Proper nutrition is essential for good health and a rich life, and is an important part of Oriental Medicine (OM), though often overlooked. At its core, the purpose of food is to nourish the body and maintain health and vitality. It is preventative medicine. The majority of today’s illnesses are chronic and entirely preventable. Roughly 75% of healthcare spending goes to treating preventable diseases and about ½ of the adult population in the United States have chronic health conditions. Proper nutrition in the form of a lifestyle diet should be key whether promoting well-being or when treating disharmonies in the body.

Nutritional therapy is often quite effective at treating common pathologies based on an OM diagnosis like qi deficiency or blood deficiency, but sometimes nutritional therapy may not be enough. This is often seen in diagnoses like qi stagnation or blood stasis. Nutritional therapy can, however, be an excellent supplemental therapy used in conjunction with other OM modalities like acupuncture or herbs. The nutritional principles discussed in this pamphlet can be applied to any type of cuisine or style of cooking.

This guide is intended to be used to help you develop healthy eating habits and begin the journey to a healthy lifestyle. It is important to note that no one diet is good for everyone. These recommendations are guidelines, not rules, and are used to aid in health and wellbeing, but may need to be modified to best suit individual needs and requirements. It is best to work with your practitioner, who is able to accurately diagnose and suggest dietary advice based on the presenting OM pattern or diagnosis.

### General Eating Habits

- Eat in a calm and relaxed atmosphere and do not rush your meal
- Avoid intense interactions at meal time, including television and reading
- Chewing food thoroughly supports spleen qi
- Don’t eat meals late at night
- Avoid overconsumption and excessive fasting

### Foods That Should Be Avoided

**Avoid:**
- Raw, cold food, and iced beverages
- Excessive dairy
- Oily, greasy, and fried foods
- Refined sugar and limit overly sweet foods like fruit
- Refined carbohydrates
- Excessive alcohol intake
- Excessive meat consumption

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**Footnotes**

**Daily Dietary Guidelines**

### General Nutrition

#### Books

### Vegetables
1-3 cups per day; limit starchy vegetables to ½ cup

Organic is best, but conventionally grown produce is better than none

Larger portion of:
- asparagus, artichoke, bamboo shoots, bean sprouts, beets, brussel sprouts, cabbage, cauliflower, carrots, celery, chards, chives, collard greens, cucumber, eggplant, green beans, green onions, garlic, kale, kohlrabi, lettuce, mushroom, mustard greens, okra, olives, onion, parsley, peppers, pickles, pumpkin, radish, rhubarb, spinach, water chestnuts, watercress

Moderate portion of:
- bell peppers, peas, parsnips, potatoes, squashes, sweet potatoes, pumpkins, turnips, yams

Limit raw vegetables and salads, especially in cold months and with cold symptom patterns

#### Legumes
Roughly ½ cup per day
- chickpeas, kidney beans, lentils, lima beans, mung beans, pinto beans, peas

#### Nuts and Seeds
¼ cup per day
- Raw, shelled nuts are best
- almonds, chia seeds, flax seeds, pinon nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

#### Grains
½ cup per day

Large portions of:
- quinoa, sprouted grains, wild rice

Moderate to small portions of:
- amaranth, barley, rice, corn, millet, oats, wheat

Avoid:
- foods made with white flour such as pasta, and breads

#### Meats and Protein
6 oz

Eat twice as many vegetables as meat. Organic, grass fed, free range, humanely raised meat, and wild-caught fish is best

**Meats and Protein (cont’d)**
- beef, chicken, cold water fish like tuna and salmon, eggs, lamb, pork

Avoid:
- processed meats

#### Fruits
½ cup

Large portions of:
- tomato, avocado

Moderate portions of:
- apples, berries, cantaloupe, cherries, figs, grapes, lemons, mandarins, oranges, papaya, peaches, pears, pineapple, plum, raisins, watermelon

