

Traditional Chinese Medicine (TCM) dietary guidelines

Reduce/avoid foods that create heat, dryness and inflammation

- alcohol
- coffee
- sugar
- chocolate
- spicy foods
- onion
- garlic

Reduce/avoid cold damp foods that create stagnation and weaken digestion

- smoothies
- salads
- ice water
- ice cream
- yogurt
- excessive dairy
- raw veggies
- cold cut meats
- sushi

Good foods to eat

- soups
- stews
- steamed rice
- steamed veggies
- eggs
- meat and fish
- oatmeal
- avocado (room temp)
- berries (room temp)
- nuts
- Coconut and olive oil
- Herbal teas
- room temp water w/electrolytes