic, mustard, horseradishes, coffee, vinegar, prawns, mantis shrimp, excessive salt.

Phlegm heat more specifically

Eat less, light simple foods, some raw foods and juices; plenty of light cooked leafy greens

Foods to eat more of

bamboo shoots, watercress, radish, kelp, seaweed, turnip, persimmon, shiitake mushroom, rice milk

Foods to avoid

All dairy products, ice cream, sugar, fatty meats, eggs, tofu, tempeh, soy milk, soy sauce, nuts and seeds (especially peanuts) bananas, avocados, pineapple, salt, coffee, alcohol, chocolate

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