Avoid:
- concentrated / refined fruit juices

#### Dairy
- cheese, cottage cheese, milk, sour cream, yogurt

Avoid:
- ice cream and frozen yogurt

#### Sugar
Small amounts of:
- raw honey, stevia, dark chocolate

Avoid:
- white sugar, fructose, high fructose corn syrup, artificial sweeteners

#### Fats and Oils
Healthy fats can be used generously:
- high heat oils like butter, coconut oil, ghee
- low heat oils like macadamia nut oil, olive oil, sesame oil

Avoid:
- Trans fats like hydrogenated oils and margarine, polyunsaturated fats like vegetable oils, canola oil, corn oil, or other highly processed fats like peanut oil

#### Beverages
- water (room temperature), green teas, herbal teas

Moderate portion of:
- black tea, red wine (1 glass)

Avoid:
- iced drinks, juice, soda, alcohol
NUTRITION FOR THE KIDNEY

A good diet protects and supports the kidney and its ability to function properly. Kidney is the foundation of yin and yang. A proper diet enables the Kidney to support and influence the yin and yang of the entire body, with yin energy nurturing, supporting, and moistening the body and yang energy warming, energizing, and moving the body. Kidney yang is the root of yang, providing energy and warmth for the entire body, enabling proper function. As the kidney dislikes cold, energetically cold foods depletes kidney yang and blocks its ability to warm the whole body yang. More specific to the digestive process the kidney yang can be seen in the digestive process as digestive fire. When the digestive fire is healthy and strong food is effectively transformed into qi and blood. If the digestive fire is weak it cannot provide enough warmth and energy to the digestive process, resulting in diarrhea, bloating, poor appetite, dull abdominal pain.

The Kidney is the source of life, or original qi, and is often called the “Root of Life” as it stores and controls the jing, the essence of our physical body. Jing is composed of prenatal jing that is inherited from the parents and stored in the kidneys and postnatal or acquired jing in the form of qi and nourishment is derived from food via the spleen and stomach and from air via the lungs. This nourishing essence supports the whole body with the surplus being stored in the kidney. Prenatal jing cannot be replaced or replenished, however it can be conserved through proper diet and lifestyle with the postnatal jing nurturing and supporting the prenatal jing. In cases of congenital insufficiency or constitutional weakness derived from poor prenatal jing, it is very important for the body to be supported and supplemented as much as possible by the postnatal jing.

Cooking foods longer at lower temps, like stews and bone broths, can be particularly beneficial for kidney support. Avoid raw and cold foods and drinks or ice water. Minimize eating raw foods, like salads especially in the winter.

To Support the Kidney, Incorporate the Following Foods:

- bone broths
- Celtic sea salt or Real salt: helps with adrenal health but use in moderation
- lobster, smoked fish, oysters, salmon, shrimp, tuna
- venison
- black sesame seeds, chestnuts, walnuts
- lentils, millet, oats, quinoa

Avoid:

- sugar, artificial sweeteners
- coffee, alcohol
- highly processed foods
- excessive intake of salt, avoid table salt

Don’t overeat
Don’t eat late at night

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**Kidney Qi and Kidney Yang Deficiency**
Incorporate foods with strengthening and warming action, such as:
- cabbage, chives, fennel, leeks, onions, potato, radish, scallions, sweet potato, yam
- cherries, grapes, mulberry
- black beans, lentils
- chicken, duck, goat, lamb, pork, venison
- lobster, oysters, mussels, smoked fish, salmon, shrimp, trout, tuna
- walnuts, chestnuts, pistachio, lotus seeds, sesame seeds
- buckwheat, oats, quinoa, corn
- ginger, garlic, black pepper, cinnamon, cloves, chive, basil
- spiced tea, yogi tea

Foods to avoid:
- thermally cold or cool foods, raw foods, ice water
- sugar
- alcohol
- juices like orange juice or tropical fruit juice
- sour milk products
- excess liquid consumption

**Kidney Yin Deficiency**
Incorporate foods with actions to cool, moisten, and build yin and body fluids (jin ye), such as:
- asparagus, cabbage, carrots, cucumber, kelp, seaweed
- blackberry, blueberry, cantaloupe, grapes, pears, raspberry, strawberry, watermelon
- black sesame seeds, kidney beans, mung beans, string beans, sunflower seeds
- duck, eggs, pork
- abalone, carp, clam, crab, eel, octopus, oysters, perch, scallop, sardine
- barley
- butter, cream, goat’s milk

