

<b>Pattern</b>	<b>General Comments</b>	<b>Top Food Sources</b>
Qi Deficiency	Foods which are easy to digest, warming and nourishing foods should be used. All cooked, warmed, slow-cooking foods are ideally suited for qi deficiency. Soups, broths, high-complex carbohydrates, vegetables, and small portions of meats are recommended. Avoid excessive fluids with meals, uncooked raw foods, cold damp foods, overeating, skipping meals, and eating while working.	Millet, garbanzo beans, pine nuts, figs, dates, squash, carrots, cabbage, small portions of meats, vegetables, grains, cooked squash, leeks, oats, onion, pumpkins, sweet potatoes, sweet rice, yams, dried fruits, cherries, dry figs, peaches, strawberries, anchovies, chicken, turkey, spices, black pepper, cinnamon, ginger, nutmeg, barley malt, maple syrup.
Qi Stagnation	Food choices similar to those of qi deficiency are good choices. Eat less and earlier in the day. Concentrate on light to mildly spicy foods, stir frying, poaching, and steaming foods. Consider adding small amounts of strongly moving substances, such as black pepper to foods. Avoid processed junk foods, cold foods, preservatives, eating while upset or under pressure, skipping meals, overeating, and eating too quickly.	Basil, cardamom, carrots, cayenne, chives, dill seeds, fennel, garlic, grapefruit, orange peels, peaches, peppermint, plum radish, squash, tangerine peels, turmeric, vinegar, watercress, onions, mint, asparagus.
Yin Deficiency	Moistening and lubricating food are useful. Use plenty of water in cooking including soups and stews. A nourishing diet consists of seeds, beans, and high-quality protein.	Oats, rice, millet, barley, chicken, yogurt, tofu, nuts and seeds, oysters, mussels, clams, spirulina, potatoes, melons, black beans, apples, bananas, mung beans, flaxseed oil, almond oil.
Dampness	Generally, it is a result of long-term qi deficiency but may also arise quickly from a diet that contains too many cold, raw foods, excessive dairy products, or excessive amounts of greasy foods, animal products, or alcohol. Emphasize foods that are cooked and warm and have a low fat intake. Avoid dairy, sugar, deep fried, and junk foods. Bitter and pungent flavored foods are ideal for dampness.	Rye, scallions, turnips, whole grain, wild rice, ginger, cardamom, asparagus, celery, barley, green tea, lemon, daikon radish, papaya.



Blood Deficiency	Generally, foods which supplement the Spleen are considered good choices, including iron and protein-rich foods, folic acid and vitamin B12. Some vegetarians may need to supplement B12 from deficiency.	Dark leafy green vegetables, chlorophyll-rich foods, spinach, grapes, lotus root, cayenne pepper, and small amounts of meat products, especially liver, are beneficial additions to help the production and circulation of blood.
Blood Stagnation	Foods similar to qi stagnation and blood deficiency in addition to those which strongly move the blood in the body. Avoid cold raw foods as they constrict blood circulation.	Turmeric, butter, leeks, onions, crab, red wine, cayenne, peaches, scallions. Saffron, sweet rice, vinegar, chicken eggs, garlic, chives, eggplant, adzuki beans.
Heat Condition	Shorten cooking times and add plenty of water to foods, steaming, and stir frying. Heat may show up in a variety of ways depending on the underlying condition. Differentiate between "full heat" and "false heat" as it affects food choices. Avoid deep frying, BBQ, roasting, overeating and hot foods that contribute to excess conditions.	Apples, barley, chicken, cucumbers, mangoes, mung beans, pears, radishes, sesame seeds, strawberries, tangerines, turnips, wheat, bamboo shoots, bananas, chestnuts, crab, grapefruit, kelp, lettuce, oranges, salt, sea grass, seaweed, soft drinks, sour foods, watermelon, water chestnuts, fruits, raw vegetables, and salads.
Cold Condition	Warming foods which emphasize movement are good choices. Avoid all raw food, including salads and vegetables. Differentiate between "full cold" and "false cold" conditions as it affects food choices. If necessary, warm or lightly steam foods.	Brown sugar, cayenne, chives, cinnamon twigs, cloves, coffee, egg yolks, fresh ginger, ham, leeks, lamb, nutmeg, peaches, raspberries, rosemary, shrimp, sunflower seeds, sweet basil, walnuts, wine.

For more information, please contact us for a consultation.

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