DIETARY THERAPY FOR SPECIFIC CONDITIONS

■ TDT class 7 Part 1



ASTHMA

- WIND COLD
- PHLEGM-HEAT OBSTRUCTING THE LUNGS
- SPLEEN & LUNG QI DEFICIENCY
- LUNG QI/ & KIDNEY YANG DEFICIENCY

WIND COLD

- Clinical Manifestations
- Cough, copious clear-watery sputum, gasping with phlegm rales, aversion to cold, scratchy throat.
- Tongue: thin-white coating.
- Pulse: Floating

- Etiology
- This is due to exposure to Wind and Cold. The root cause is the relative weakness of the body's Qi in relation to the pathogenic factor at that particular time.
- Treatment
- Principle of treatment: Use acrid taste and warm foods and warming preparation methods.

Vegetables: Green onions

Grains: Oats

Spices: Aniseed, coriander, ginger, thyme

Avoid: Raw, cool, cold foods, dairy products

PHLEGM-HEAT OBSTRUCTING THE LUNGS

- Clinical Manifestations
- Profuse yellow or green or dark, and foul smelling sputum, rapid breathing, asthma, thirst for cold drinks.
- Tongue: Red body, thick-sticky yellow coating.
- Pulse: Slippery-Rapid-Full.

- Etiology
- Excessive consumption of greasy and hot foods leading to the formation of Phlegm and Heat. Smoking can also be a factor leading to this pattern. Can also be precipitated or aggravated by invasion of exterior Wind-Heat.
- Treatment
- Principle of treatment: use sweet and acrid tastes. Neutral, or cool foods.

- Fruit: Grapefruit (peel), tangerine(peel), lemons (peel), pears
- Vegetables: Watercress, radish, seaweed, bamboo sprouts, portobella mushroom, dandelion, mung bean, water chestnut
- Beverages: Peppermint tea, green tea, pear juice
- Grains: Pearl barley, millet, rice
- Spices: Aniseed

 Avoid: Hot and warm foods, dairy, alcohol, fatty food, excess sweets or meat

SPLEEN & LUNG QI DEFICIENCY

- Clinical Manifestations
- Copious white sputum, fullness in the chest, bloating after eating, tiredness.
- Tongue: Pale swollen with thick white fur.
- Pulse: Empty, weak.

- Etiology
- Constitutional weakness, chronic Spleen qi deficiency from bad diet and overwork.
- Treatment
- Principle of treatment: Sweet and acrid tastes, neutral and warm foods and warming cooking methods.

- Meat: Poultry, duck, beef
- Fish: Carp
- Fruit: Pears, apples, cherries, grapes
- Vegetables: Cauliflower, carrots, onions, radish, leeks, fennel
- Grains: Millet, rice, oats

- Spices: Aniseed, ginger, garlic, basil, coriander, thyme
- Nuts/seeds: Almonds, chestnuts, walnuts, sunflower seeds
- Other: High proof alcohol (small amounts)
- Avoid: Raw, cool, cold foods, dairy products, excess sweets or meat

LUNG QI & KIDNEY YANG DEFICIENCY

- Clinical Manifestations
- Cough with dyspnea on inhalation, dizziness, fatigue, copious clear urine, weak sore lower back and knees.
- Tongue: Pale swollen with glossy white fur.
- Pulse: weak.

- Etiology
- Constitutional weakness, chronic illness and overwork.
- Treatment
- Principle of treatment: Salty and bitter tastes; neutral, warm and hot foods and warming cooking methods.

- Meat: Chicken, duck, venison, lamb, pork
- Fish: Oysters, mussels, shrimp
- Fruit: Raisins, cherries, grapes
- Vegetables: Cauliflower, olives, onions, fennel

Grains: Corn, oats

Nuts/seeds: Almonds (salted), chestnuts, walnuts

Avoid: Raw, cool, cold foods, dairy products, excess sweets or meat



WIND HEAT

- Clinical Manifestations
- Stuffed or runny nose with yellow mucus and possibly streaked with blood, headache, body aches, slight sweating, thirst.
- Tongue: body Red on the sides or tip, the coating is thin and either white or yellow.
- Pulse: Floating-Rapid.

- Etiology
- This is due to exposure to climatic wind and heat. Similar to Wind-Cold, may also appear as a transformational stage from wind-cold to internal heat.
- Treatment
- Principle of treatment: Use acrid and bitter tastes and cool or cold foods.

