

## Dietary Guidelines Based on Your TCM Pattern

### For Liver imbalances (Qi stagnation, Liver yang rising, Depressive liver heat, Liver fire)

Please avoid or minimize the following foods and drinks:

Alcohol	Greasy, fat, oily foods	Overeating in general
Coffee (regular and decaf)	Hard to digest foods (nuts, granola, etc.)	Heavy red meats
Excessive sour foods and drinks	Spicy, pungent, "hot" foods	

### For Digestive weakness (Spleen qi deficiency, Spleen yang deficiency, Spleen dampness)

Please eat warm, cooked foods, plenty of cooked vegetables, rice, noodles, soups, and stews. Be sure grains and beans are well-cooked and easily digestible. Drink a teacup of warm soup, broth or herb tea with each meal. You may use fresh ginger, cloves, nutmeg, orange peel, and fennel as cooking spices.

Please avoid or minimize the following foods and drinks which aggravate weak Spleen function:

Raw salads, fruits, & vegetables	Pork	Dairy products
Sugar and sweets	Buckwheat	Beer
Cold drinks with meals	Fruit juices	Melons, pears, banana
Echinacea or goldenseal	Large doses of Vitamin C	Lettuce, celery

### For Kidney weakness (Kidney qi deficiency, kidney yang deficiency, kidney qi not consolidating)

Please avoid or minimize the following foods and drinks:

Alcohol, Excessive fluids	Chilled, frozen foods & liquids	Coffee and caffeine
Artificial sweeteners	Stimulants and "recreational" drugs	

### For Kidney Yin or Lung Yin deficiency

Please avoid or minimize the following foods and drinks:

Alcohol	"Recreational" drugs	Cigarette smoking
Spicy, pungent, "hot" foods	Coffee and caffeine	

### For Damp Heat (Damp heat in Liver/Gall Bladder, Spleen, Large Intestine, Lower Burner)

Please avoid or minimize the following foods and drinks:

Sugar and sweets	Spicy, pungent, "hot" foods	Alcohol
Nuts & nut butters	Greasy, oily, fried, & fatty foods	Pork & beef
Citrus fruits & juices, especially orange juice		

### For Blood Deficiency

Please eat plenty of the following foods:

Cooked green leafy vegetables	Azuki and black beans	Seaweeds
Easily digestible grains	Miso soup, tempeh, tofu.	Cherries, currants
Regular portions of animal protein	Yellow & orange vegetables	
Avoid: sugars, alcohol, stimulants, saturated fats, chemical additives.		

\* Dietary and Lifestyle Counseling Sessions are available. They provide an individualized and comprehensive dietary and lifestyle plan to address your specific health requirements.