



# DIETARY THERAPY FOR SPECIFIC CONDITIONS



TDT class 7 Part 2






# Gastrointestinal Disorders





# DIARRHEA

- General recommendations:
  - Rice, glutinous rice, millet, blueberries, portobella or button mushrooms, shredded apple, cooked-warm food.
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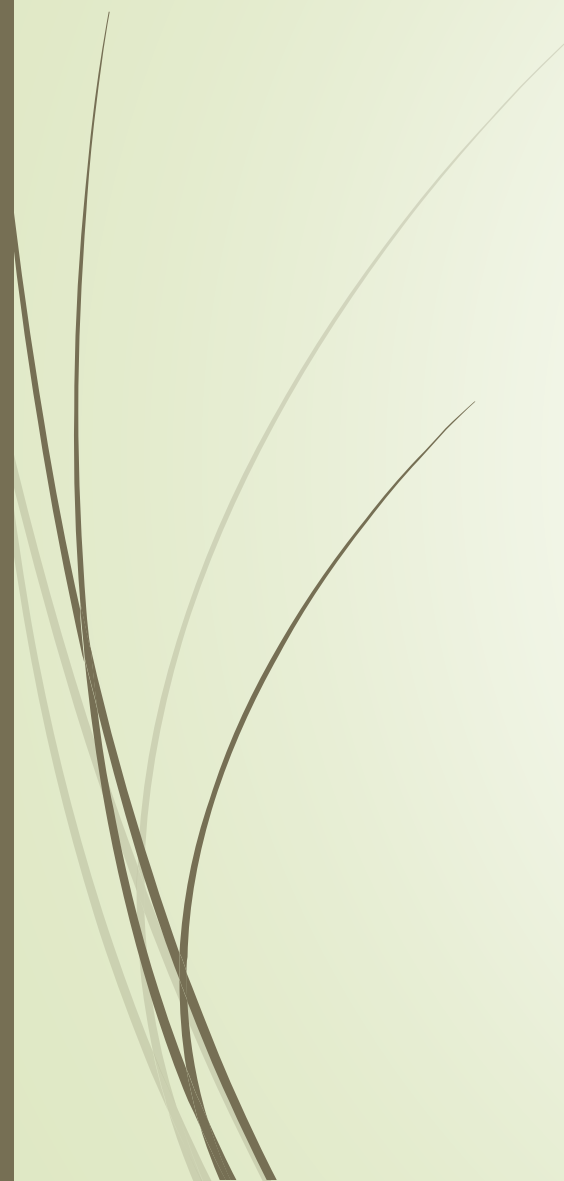


ST/SP Qi deficiency

ST/SP Yang deficiency

LI Qi & Yang deficiency


- Clinical manifestations
- Usually chronic diarrhea, watery stools with undigested food, bloating or flatulence after eating, pressure and warmth relieve, weakness, poor appetite; pale scalloped tongue; weak pulse


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- Etiology: Too much cold food, irregular eating
  - Principle of treatment: Warming sweet foods, cooked, with small amounts of acrid spices



# Recommended foods

- Meat: Poultry, beef
  - Fish: Trout, salmon, tuna, shellfish
  - Fruit: Steamed apples, blueberries
  - Vegetables: Fennel, pureed carrots, portobella or button mushrooms
  - Beverages: Fennel tea
  - Grains: Rolled oats, millet, long grain rice, short grain rice with cinnamon and honey
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- Avoid: Cold raw foods, cold salads, cold fruit juices, Dairy products, Frozen or canned food



# Damp-Cold

- Etiology: Too much cold food, cold-damp climate
- Clinical manifestations:
- Clear watery diarrhea, borborygmi, aversion to cold, cold sensation in abdomen.
- Tongue: Swollen, slimy white fur.
- Pulse: Slow, Slippery.