- Fruit: Pears, watermelons, mulberries, lemons, grapefruit
- Vegetables: Mung bean/sprouts, radish, tomato, dandelion
- Beverages: Pear juice, peppermint tea, tomato juice, melon juice
- Grains: Wheat
- Spices: Peppermint
- Avoid: Warm or hot foods, poultry

LIVER-GALLBLADDER DAMP-HEAT

- Clinical manifestations
- Sticky yellow purulent mucus, headaches, red eyes, dry mouth and throat, bitter taste.
- Tongue: thick-sticky yellow coating, either bilateral or only on one side.
- Pulse: Slippery, Wiry.

- Etiology
- Anger over a long period of time causing stagnation of Liver-Qi and its transformation into Fire. The excessive consumption of greasy and fatty foods leads to the formation of Dampness which combines with the Heat.
- Treatment
- Principle of treatment: Use salty and bitter tastes and cool or cold foods.

- Fish: Crayfish
- Vegetables: Mung beans, bamboo sprouts/shoots, celery, endive, dandelion
- Beverages: Gentian tea, green tea, pear juice with lemon
- Avoid: Hot and warm foods, grilling, alcohol, fatty food, dairy, acrid spices

SPLEEN & LUNG QI DEFICIENCY (+ Phlegm-damp)

- Clinical Manifestations
- Stuffy nose, copious white or yellow sticky mucus, possibly cough with fullness in the chest, lack of appetite, tiredness, loose stools.
- Tongue: Pale or slightly red with thick white fur.
- Pulse: Empty, or slippery.

- Etiology
- Constitutional weakness, chronic Spleen qi deficiency from bad diet and overwork.
- Treatment
- Principle of treatment: Sweet, bitter and acrid tastes, warm foods and warming cooking methods.

- Meat: Poultry, duck, beef
- Fish: Carp
- Fruit: Pears, apples, cherries, grapes
- Vegetables: Cauliflower, carrots, onions, radish, leeks, fennel
- Grains: Millet, rice, oats
- Spices: Aniseed, ginger, garlic, basil, coriander, thyme
- Avoid: Raw, cool, cold foods, dairy products, excess sweets or meat

TURBID DAMP-HEAT

- Clinical Manifestations
- Stuffy nose with copious yellow foul-smelling mucus, distending headache, body heaviness, bitter sticky taste.
- Tongue: Red with sticky yellow fur.
- Pulse: Slippery-Rapid.

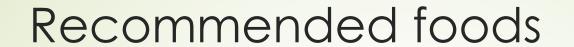
- Etiology
- Usually bad diet (too much dietary fat, irregular meals).
- Treatment
- Principle of treatment: Use bitter taste and neutral, cool or cold foods.

- Vegetables: Mung beans, cucumber, celery, endive, artichoke
- Beverages: Green tea, corn silk tea
- Grains: Millet
- Spices: Peppermint
- Avoid: Hot and warm foods, dairy, alcohol, fatty food, excess sweets or meat



Weakness, Fatigue, Hypotension

- SP Qi or Yang deficiency
- Blood Deficiency
- Kidney Qi or Yang Deficiency
- Principle of treatment: Warming (stews, grilled, fried) sweet and salty foods with some acrid spices



SP/ST Qi/Yang deficiency

- Meat: Duck, lamb, chicken, beef
- Fish: Bass, salmon, tuna, eel
- Fruit: Cherries, peaches
- Vegetables: Fennel, carrots, dates
- Grains: Oats, millet, corn, short grain rice
- Spices: Garlic, chili, ginger, cinnamon, pepper, possibly cooking with alcohol

