

### Foods to Eat for Dampness Patterns:

- Aduki beans, lima beans, celery, carrots, winter squash, asparagus, mushrooms, lemon, unsweetened cranberries, huckleberries, dandelion leaves, plantain leaves, rye, amaranth, corn, lettuce, pumpkin, scallion, alfalfa, turnip, kohlrabi, white pepper, raw honey, raw goat's milk is the only recommended dairy product
- All bitter herbs such as chaparral, chamomile, pau d 'arco, valerian

### Foods to Avoid for Dampness:

- Refined sugar, processed foods, all condensed sweeteners, too much meat, starch, greasy oily foods, soda, raw cold foods, tofu and all soy products, dairy, eggs, peanuts
- Ice cream is one of the worst foods for this pattern-it's damp, cold, and sweet! Even the "healthy" substitutes (such as frozen yogurt) should be avoided.
- Avoid over eating and late night eating

### Tips and Tendencies for Dampness:

- Joint pain, numbness, swelling, edema, feelings of heaviness, bloated, many chronic illnesses fall into this category (such as cancer & chronic fatigue syndrome). Those with dampness are prone to excess mucous, skin conditions and recurrent infections such as ear infections, urinary tract infections, yeast infections, cold/flu, etc.
- Damp conditions generally take longer to heal. Exercise is very important for those with dampness. If dampness gets
- Those with dampness usually have an overgrowth of yeast (candida) in the digestive tract
- Dampness is not only affected by diet, damp environments worsen internal dampness
- If the burden of excess mucous is not resolved it may transform to a phlegm pattern. The mucous in phlegm patterns most often accumulates in the lungs and presents as respiratory conditions, chronic cough, and asthma like symptoms: wheezing, cough, shortness of breath

### Foods to Eat for Phlegm Patterns:

- Follow dampness dietary recommendations and incorporate the following recommendations based on specific phlegm pattern
- Warm foods for Cold Phlegm (clear runny or sticky mucous, cold body)
  - Fennel, fenugreek, cayenne, garlic, onion, chives, scallions, horseradish, fresh ginger, elecampane root
- Cold foods for Hot Phlegm (sticky yellow or green mucous, warm body)
  - Watercress, radish, daikon radish, cereal grass, seaweed, nettles, mullein leaf
- Neutral foods for Hot or Cold Phlegm
  - Flaxseed, mushroom, coltsfoot