Foods to avoid:
- warming foods in general
- coffee, alcohol, red wine, tobacco
- excess black tea and green tea
- acrid spices
- table salt
- hot spices: cinnamon, cloves, ginger

**Kidney Jing Deficiency**
Supplementing jing through nutritional therapy is not effective, however the foods listed above for kidney qi, yin, yang deficiency can be beneficial in helping support persons with kidney jing deficiency. Additionally, incorporate these foods that specifically preserve and protect jing:
- abalone, bone broths, chicken, kidney, liver
- cow and goat milk
- eggs
- mussels, oysters
- sesame seeds, walnuts

Foods to avoid:
- hot and spicy foods
- dairy
- acrid spices like garlic, pepper, chile
- alcohol, coffee

**Books**
Nutrition can have a powerful effect on the liver and its ability to function properly. Often when discussing digestion and the liver the first thing that comes to mind is liver overacting on the spleen and stomach, impeding the digestive function and inhibiting the absorption of nutrients. Often what we do not pay attention to is the digestion of food by the spleen and stomach and how that plays an important role in providing the liver enough nourishment in the form of qi that was derived from food. If the liver does not get enough nourishment or not the right type of nourishment imbalance and disharmony in the liver will occur. Likewise proper nutrition can help resolve existing imbalances.

Nutritionally it is important to find a balance between getting enough energy and not taking in anything that will over excite, as this will exhaust the liver energy as well as the energy of the spleen and stomach. It is important to avoid stimulants including nicotine and caffeine. The emotion of anger is closely related to the liver, so alcohol is best in moderation or, for some, should be avoided completely. Some spicy and pungent food can be helpful in moderation as it can help to facilitate qi movement, as stagnation of qi is quite common with liver imbalances. However, too much of this can just as easily be a hindrance. It is also important to eliminate foods that congest the liver like saturated fats, hydrogenated fats, excess amounts of nuts, and highly processed foods. Eating habits can stagnate and congest the liver as well, so don’t skip meals, eat quickly, overeat, eat late, or eat when emotionally upset. Relax and enjoy the meal you prepared.

**To Support the Liver, Incorporate the Following Foods:**

- leafy greens, cruciferous vegetables, beets, carrots, chives
- blueberries, goji berries, grapefruit, strawberries
- eggs, liver, pork, venison (especially if there is deficiency)
- crab, crayfish, lobster, mussels, oysters, shrimp, squid, trout, whitefish
- flax, pine nuts, sesame
- cayenne, garlic, onion, vinegar, turmeric (careful with heat signs)
- olive oil
- cod liver oil, krill oil (increases anti-inflammatory omega 3 fatty acids)
- chrysanthemum tea, green tea, lemon or lime water

**Avoid:**

- spicy, hot foods (in excess)
- greasy, fatty, oily, fried foods
- alcohol, coffee, caffeine
- sugar
- processed, refined foods
# Beneficial Foods for Liver Disharmonies

## Liver Qi Stagnation

Incorporate foods which have these actions:

- **Calming the Liver**
  - celery, chinese leek, chives, garlic, radish, seaweed
  - lemon, lime, grapefruit, plums
  - crayfish, prawns, shrimp
  - black sesame
  - vinegar

- **Moving Qi**
  - kelp, kohlrabi, leeks, mustard greens
  - onion, radish
  - coriander, marjoram, turmeric

*Use in moderation: chile, garlic, ginger, pepper, horseradish*

**Foods to avoid:**
- alcohol, coffee
- food coloring, preservatives
- overly spicy foods
- sugar

## Liver Fire

Incorporate foods with cooling and downbearing actions:
- celery, cucumber, daikon, kelp, lettuce,
- mung beans, water chestnuts, radish, spinach
- bananas, plums, rhubarb, watermelon
- yogurt