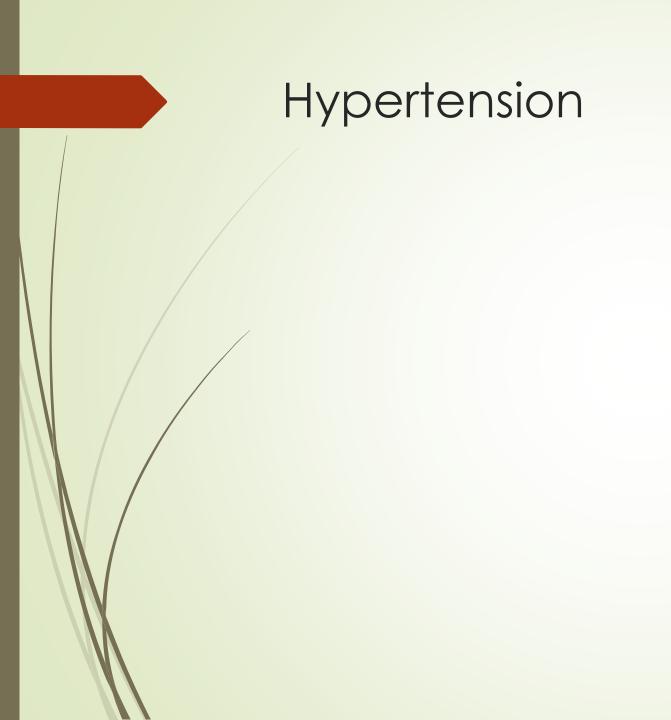
Blood deficiency

- Meat: Chicken, beef
- Beverages: Grape juice
- Grains: Oats, rice

KD Qi/Yang deficiency

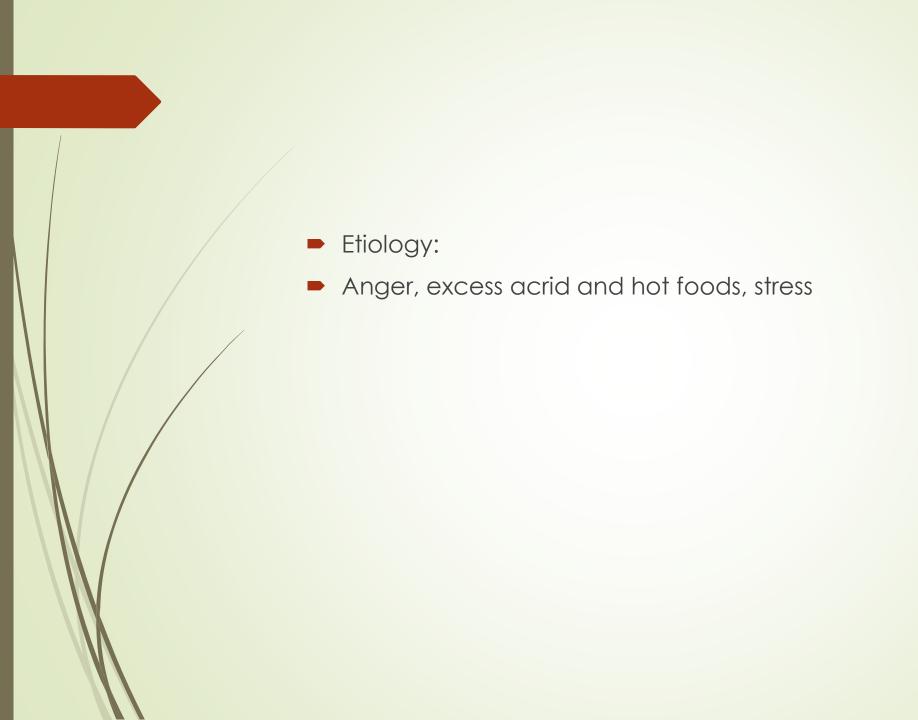
- Meat: Venison, lamb
- Fish: Mussels, oysters, sardines
- Fruit: Cherries, raisins
- Vegetables: Fennel
- Grains: Oats, corn
- Sweeteners: Honey
- Nuts/seeds: Chestnuts, roasted walnuts

 Avoid: Cold raw foods, cold salads, cold fruit juices, dairy products, coffee (dries the blood), irregular eating



Liver Yang Rising, Liver Fire, Liver Wind

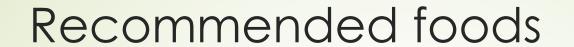
- Clinical manifestations
- Hypertension, hypertensive crisis, irritability, severe headaches, red eyes, tinnitus, red face, dry mouth, bitter taste.
- Tongue: Red with white or yellow fur.
- Pulse: Wiry, rapid.



Liver Yin-Blood Deficiency

- Clinical manifestations
- Hypertension, dizziness, irritability, headaches, dry eyes, blurred vision, tinnitus, numb extremities, dry nails.
- Tongue: Red with thin yellow fur.
- Pulse: Thin, rapid.

- Etiology: Aging, lack of sleep, too much spicy food, chronic illness
 - Principle of treatment:: Use cooling or raw foods. Sour and possibly sweet or salty tastes and cool or cold foods.



