

Remove the Cause of Illness - Classical Chinese Medicine Diet

4 Big No's			
If you only do one thing avoid the big no's			
No Alcohol	No Sugar	No Dairy	No Cold Food or Drinks
Nothing cold in your mouth i.e. cold leftovers right out of the fridge, cold drinks, smoothies, uncooked veg, cold fruits, etc. Avoid microwave reheated foods – stove top or oven only			

3 Big Yes's		
Roots: Ginger, garlic, turmeric, onions, etc	Coconut oil: work up to 2 Tbsp each day	Cooked food at regular times in suitable amounts
Start the morning with something hot – porridge, ginger tea, hot rice cereal, etc. Chinese medicine does not encourage fasting but rather a simple balanced diet with all the nutrients.		

Food Categories		
Yang Qi = Health Should be min. 80% of diet in health; 100% of diet in illness	Neutral Amount of these should be limited	Phlegm = Illness Can be max. 20% of diet in health; 0% of diet in illness
Wild meat – bison, elk #1	Turkey	Alcohol
Rabbit #2	Soya sauce, Tamarin	
Lamb #3		Duck
Lean Beef #4		Pork
Whole chicken soup / Stew (chicken alone is drying but no phlegm) Roasted whole chicken		Seafood – mussels, clams, shrimp
Fish – only perch & trout	Potato Sweet potatoes	Fish – salmon (except perch and trout)
Eggs		Tofu/soy products
Water Kefir	Milk Kefir	Cheese / Dairy/yoghurt/ ice cream/ any cream/goat cheese
Unprocessed Rice / Congee (produces body fluid)	Whole grain freshly made paste, kamut pasta	No converted rice
Quinoa/millet	Wheat	Bread
Oatmeal/Oats (produces body fluid, benefits the brain and muscle fibers)		Commercial Pasta, corn chips

Job's Tears/Yi Yi Ren (expels phlegm, produces body fluid)		
Aduki beans (expel phlegm)		
Grains (except wheat)		wheat grass, gluten, corn
Sourdough		
Small legumes, sprouts	Beans	Large legumes
Squash, zucchini		
All seeds/nuts (not too much or produces phlegm)	Cashews	Peanut
Pineapple (purges phlegm)	Melon, Papaya	Olives, grapes
Peaches, apple, Pears, kiwi, mango, currants, cherries and berries	Avocado	Banana, eggplant
Citrus, limes, orange, lemon (purges phlegm)		
Shitake, reishi mushrooms	Wild mushroom (needle mushroom, Xin bao gu...)	Commercial mushroom (white button mushroom)
Red Pepper, Cayenne (expels phlegm)	Black pepper added after cooking	Cooked Black pepper (harms the ST and shrinks the tendons)
Onions, Garlic, Radish, Ginger Turmeric, Chilies warms the interior and expels phlegm	Tomatoes (acidic & cold but ok with other things)	
Spinach, kale / green veggies	Salt – absorbs fluids so as little as possible	
Broccoli, Celery, carrot,		
Cabbage		
Nori	Kelp/Kombu (expels phlegm)	Spirulina, algae, chlorella (detox but are cold)
Cinnamon (balances yin and yang)	vinegar	
Ghee	Butter	Margarine
Coconut oil (raises healthy body fluids)	Flax oil, olive oil, coconut milk & meat	
70% Dark Chocolate	Maple syrup, honey (nourishes)	Sugar (including dry fruit)
Red/Black/Puer, fermented oolong tea	White tea	Coffee, green tea