**Foods to avoid:**
- alcohol, coffee
- fatty, oily foods

## Liver Yang Rising

Incorporate foods that downbear, clear heat, and nourish yin:
- celery, cucumber, mung beans
- spinach, tomatoes
- apples, lemons, mangos, mulberry fruit, rhubarb
- chia seeds (beneficial for high cholesterol)
- yogurt
- salt
- green tea, peppermint tea

**Foods to avoid:**
- alcohol, coffee
- fatty, oily foods

## Liver Yin Deficiency

Foods to incorporate have actions to nourish yin:
- celery, cucumber, mung beans, sauerkraut,
- spinach, tomatoes
- pears, plums
- fermented dairy

**Foods to avoid:**
- acrid spices like curry, cinnamon, garlic, ginger, pepper
- alcohol, coffee

## Liver Yang Rising

Incorporate foods that clear heat and drain damp:
- leafy greens like romaine lettuce, spinach
- cruciferous vegetables: collards, kale
- asparagus
- adzuki beans, mung beans
- cod liver oil or krill oil
- turmeric

**Foods to avoid:**
- sugar, fruits, juices
- high carbohydrate foods, especially grains,
- white potatoes, and all refined foods
- greasy, fatty, oily, fried foods
- hot and spicy foods
- dairy
- acrid spices like chile, garlic, ginger, pepper
- alcohol, coffee

If damp-heat is complicated by candida avoid vinegar, yeast, and fermented foods as well

## Liver Blood Deficiency

Incorporate foods that nourish liver blood:
- broccoli, fennel, longan, spinach, tomatoes
- red fruits and vegetables such as beets,
- blackberries, cherries, dark grapes, plums,
- strawberries, raspberries, red cabbage, yams
- beef, duck, egg yolk, poultry, liver, rabbit
- crab, eel, mussels, octopus, oysters
- sesame, sunflower seeds
- amaranth, rice

**Foods to avoid:**
- bitter and acrid foods
- coffee, alcohol, black tea, cocoa
- acrid spices like curry, cinnamon, garlic, ginger, pepper

## Books


Nutrition for the Heart

The heart rules the blood and blood vessels, and stores the shen (spirit). Nourishment of the heart brings a long healthy life. The heart governs blood and circulation. For a normal heartbeat, with a smooth and even rate and rhythm, regulating circulation, heart qi and blood must be abundant.

The heart houses the shen. When the shen is harmonious, the mind is acute and clear, the physical body is exuberant, and the spirit is calm and peaceful. When the shen is disturbed, restlessness, insomnia, poor memory, anxiety, and panic will be present. When the shen is deficient, joylessness and lusterlessness will prevail. The heart requires qi and yin to properly house and anchor the shen. Proper nutrition can support the blood and yin of the heart and support the shen. Calm the shen by avoiding energetically hot foods, like ginger, garlic, alcohol, and coffee. This heat can easily be aggravated by stress and anger. Damp and phlegm can also adversely impact the heart and shen. By removing damp forming foods, like dairy and sugar, from the diet it can help aid in proper heart function and a healthy shen. It is best to cook foods with high heat and a short cook time, and with light salt and spice.

There is a connection between the heart and stomach. The stomach divergent meridian goes to the heart and is why you see dreamed-disturbed sleep issues or insomnia after eating large meals or eating late at night. Take a look at the stomach as well as the heart when presented with sleep issues. The best ways to prevent these issues is to adjust eating habits; avoid overeating and eat smaller meals, don’t eat late at night, use spices like anise, ginger, or mint to aid in digestion, reduce stress and relax while eating. Additionally, short 18 to 24 hours fasts can be beneficial to relieve the food stagnation.

