

Spleen Qi Deficiency Recommended Foods:

- ❖ Soups and stews with root vegetables are great for this pattern. Carrot, rutabaga, parsnip, turnip, garbanzo beans, black beans, peas, sweet potato, pumpkin, yam, orange and yellow squash, well cooked rice (congee), onion, leek, black pepper, ginger, cinnamon, fennel, nutmeg, ginger. Small amounts of sweet foods such as molasses, barley malt, and rice syrup as well as cooked fruits such as dates and cherries.
- ❖ Animal products in small amounts: chicken, beef, mackerel, tuna, halibut, anchovy, beef liver or kidney, turkey, or lamb. Butter is the only recommended dairy product.

Foods to Avoid or Minimize:

- ❖ Eliminating sugars, starches, and grains is the most important thing to focus on with this pattern.
- ❖ Minimize pasteurized dairy products, raw dairy contains natural enzymes which aid digestion and ease the burden on the Spleen and are usually fine for those with Spleen Qi deficiency. Some people will have to completely eliminate dairy while others with this pattern can handle a couple servings per day. If you also have dampness or phlegm, avoid dairy altogether until dampness resolves.
- ❖ Avoid added sugar, high fructose corn syrup, agave nectar, honey, and all other sweeteners. Grains such as wheat, rice, and oatmeal damage the Spleen Qi unless cooked for a long time into a congee. Starches (potatoes) impose a heavy burden on the Spleen.
- ❖ Avoid hydrogenated fats, fried foods, and most vegetable oils which burden the Spleen and lead to phlegm formation. Healthier cooking fats are butter, coconut oil, grapeseed oil, and olive oil.
- ❖ Avoid uncooked and cold foods. Cooking is a form of “pre-digestion” and helps the Spleen transform food into nourishment.
- ❖ Ice drinks are especially harmful to the Spleen. If you can train yourself to like beverages at room temperature, you will be better off! This is especially important if you have symptoms of Spleen Qi and Yang deficiency such as loose stools, fatigue, aversion to cold, dizziness when standing up, and cold hands and feet.

Tips and Tendencies for Spleen Qi Deficiency:

- ❖ In addition to a constitutional deficiency (born with), this pattern can result from poor dietary habits of processed and refined foods, high fructose corn syrup, and consumption of GMO foods. Spleen Qi Deficiency is the most prevalent disharmony among those eating the Standard American Diet (SAD).
- ❖ General symptoms include fatigue, physical and mental stagnation, nausea, poor appetite, abdominal bloating, hard lumps in the abdomen, loose stools. May be overweight without overeating or thin with difficulty gaining weight.
- ❖ This pattern does best with regularly scheduled meals followed by downtime to allow digestion. Constant snacking or grazing makes this pattern worse. Pay attention to posture while eating and after eating. Avoid scrunched over positions to optimize digestive energy. Avoid overeating and get light exercise on a daily basis (including stretching or yoga). Light walks 15-20 minutes after eating help aid digestion.