# Recommended foods


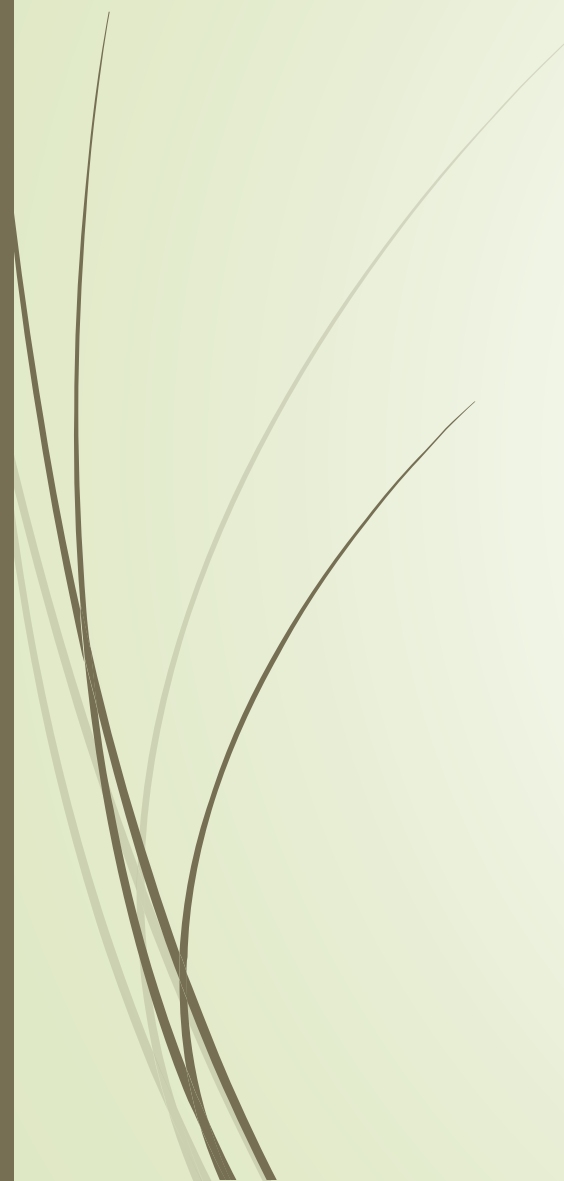
- Vegetables: Fennel, carrots, sweet potato
  - Beverages: Fennel tea, chai
  - Grains: Oats, millet, rice (can include some mild spices)
  - Sweeteners: Maple syrup, barley malt, raw honey, marzipan, raisins, raw cane sugar, molasses
  - Spices: Aniseed, chili, ginger, cardamom, licorice, cinnamon, pepper
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- Avoid: Cold raw foods, cold salads, cold fruit juices




# Damp-Heat

- Clinical manifestations
- Tenesmus, diarrhea, mucus and blood in stools, offensive odour of stools, burning in anus, scanty-dark urine, fever, sweating, thirst.
- Tongue: Red, slimy-yellow coating.
- Pulse: Slippery, Rapid.

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- Etiology: Spoiled food, microbial infestation / infections
  - Principle of treatment: Use boiled, steamed or raw foods. Bitter and sweet tastes and cool or cold foods.



# Recommended foods

- Fruit: Oranges, pears, bananas, cranberries, honeydew melons
  - Vegetables: Eggplant, cucumbers, bamboo sprouts, mung beans, spinach, dandelion.
  - Beverages: Green tea, black tea, chamomile tea, wheat beer
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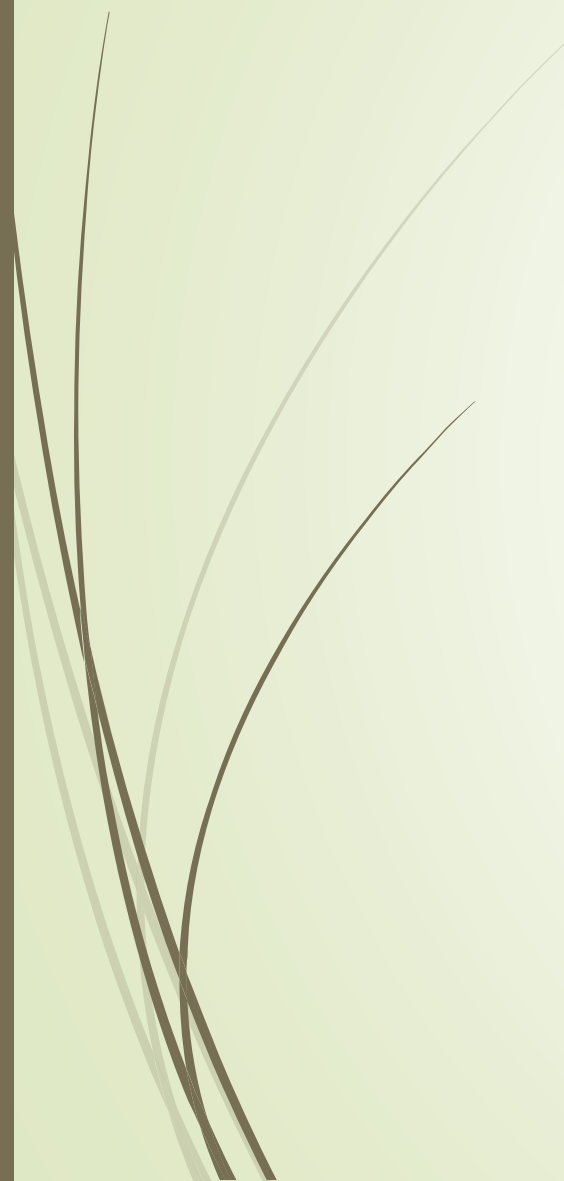
# Recommended foods