Clear LR Heat

- Fruit: Apples, pears, oranges
- Vegetables: Mung beans, spinach
- Beverages: Green tea
- Grains: Wheat
- Dairy: Cow's milk

Regulate LR Qi

- Fish: Crab, Octopus
- Fruit: Blueberries, lemons
- Vegetables: Dandelion, tomatoes, water chestnut, celery, spinach
- Beverages: Chrysanthemum, green tea

Supplement LR Yin-Blood

- Meat: Duck, pork, chicken
- Fruit: Grapes, mulberries, plums, lemons, cherries
- Vegetables: Tomatoes, celery, spinach
- Beverages: Wheat beer, peppermint tea, black tea, green tea

Grains: Black soy beans

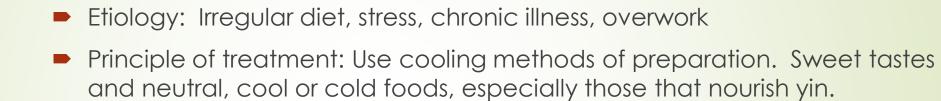
Nuts/seeds: Black sesame seeds, sunflower seeds, pine nuts

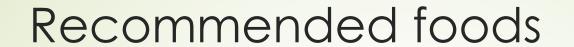
Oils: Olive oil

Avoid: Acrid, hot, fatty foods; reduce meat consumption for 3-6 weeks.

LR/KD yin deficiency

- Clinical manifestations
- Hypertension, sleep disturbance, memory loss, back pain, knee pain, tinnitus, dizziness, sexual dysfunction.
- Tongue: Red; Peeled.
- Pulse: Thin rapid.





Nourish LR/KD Yin

- Meat: Duck, pork
- Fish: Bass, carp, octopus
- Fruit: Cherries, grapes, mulberries, raisins, plums
- Vegetables: Seaweed, eggplant, tomato, celery
- Grains: Wheat, millet, black soy beans
- Nuts & seeds: Chestnut, walnut, black sesame seeds
- Other: Butter, cream, olive oil

Clear Deficiency Heat

- Fruit: Apples, kiwis
- Vegetables: Mung beans, asparagus
- Beverages: Green tea, wheat beer
- Avoid: Excess salt; foods which are hot, bitter, and/or acrid.





UB DAMP-COLD

- Clinical manifestations:
- Frequent urination, light cloudy urine, difficult micturition, heaviness in low abdomen
- Tongue: White fur in back
- Pulse: Slippery

Etiology: Exterior cold, weakened resistance, excessive sexual activity
 Treatment
 Principle of treatment: Use bitter and sweet tastes and warming food.

Recommended foods

- Meat: Venison, lamb, poultry
- Fish: Prawns, eel, carp, bass
- Fruit: Cherries, raspberries
- Vegetables: Fennel, aduki beans
- Beverages: Corn silk tea

Grains: Millet, corn, oats

Nuts & seeds: Chestnuts, walnuts, black sesame

Spices: Cloves, rosemary, cinnamon, fennel, garlic, ginger

Avoid: Cool and cold foods, dairy products, too much meat

UB DAMP-HEAT

- Clinical manifestations:
- Frequent urgent burning urination, dark yellow cloudy urine, blood in urine, fever, thirst
- Tongue: Red, thick yellow fur
- Pulse: Rapid, slippery

- Etiology:
- Heat and damp stagnation, emotional upset
- Treatment
- Principle of treatment: Use salty and bitter tastes and cool and cold food.

Recommended foods

- Fruit: Cherries, raspberries
- Vegetables: Cucumbers, mung bean sprouts, tomatoes, bamboo sprouts, celery, dandelion, radishes, aduki beans
- Beverages: Green tea, corn silk tea, dandelion tea, celery juice

Grains: Amaranth, barley, pearl barley

Nuts & seeds: Chestnuts, pistachios, walnuts

Other: Soy milk

Avoid: Warm or hot foods, acrid spices, junk food, soft drinks, alcohol



KIDNEY QI / YANG DEFICIENCY

- Clinical manifestations:
- Incontinence or nocturnal incontinence, clear urine, weakness, pain in back and knees, dizziness, cold in lower body
- Tongue: Pale, glossy
- Pulse: Weak, deep

- Etiology:
- Weak constitution, fear or shock, emotional burdens, advanced age
- Treatment
- Principle of treatment: Use sweet tastes and warming food.

Recommended foods

- Meat: Venison, lamb, poultry
- Fruit: Cherries, raspberries, raisins
- Vegetables: Fennel, leeks
- Grains: Millet, corn, oats
- Nuts & seeds: Chestnuts, walnuts, black sesame
- Spices: Anise, rosemary, cinnamon
- Avoid: Cool or cold foods, raw foods, excessive intake of fluids