

Signs that you might have

Dampness:

- bloating
- edema
- nasal congestion
- productive cough
- diarrhea
- often tired
- lack of focus
- excess weight
- yeast infections

Mucus, discharge, and swelling  
anywhere are signs of dampness



#### Additional Resources

*Healing with Whole Foods: Asian Traditions and Modern Nutrition* by Paul Pitchford (2002)

*Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine* by Joerg Kastner (2003)

*Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life* by Yuan Wang, Warren Sheir, and Mika Ono (2010)

*The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine* by Bob Flaws (1999)

*Tao of Nutrition* by Maoshing Ni (2009)

*The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity* by Zhuo Zhao (1998)

*Prince Wen Hui's Cook: Chinese Dietary Therapy* by Bob Flaws and Honora Wolf (1985)

*Eating Your Way to Health: Dietotherapy in Traditional Chinese Medicine* by Cai Jingfeng (2010)

*Chinese Diet Therapy* by Zhao Muying (1996)

Consult a medical professional before making any drastic changes to your diet.

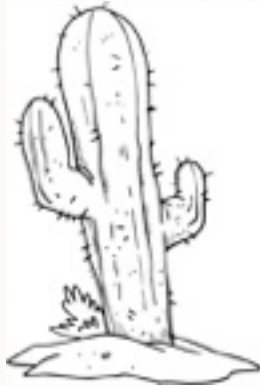
Food therapy is not appropriate for severe symptoms or emergencies.

These statements have not been evaluated by the Food and Drug Administration. This pamphlet is not intended to diagnose, treat, cure, or prevent any disease.

## TRADITIONAL CHINESE MEDICINE FOOD THERAPY

# DAMPNESS





Chinese Medicine is primarily based upon the ideas of balance and moderation, so don't over do it. A healthy body is one which is neither too moist or too dry. Eating too many drying foods could tip the balance in your body in the other direction, resulting in symptoms of Dryness.

Symptoms of Dryness: thirst, constipation, dry and or itchy skin, nose, throat, eyes

If you start experiencing any of these symptoms, cut back slightly on the drying foods. If symptoms of Dryness persist, add small amounts of pork, watermelon, and healthy oils back into your diet.

## LET'S GET YOU DRIED OUT

- Avoid Dairy** - any milk products, including soy, rice, and coconut milk, cause dampness
- Seek out mildly sweet natural foods** - naturally sweet flavors are good, avoid sweeteners
- Eat smaller meals** - large meals slow down your digestion, causing dampness
- Get some exercise** - moderate exertion helps move and disperse dampness

### FOODS THAT DISPERSE DAMP:

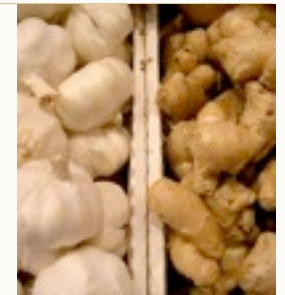
**Fruits:** cantaloupe, papaya, umeboshi plum, chestnut

**Vegetables:** squash, carrots, potatoes, yams, peas, celery, scallion, turnips, beets, pumpkin, mustard greens, alfalfa sprout, radish, button mushroom

**Grains and legumes:** corn, sweet rice, wild rice, rye, buckwheat, barley, yellow beans, aduki beans, lentils

**Meat and Dairy:** chicken, shrimp, anchovy, mackerel, tuna, eel

**Herbs and Spices:** white pepper, ginger, garlic, capers, parsley, horseradish, aniseed, marjoram



### FOODS TO AVOID: MOISTENING

**Dairy products:** milks, cheeses, butter, cream, ice cream

**Greasy and sugary junk food:** chips, pizza, fried foods, nachos, candy, soda, concentrated fruit juices

**Wheat:** especially food made with processed white flour

**Beef, Pork, Goose, Duck, Shellfish** (crab, clam, mussels), eggs, sardines

**Peanut butter**, roasted peanuts, pine nuts, black sesame seeds

**Bananas**, avocado, pineapple, asparagus, bamboo shoots, cabbage, cucumber, olive, tofu, spinach