- Grains: Amaranth, corn
  - Spices: Gentian
  - Dairy: Yogurt
  - Other: Tofu
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- Avoid: Acrid, hot foods.



# SP/KD Yang deficiency


- Clinical manifestations
- Chronic morning diarrhea (usually at dawn), weakness, cold abdomen and legs.
- Tongue: Pale, Swollen.
- Pulse: Deep, Weak, Slow.

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- Etiology: Overwork, chronic illness, overexposure to cold, too much cold food
  - Principle of treatment: Use sweet and salty tastes; neutral, warm and hot foods and warming methods of cooking.
  - Eat "Master Soup" three times a week, with carrots, beef, leeks, ginger, etc.



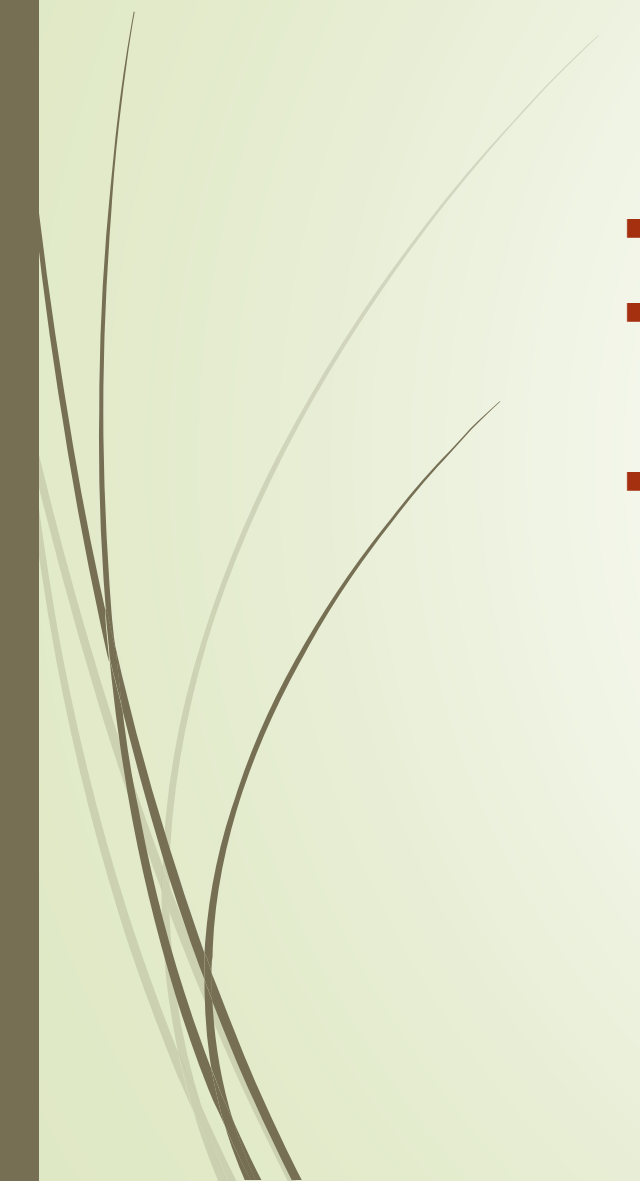


# Recommended foods

- Meat: Chicken, lamb, beef
  - Fish: Trout, salmon, tuna, shellfish
  - Fruit: Cherries, raisins
  - Vegetables: Fennel, leeks, carrots
  - Grains: Oats, millet, corn, short grain rice
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# Recommended foods

