

## Signs that you might have Heat:

- feeling too warm
- increased thirst
- craving for cold drinks
- red face or eyes
  - bad breath
  - canker sores
  - nose bleeds
- irritability or short temper
- high blood pressure
- thick yellow mucus
  - rashes
  - constipation
- dark yellow urine



### 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

# HEAT





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 warm or too cool. Eating too many cooling foods could tip the balance in your body in the other direction, resulting in symptoms of Cold. This holds especially true for frozen foods and iced drinks, which are considered too cold to ever be therapeutic.

Symptoms of Cold: easily chilled, cold hands and feet, cravings for warm foods and drinks, pale face, copious pale urine

If you start experiencing any of these symptoms, cut back slightly on the cooling foods. If symptoms of Cold persist, add small amounts of red meat, dairy, cinnamon, and ginger back into your diet.

## LET'S GET YOU COOLED DOWN

- Stay hydrated** - plenty of liquids containing little to no sugar or caffeine.
- Raw or lightly cooked foods.** Steam and simmer are good. Avoid baking, frying, or sautéing.
- Eat smaller meals.** Avoid overeating and large meals.
- Make healthy lifestyle choices.** Coffee, alcohol, and cigarettes all generate Heat.

### FOODS THAT COOL

**Fruits:** fresh fruits, apples, pears, plums, watermelon, small amounts of almonds, sesame seeds, and sunflower seeds

**Vegetables:** cucumber, lettuce, celery, chard, spinach, summer squash, eggplant, onion, sweet corn, soy/tofu, tempeh, seaweeds, kudzu, watercress, radish, artichoke, asparagus

**Grains and legumes:** whole wheat, millet, barley, amaranth, buckwheat, blue corn, mung beans

**Meat and Dairy:** yogurt, small amounts of goat dairy, crab, clams

**Herbs and Spices:** basil, mint, vinegar, cilantro, lemon balm, marjoram



### FOODS TO AVOID: WARMING

**Foods high in fat and oils** - red meat, bacon, cheese and most dairy products, eggs, fried foods, fast food, potato chips

**Spicy foods** - hot peppers, hot sauce, spices such as cinnamon and ginger

**Sour foods** - lemons, limes, pickles, sauerkraut, wine, unsweetened dairy such as raw yogurt and sour cream

