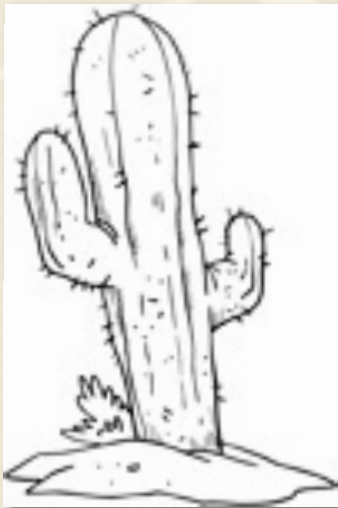


## Signs that you might have Dryness:

- frequent thirst
- dry unproductive cough
- dry skin, nose, throat, eyes
- itchy skin, nose, throat, eyes
- constipation
- thin frame with difficulty gaining  
weight



### Additional Resources

*Healing with Whole Foods: Asian Traditions and Modern Nutrition* by Paul Pitchford (2002)

*Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine* by Joerg Kastner (2003)

*Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life* by Yuan Wang, Warren Sheir, and Mika Ono (2010)

*The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine* by Bob Flaws (1999)

*Tao of Nutrition* by Maoshing Ni (2009)

*The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity* by Zhuo Zhao (1998)

*Prince Wen Hui's Cook: Chinese Dietary Therapy* by Bob Flaws and Honora Wolf (1985)

*Eating Your Way to Health: Dietotherapy in Traditional Chinese Medicine* by Cai Jingfeng (2010)

*Chinese Diet Therapy* by Zhao Muying (1996)

Consult a medical professional before making any drastic changes to your diet.

Food therapy is not appropriate for severe symptoms or emergencies.

These statements have not been evaluated by the Food and Drug Administration. This pamphlet is not intended to diagnose, treat, cure, or prevent any disease.

# TRADITIONAL CHINESE MEDICINE FOOD THERAPY

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# DRYNESS

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# LET'S GET YOU MOISTURIZED



Chinese Medicine is primarily based upon the ideas of balance and moderation, so don't over do it. A healthy body is one which is neither too dry or too damp. Eating too many moistening foods could tip the balance in your body in the other direction, resulting in symptoms of Dampness.

Symptoms of Dampness: feeling heavy and tired, decreased thirst, mucus, loose stools, bloating, edema.

If you start experiencing any of these symptoms, cut back slightly on the moistening foods. If symptoms of Damp persist, add small amounts of ginger and garlic back into your diet.

**Stay hydrated** - non-caffeinated, non-alcoholic, sweetened only with sugar cane and honey. Coconut water, aloe vera juice, and EmergenC drinks are especially hydrating.

**Use salt sparingly** - but don't eliminate it

**Seek healthy oils:** fish, olive, coconut, sesame

## FOODS THAT MOISTEN

**Fruits:** pear, apple, apricot, peach, plum, star fruit, strawberry, watermelon, loquat, lemon, coconut, date, tomato

**Vegetables:** spinach, cucumber, seaweeds

**Beans and Legumes:** sweet rice, wheat, quinoa, spelt, oats, bean curd, yellow soy beans

**Meat and Dairy:** fish oils, oily fish: anchovies and sardines, clam, sushi, chicken eggs, pork, milk products

**Herbs and Spices:** raw honey, sugar cane juice, olive oil, coconut oil, sesame oil, peanut oil, licorice root, walnut



## FOODS TO AVOID: DRYING

**Processed foods** - popcorn, chips, crackers, pretzels

**Fried foods** - unhealthy oils do not moisten the body: french fries, chicken wings, pizza

**Aromatic spices** - ginger, garlic, white pepper

**Bitter flavors** - asparagus, bitter greens, coffee, wine