- Spices: Aniseed, pepper, ginger, cardamom, cinnamon.
  - Nuts/seeds: Chestnuts, roasted walnuts
  - Avoid: Cold raw foods, cold salads, cold fruit juices
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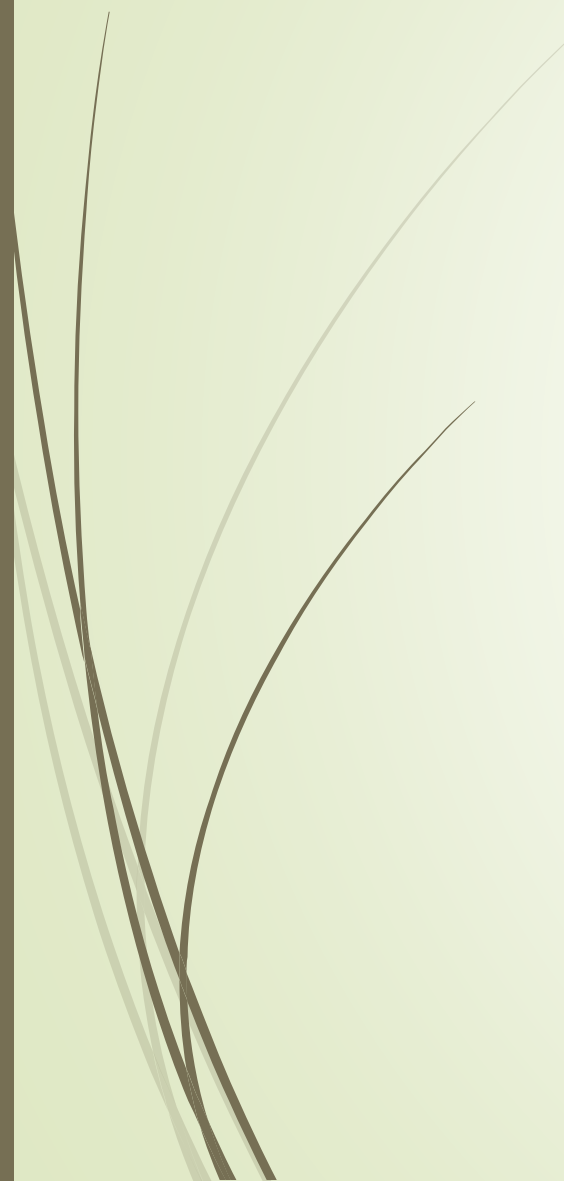
# CONSTIPATION






# Qi or Yang deficiency

- Clinical manifestations
- Thinly formed, long stools, fatigue after defecation, pale face, cold limbs.
- Tongue: Pale, Swollen, glossy.
- Pulse: Deep, Weak.

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- Etiology: Aging, chronic illness, mostly seen in the elderly and post-partum.
  - Principle of treatment: Use sweet, bitter and acrid tastes; neutral, warm and hot foods and warming methods of cooking with circulating and digestive spices.

