

# Heat or Fire Excess

Bitter, cool, pungent foods are beneficial. In general, a higher proportion of raw foods—vegetables and fruits—is appropriate. This approach to diet is also beneficial for people who are constitutionally hot or have yang excess, even in the absence of specific symptoms.

## Acute Heat Patterns

During acute Heat patterns, such as those characterised by acute fever, sweating and thirst, keeping up fluids is essential. The best strategy is to use plenty of liquids like fruit and vegetable juices, herbal teas and broths or light soups. Warm or room temperature liquids are preferred. Iced or cold liquids should be avoided as they can impact negatively on the Spleen. During an attack of this kind, a diet which opens the pores (diaphoresis) is required to release the pathogen from the exterior. Pungent, cool dispersing foods are necessary in teas or soups, such as peppermint, pear, radish, watercress and cabbage. Warming, supplementing foods should be avoided, such as lamb, beef, chicken, shellfish and warming spices. But remember these acute cases are self-limiting, so only use for a few days.

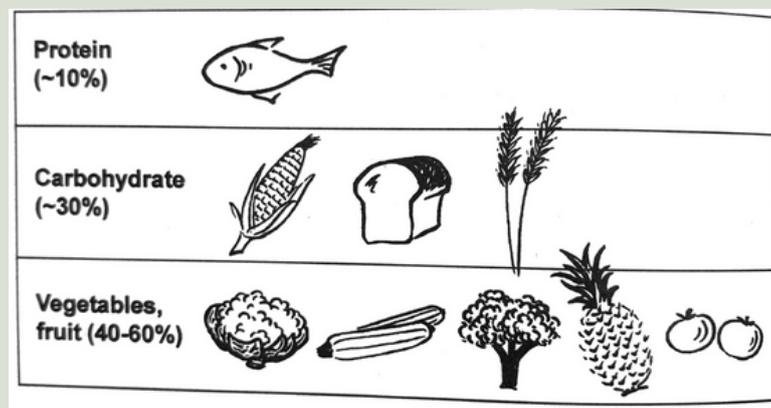
## Chronic Heat Patterns

Cooking methods that increase the warming thermal nature of foods, such as roasting, frying and deep frying, are not appropriate. Light cooking, such as steaming and stir-frying, is better. Some whole raw foods are useful (except in Stomach Heat), relative to any accompanying degree of deficiency. Combine raw foods and cooked foods, or use light blanching to slightly warm food while retaining freshness. Avoid heating and stimulating substances, in particular alcohol, coffee, red meats, rich, creamy food and deep-fried food. Diuretic foods such as celery, cucumber and beetroot are useful to stimulate urination and provide an escape route for the heat.

## Stomach Heat

In Stomach and Intestinal Heat patterns, whole raw foods may be too physically abrasive and irritating to already inflamed tissues. Juices are generally well tolerated. Other foods may need to be well cooked and soft or even mashed until the heat and inflammation clears and the Stomach strengthens.

# Portions



## General principles

Yes to short cooking times, cooking in plenty of water, steaming, stir-frying; watery soups with plenty of vegetables, some raw foods (especially salad items, sprouts, juices); more liquids in general.

No to deep frying, BBQ or roasting, overeating.

## Beneficial

Celery, spinach, Swiss chard, cucumber, lettuce, radish, asparagus, eggplant, savoy and Chinese cabbage, tomato, broccoli, cauliflower, zucchini, apple, pear, watermelon, millet, wheat, barley, tofu, tempeh, soy milk, yoghurt, mung beans and alfalfa sprouts, kelp, spirulina, crab.

Stomach Heat - Mucilaginous foods to cool, moisten and line the stomach: rice, barley, millet or oat porridge, banana, avocado, cucumber, spinach, lettuce, rocket, watercress, cabbage (juiced or cooked), tofu, soy milk, yoghurt.

Liver Heat - peppermint, mung beans and sprouts, celery, radish, daikon, kelp, lettuce, dandelion, cucumber, watercress, millet, tofu.

Heat in the Lungs - watercress, apple, pear, peach, strawberry, lemon, radish, carrot, pumpkin, cabbage, cauliflower, spinach, Swiss chard, white fungus.

Heat in the Blood - Cooling and haemostatic foods for bleeding: eggplant, spinach, Swiss chard, persimmon, lemon, celery, lettuce, olive.

## Restrict or avoid

Chillies, cinnamon, ginger, black pepper, garlic, mustard, horseradish, coffee, chocolate, heated (usually cheap) vegetable oils, red meat (especially lamb), chicken, alcohol, vinegar, prawns, mantis shrimp, cheese, eggs, excessive salt, peanuts.

# Damp Heat

The principles are similar to those for clearing Heat and Damp drying diet, depending on the mixture of Dampness and Heat. Proportions of food are similar to heat, with a little less carbohydrate 20-30% and more pulses and soy proteins in place of animal proteins. Raw foods may or may not be appropriate depending on the degree of Dampness present. Individuals vary in their responses and some experimentation with the mixture of raw, cooked and carbohydrate rich food is necessary.

Mostly avoid the specific foods that aggravate Damp Heat, notably alcohol, cheese, deep fried food and fatty meats.

## General principles

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

## Beneficial

Millet, wheat, barley, aduki beans, celery, carrot, spinach, Swiss chard, eggplant, Chinese cabbage, tomato, broccoli, peas, cauliflower, asparagus, lemon, cranberry, watercress, rocket, lettuce, radish, daikon, legumes, mung bean, and alfalfa sprouts, tofu, tempeh, green and red tea, water

Sparingly: olive oil and root vegetables.

Liver/Gallbladder - 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.

## Restrict or 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, horseradish, coffee, vinegar, prawns, excessive salt.

# Phlegm Heat

The general structure of a Phlegm Heat clearing diet is similar to that applicable for Damp Heat. Foods that are specific for Phlegm Heat can be added as appropriate. Phlegm Heat tends to congeal in the Lungs, so specific foods with an affinity for the Lungs such as pears are helpful.

## General principles

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

## Beneficial

Bamboo shoots, watercress radish, kelp and seaweed, turnip, persimmon, shiitake mushroom, rice milk.

## Restrict or avoid

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

Reference: MacLean, W. (2021). Clinical Handbook of Internal Medicine: The Treatment of Disease with Traditional Chinese Medicine: Vol 2: Spleen and Stomach (1st ed.). University of Western Sydney.