Beneficial Foods That Help to Calm Shen:
- celery, cucumber, lettuce, mushrooms
- lemons, mulberries, schisandra berries
- chia seeds, jujube seeds
- brown rice, oats, whole wheat
- cow and goat milk, ghee
- basil, chamomile, dill

A simple diet is best

Light fasting (18-24 hours) brings clarity and calms the mind

Avoid:
- spicy, rich foods
- refined sugar, artificial sweeteners
- highly processed foods
- coffee, alcohol

Don’t overeat
Don’t eat late at night

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### Heart Qi and Yang Deficiency
Incorporate strengthening and warming foods for heart qi and yang deficiency:
- scallion
- apples, cherry, longan
- beef, lamb, pheasant
- garbonzo beans, lentils
- buckwheat, oats, rice
- aniseed, chile, cinnamon

Foods to avoid:
- cold raw foods
- ice cream, ice drinks

### Heart Blood Deficiency
Incorporate food with neutral and warming actions:
- cherries, longan, red grapes
- beef, chicken, eggs, pheasant, oysters
- aduki beans
- rice, oats, wheat
- milk

Foods to avoid:
- hot foods and dehydrating food
- coffee, alcohol
- acrid spices like chile, pepper, cinnamon

### Heart Yin Deficiency
Incorporate foods with neutral and cooling actions:
- peas
- apples, peach, persimmon, red grapes
- beef
- wheat (in moderation)
- milk, cheese (preferably goat)
- poppy seed, black sesame seed
- green tea, coconut milk

Foods that support kidney yin also can be used to support heart yin
Foods to avoid:
- hot foods and drying foods
- coffee, alcohol, tobacco

### Heart Fire
Incorporate cool, bitter foods to clear heart fire:
- salads, cabbage, celery, cucumber, dandelions, tomatoes, watercress, water chestnut
- apples, pears, rhubarb, watermelon

Foods to avoid:
- warming foods
- alcohol, coffee
- acrid spices like chile, pepper and cinnamon

### Phlegm-Heat Misting the Heart
Incorporate cooling foods. It is also important to support spleen qi:
- cabbage, celery, daikon, dandelion, radish, red seaweed, watercress
- grapefruit, lemons, tangerines
- mung beans

Foods to avoid:
- milk and dairy
- eggs, red meats, peanuts
- sugar, refined foods, white flour
- cigarettes, coffee, alcohol

### Heart Blood Stagnation
Incorporate foods that move stagnation:
- chives, leek, onion, radish, scallion, turnip
- hawthorn berry, peach
- crab, eggs, venison
- alcohol, chili pepper, turmeric, vinegar

Foods to avoid:
- cold and raw foods
- greasy, fried foods

For heart / blood stagnation, nutrition therapy is often not enough and should be combined with acupuncture and herbal therapy

### Books
NUTRITION FOR THE SPLEEN AND STOMACH

The spleen and stomach are the most important organs to support with nutritional therapy, as they play pivotal roles in the digestive process. Disharmonies of the spleen and stomach often occur together and can generally be treated at the same time.

Spleen
The spleen is in charge of nutrition and digestion. It is the source of acquired qi, creating energy from food and water. The spleen, along with the stomach, is responsible for the absorption, distribution, transformation, and transportation of that energy. The health of the spleen dictates how effectively nutrients are absorbed from food. When the spleen is functioning well, a person will exhibit dynamic energy, good appetite, and a healthy digestion. When there is dysfunction in the spleen, chronic fatigue and poor digestion symptoms like abdominal bloating, excess gas, diarrhea or loose stools, nausea, poor appetite, etc., will be present. People with disharmonies in this system must incorporate healthy eating habits into their life if they are to overcome their health concerns.

The spleen generally responds very well to dietary treatments. General foods that benefit the middle burner are mildly sweet foods like poultry, vegetables, and grains, however, overindulgence of sweet can be harmful to the spleen. Avoid sugar and excessive consumption of naturally sweet foods like honey and maple syrup. Cold foods contract and stagnate the middle burner and stops digestion, and are best avoided. Additionally, those without a strong middle burner often have low digestive fire and need to avoid those cold foods as they will perpetuate the condition, and alternatively eat more foods that are warming. Foods that are simple to prepare with a mild taste and mild seasoning are best. Make simple dishes prepared at a moderate temperature and cooking time. Don’t overeat or overindulge. Moderation is key. Meat stock, stock made from bones with the meat still on them, can be beneficial. Soups in general are advised, as they are easy to digest. Grains were beneficial at one point, but because of modern stressors, grains for most people with spleen disharmonies need to be limited.