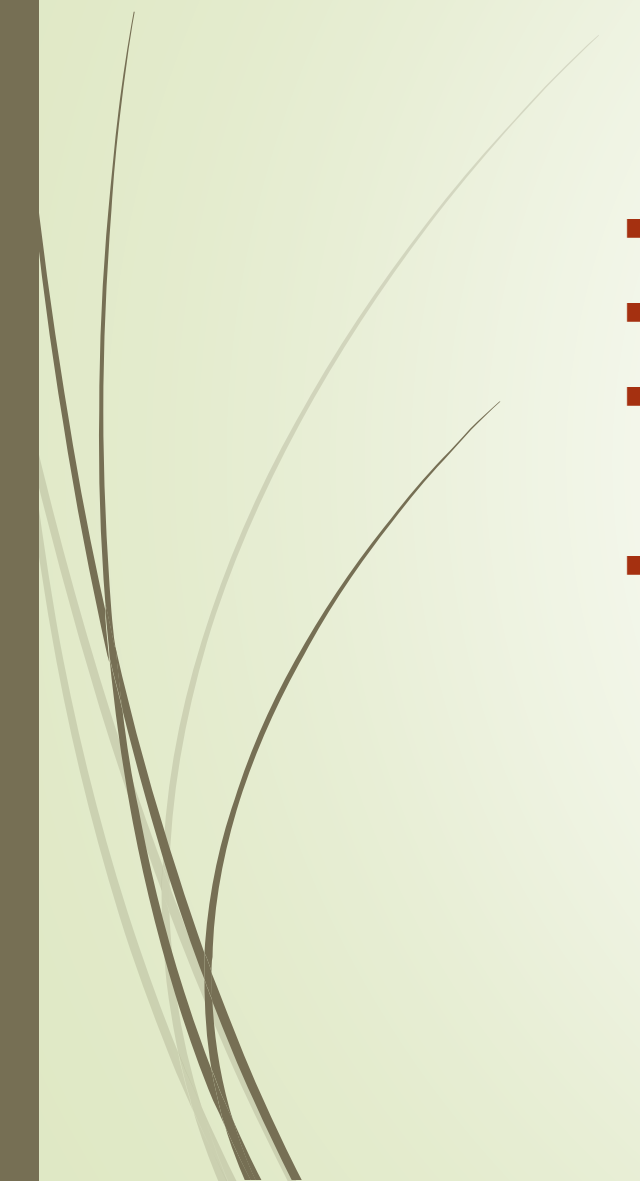


# Recommended foods

- Meat: Poultry, beef
  - Fruit: Cherries, dates, plums, raisins, peaches, apricots, figs
  - Vegetables: Fennel, radish, carrots, sweet potatoes
  - Beverages: Grape juice
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# Recommended foods


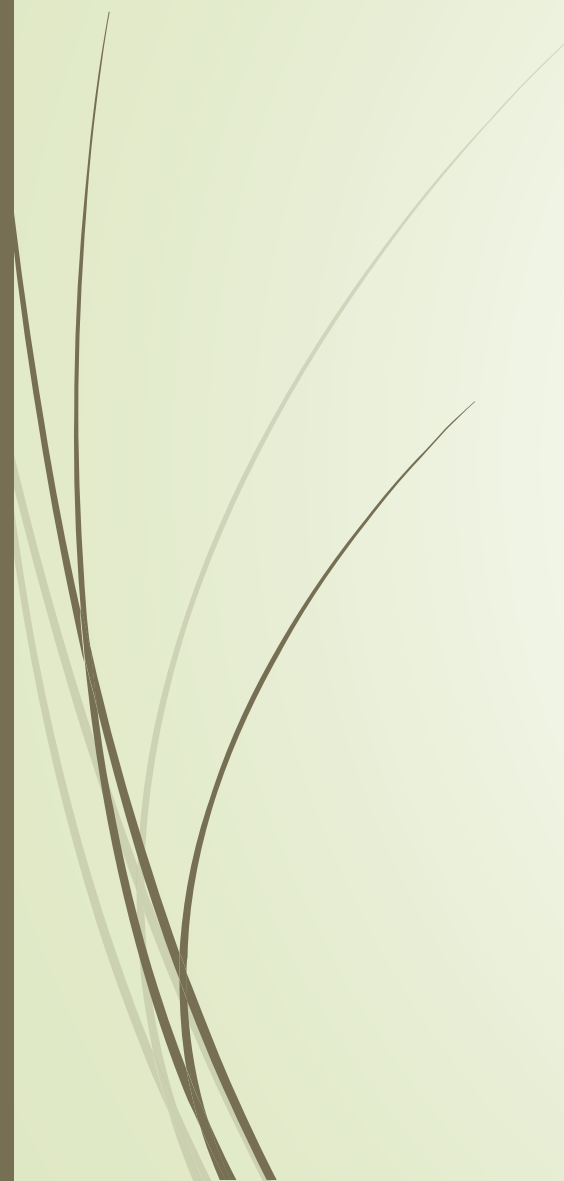
- Grains: Oats, corn, rice, soy
  - Spices: Aniseed, garlic, ginger, marzipan, cinnamon, coriander
  - Nuts/seeds: Almonds, pine nuts, black sesame
  - Avoid: Cold raw foods, cold salads, cold fruit juices
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# Yin deficiency


- Clinical manifestations
- Dry stool, dry mouth and throat, worse in the evening, night sweats, dizziness, tinnitus.
- Tongue: Red, dry, peeled.
- Pulse: Thin and rapid.



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- Etiology: Aging, chronic illness, mostly seen in the elderly and post-partum.
  - Principle of treatment: Use cooling foods and cooling cooking methods. Sweet, salty and cool or neutral foods to help generate fluids.



# Recommended foods

- Meat: Pork
  - Fruit: Apples, pears, bananas, apricots, plums
  - Vegetables: Seaweed, Chinese cabbage, cucumbers, spinach, celery, eggplant
  - Grains: Barley, wheat, wheat germ
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# Recommended foods

- Spices: Salt
- Nuts/seeds: Black sesame seeds, peanuts, walnuts, almonds (with honey)
- Other: Tofu
  
- Avoid: Foods which are hot, bitter, and/or acrid.