Another main function of the spleen is to govern body fluids. If the spleen qi becomes deficient, the transportation and transformation function become impeded, resulting in damp-phlegm accumulation. Raw foods, cold foods and drinks, fruits, salads, dairy, and sugar cause and perpetuate damp conditions. In the case of spleen deficiency with damp, keep starchy carbohydrates low. Also pay extra attention to those foods on the avoid list.

Stomach
The stomach has a close connection with the spleen and is very important to the digestive process. Its main function is the absorption of food, separating the pure, which goes to the spleen and lung, and turbid, which goes to the small intestine.

Dryness and heat can damage the stomach. Hot acrid foods like coffee and alcohol, and spices like curry, garlic, pepper, should be avoided with stomach pathologies. Take time while eating, eat regularly, eat warm meals, and don’t eat late at night.
To Support the Spleen and Stomach, Incorporate the Following Foods:

Cooked and fermented vegetables, brothy soups
- cabbage, carrots, corn, onions, peas, string beans,
  sweet potato, yams

Apricots, apples, cantaloupe, dates, figs, grapes, papaya
- beef, chicken, duck, eggs, fish (bass, carp, herring, mackerel, sardine), goat, goose, lamb, spleen, veal, venison
- amaranth, brown rice, sweet rice
- coriander, cumin, garlic, ginger, vinegar

Foods to avoid that weaken the spleen:
- raw foods and drinks
- raw foods like salads, and citrus fruits
- dairy products
- sugar and refined carbohydrates

Foods that weaken the stomach:
- cold raw foods like salad, ice cream
- hot spices
- sugar and refined carbohydrates
- fatty, greasy, oily foods

Beneficial Foods for Spleen and Stomach Disharmonies

Spleen Qi and Yang or Stomach Qi Deficiency
Incorporate foods that are slightly sweet and warming:
- soups
- carrots, cabbage, pumpkins, winter squash,
  turnip, onions, sweet potatoes, peas, yams
- apples, apricots, peaches, plums, dates, figs,
  raisins, cherries, grapes
- poultry, beef, lamb, turkey, venison, liver, trout,
  salmon, tuna, mackerel, halibut, shellfish
- peanuts, hazelnuts, pistachios, sesame, walnuts
- rice, sweet rice
- cayenne, black pepper, ginger, garlic fennel,
  cinnamon, aniseed, nutmeg

Foods to avoid:
- raw, cold foods and drinks
- sugar and other sweet foods, limit fruit intake
- pineapples, oranges, watermelons, bananas
- cucumber, tomatoes, salads
- dairy
- fruit juice, wheat beer

Stomach Yin Deficiency
Incorporate foods that are mostly neutral and cooling:
- asparagus, cucumber, cabbage, eggplant,
  summer squash, watercress, water chestnut,
  zucchini
- apples, bananas, honeydew, pears, tangerines
- eggs, goose, poultry, pork, rabbit
- barley, millet, wheat

Foods to avoid:
- coffee, alcohol
- broiled, grilled and barbecued foods

Stomach Qi Deficiency with Cold Accumulation
This pattern is often accompanied with spleen yang deficiency. Incorporate foods that warm and nourish:
- use dietary recommendations under spleen yang deficiency

Foods to avoid:
- raw, cold foods and drinks

Stomach Fire
Incorporate foods that are cooling:
- cucumber, mung beans, aduki beans, sprouts,
  tomatoes, peas, spinach, celery
- pears, banana, watermelon, honeydew melon,
  kiwi, rhubarb
- yogurt, tofu, soy

Foods to avoid:
- warm and hot foods
- lamb
- coffee, alcohol
- ginger, garlic, chili, curry
- smoked and fatty foods

Books
Nutrition therapy can be used to prevent lung disharmonies as well as help treat existing conditions. The lungs are susceptible to deficiencies of qi and yin, and excess conditions of phlegm, dryness, wind-heat, wind-cold, and toxic-heat.

One of the most important functions of the lung is to govern qi and breathing. Supporting and strengthening the lung qi and yin through nutrition can be used to help with multiple aspects of the lung pathology.

1) Treating such symptoms as shortness of breath, dyspnea, weak voice, and weak breath.
2) Strengthening the exterior can help prevent external pathogenic invasions, like the common cold or allergies, or help resolve existing wind invasions.
3) Supporting proper lung function can help diffuse qi, moistening the body and preventing dryness.

If the spleen is weak or over-taxed it can be the source of phlegm production. Instead of a fine mist, phlegm is sent to the lungs. If the lungs are unable to disseminate it throughout the body it ends up storing in the lung resulting in wheezing, dyspnea, shortness of breath, etc. Proper diet can help resolve chronic phlegm and prevent further accumulation.

To aid the lungs it is best to consume easy-to-digest foods that are fresh and lightly cooked, usually with less water and at lower temperatures. This helps increase the nutritional value and assimilation of food. By eating smaller meals at more frequent intervals over-taxation is prevented. Lung deficiency frequently draws on the kidney and spleen, and can deplete these organ systems as well, so foods that are beneficial to the spleen and kidney are often used to benefit lung. Conversely, in the case of lung pathology, remember to look at the spleen and kidney to see if either needs support as well.

To Support the Lung, Incorporate the Following Foods:

- cauliflower, leeks, horseradish, onions, radish, watercress
- almonds, almond butter / milk
- chili, curry, ginger, pepper
- spiced teas like ginger tea and yogi tea

Avoid:

- raw, cold foods like salads and fruits

Phlegm-forming foods and foods that can weaken the spleen, such as:

- dairy
- oily and fatty foods
- sugar
- cold foods and drinks

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### Beneficial Foods for Lung Disharmonies

#### Lung Qi Deficiency

Incorporate acrid, warm foods to supplement the lung qi:
- asparagus, carrots, cauliflower, daikon, leeks, onions, mushrooms, mustard greens, olives, radish, sweet potato, water chestnuts, yams, grapes, pears, peaches, tangerines, black beans, garbanzo beans
- beef, chicken, duck, goose, quail, rabbit, tuna, almonds, walnuts, oats, rice, sweet rice, garlic, ginger, thyme

Foods to avoid:
- sweet food, refined sugar, citrus, cold foods like ice cream or smoothies, ice water, salads, raw vegetables, dairy, tofu, wheat, fatty, oily, greasy foods, alcohol, coffee, cigarettes

#### Lung Phlegm-Damp Accumulation

Incorporating a simple diet that is easy to digest is best, as well as foods that transform damp and phlegm:
- daikon, mushrooms, onions, radish, seaweeds, turnips, watercress, cherries, fennel, flaxseed, cardamom, cayenne, cinnamon, garlic, ginger, horseradish, thyme

Foods that treat qi deficiency should be incorporated to prevent further formation of phlegm.

Foods to avoid:
- dairy, sugar and sweets, red meat, peanuts, tofu, miso, soy products, greasy, fatty, oily, fried foods, wheat, oats

Avoid overeating.

#### Lung Phlegm-Heat

Incorporate foods that clear heat and transform phlegm:
- asparagus, daikon, radish, red seaweed, watercress, grapefruit, lemons, pears, tangerines, millet and rice, green tea, peppermint tea, lemon tea

Foods to avoid:
- dairy, sugar and sweets, greasy, fatty, oily, fried foods, red meat, wheat, oats, coffee, alcohol

#### Lung Yin Deficiency

Incorporate foods that are slightly cooling and neutral to supplement and nourish lung yin:
- seaweed, string bean, white fungus, apple, banana, honeydew melon, orange, peach, pear, tangerine, watermelon, chicken broth, clams, egg, oysters, pork, almonds, almond, milk, flaxseed, peanuts, pine nuts, sunflower seeds, sesame seeds, cottage cheese, cow's milk, farmer's cheese, butter (careful, don't use dairy in excess, or if spleen qi deficiency exists), milk with honey (folk remedy)

Foods to avoid:
- hot spices like basil, chili, cinnamon, cloves, garlic, ginger, coffee, alcohol, cigarettes

Careful with bitter, aromatic, and warming foods, as they tend to be drying.

### Books