# LR Qi stagnation

- Clinical manifestations
  - Pellet-like stools, difficult bowel movement, distension or pain of hypochondrium and chest, irritability, belching, abdominal distension
  - Tongue: Normal, slightly red sides.
  - Pulse: Wiry, especially on the left side.
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- Etiology: Anger, stress
  - Principle of treatment: Neutral or cool foods; sour, possibly sweet or bitter tastes.
  - Raw, steamed or blanched preparation.




# Recommended foods

- Fruit: Plums, oranges, grapefruit
  - Vegetables: Chinese cabbage, cucumbers, spinach, celery, tomato
  - Grains: Barley, wheat, wheat germ
  - Beverages: Black tea, wheat beer, plum juice
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# Recommended foods


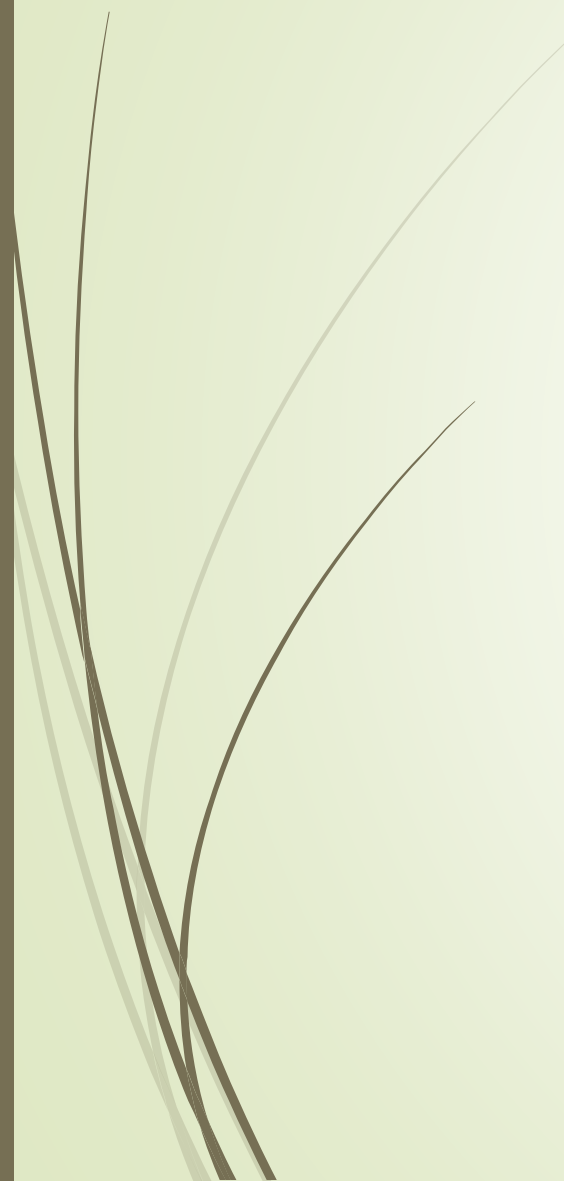
- Legumes: Mung bean, mung bean sprouts
  - Spices: Ginger, garlic, pepper, marjoram, coriander (all in small amounts)
  - Nuts/seeds: Black sesame seeds
  - Other: Vinegar, tofu, apple cider vinegar, yogurt
  - Avoid: Warming cooking methods. Hot spices, fatty-oily foods.
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# ST/LI Heat

- Clinical manifestations
- Dry hard stools, infrequent bowel movements, thirst with desire to drink cold liquids, sensation of heat in abdomen, bad breath.
- Tongue: Red, thick-yellow-dry coating.
- Pulse: Full, Rapid.



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- Etiology: This pattern can be due to excessive consumption of energetically hot foods; also to stress.
  - Principle of treatment: Use cooling methods of preparation. Sweet, bitter and sour tastes and cool or cold foods.

# Recommended foods

- Fruit: Pears, apples, bananas, kiwi, oranges, plums, grapefruit
- Vegetables: Mung beans, rhubarb, spinach.
- Beverages: Green tea, pear juice, plum juice, orange juice, wheat beer
- Grains: Wheat
- Spices: Salt
- Other: Yogurt, tofu
- Avoid: hot foods and acrid spices.