Chinese Diet Recommendations

To get the most out of your treatments with Amy, she recommends supporting the goals of your treatment with the proper diet and lifestyle. According to Chinese Medicine, every food has a specific nature and flavor which contributes to different aspects of health.
Combining the correct foods for your specific condition will aid in restoring balance and resolving your symptoms.

Foods That Promote Movement
When energy or bodily functions get blocked that is called stagnation in Chinese Medicine. All pain is caused from stagnation that can be from an excess or a deficiency of energy. Either way, movement is needed to bring in energy to move the blockage.
Foods That Tonify
Where there is enough energy or a deficiency, the body needs resources to build it back up in order to promote health. Foods that tonify have energy that is similar in quality that the body is deficient in such as; Qi, Blood, Yin, Yang, or Essence. Sweet flavors tonify the digestion as long as they are not artificial or highly processed, as well as help with pain.

As a rule, fresh food with minimal chemicals, preservatives, additives, or processing is best.

Please Increase Foods in the Categories Indicated Below:

Qi Tonics
Beef, Cherry, Chicken, Coconut. Date, Eel, Fig, Ginseng, Goose, Grape, Ham, Herring, Lentil, Licorice, Mackerel, Microalgae, Molasses, Oats, Octopus, Potato, Rabbit, Rice, Royal Jelly, Sweet Potato, Shiitake, Mushroom, Squash, Sturgeon, Tofu, Yam, Chia Seed, Congee (Rice Porridge)

Blood Tonic
Adzuki Bean, Apricot, Beef, Beetroot, Bone Marrow, Chicken Egg, Cuttlefish, Dandelion, Dark Leafy Greens, Date, Dang Gui, Grape, Kidney Bean, Liver, Organic Lamb/ Beef/ Chicken, Longan, Microalgae, Nettle, Oyster, Octopus, Parsley, Sardine, Spinach, Sweet Rice, Watercress, Sprouts, Chlorophyll-Rich Foods (or add Chlorophyll to Drinking Water), Seaweed

Yang Tonic
Basil, Cassia Fruit, Chestnuts, Chive Seed, Cinnamon Bark, Clove, Dill Seed, Fennel Seed, Garlic, Fenugreek, Seed, Ginger (Dried), Kidney, Lamb, Lobster, Nutmeg, Pistachio, Raspberry, Rosemary, Sage, Savory, Shrimp, Star Anise, Thyme, Walnut, Trout, Chicken, Quinoa, Sunflower Seed, Sesame Seed, Pine Nut, Chestnut, Caraway, Carob Pod, Cumin, Sweet Brown Rice and it's products (Mochi), Parsnips, Mustard Greens, Cabbage, Kale, Onion, Leek, Chive, Garlic, Scallion, Cooked Beans with Ginger (Black Beans, Lentil, Aduki Beans), Hot Peppers (Small Amounts)

Yin Tonic
Apple, Asparagus, Cheese, Chicken Egg, Clam, Crab, Cuttlefish, Duck, Duck Egg, Honey, Kidney Bean, Lemon, Malt, Mango, Milk , Oyster, Pea, Pear, Pineapple, Pomegranate, Pork, Rabbit, String Bean, Tofu, Tomato, Watermelon, Yam, Millet, Barley, Wheat Germ, Rice, Black Beans, Beef, Pork, Beets, Kuzo Root Starch, Lentil, Lamb Kidney, Chicken, Microalgae (Chlorella, Spirulina, Wild Blue-Green), Bone Marrow, Nettles, Royal Jelly, Black Sesame Seed, Black Soybeans

Regulate Qi
Basil, Cardamom, Caraway, Carrot, Cayenne, Chive, Clove, Coriander, Dill Seed, Garlic, Majoram, Mustard Leaf, Orange Peel, Radish, Star Anise, Tangerine Peel, Tumeric, Spearmint, Rosemary, Scallions, Cinnamon Bark and Branch, Fresh & Dried Ginger Root, Black Pepper, All Hot Peppers, Fennel, Anise, Dill, Horseradish, Basil, Nutmeg,Peppermint, Majoram, Elder Flower, White Pepper, Radish and its Leaves, Taro, Turnip

Move Blood
Amasake, Aubergine, Crab, Brown Sugar, Chestnut, Chili Pepper, Chive, Hawthorne Berry, Onion, Mustard Leaf, Peach, Scallion, Vinegar, Tumeric, Nutmeg, Spearmint, Garlic, Basil, Peach Seed, Ginger, Rosemary, Cayenne, White Pepper, Aduki Beans, Sweet Rice, Butter, Sturgeon

Clear Heat
Asparagus, Aubergine, Bamboo Shoot, Banana, Chicken, Egg White, Clam, Elder Flower, Grapefruit, Lemon, Lettuce, Millet, Mung Bean, Peppermint, Potato, Salt, Tofu, Watermelon

Warm Coldness
Anchovy, Basil, Bay, Black Pepper, Cayenne, Cherry, Chestnut, Chicken, Leek, Coriander Seed, Dill Seed, Fennel Seed, Garlic, Ginger, Kohlrabi, Lamb Kidney, Mussel, Mustard Leaf, Mutton, Nutmeg, Onion, Peach, Pine Kernel, Walnut, Rosemary, Scallion, Shrimp, Squash, Sweet Potato, Sweet Rice, Trout, Vinegar, Wine

Transform Damp
Adzuki Bean, Alfalfa, Anchovy, Barley, Celery, Corn, Daiko, Garlic, Green Tea, Horseradish, Jasmine Tea, Job's Tears, Kidney Bean, Kohlrabi, Lemon, Mackerel, Majoram, Mushroom (Button), Mustard Leaf, Onion, Parsley, Pumpkin, Radish, Rye, Scallion, Turnip, Umeboshi Plum

Drain Damp
Adzuki Bean, Alfalfa, Anchovy, Barley, Frog, Black Soybeans, Broad Bean, Celery, Clam, Fenugreek, Grape, Job's Tears, Kelp, Lettuce, Mackerel, Sardine, Seaweed

Dissolve Phlegm
Almond, Apple Peel, Clam, Daikon, Garlic, Grapefruit, Lemon Peel, Licorice, Olive, Majoram, Orange Peel, Mushroom (Button), Onion, Mustard Leaf, Peppermint, Mustard Seed, Pear, Radish, Black & White Pepper, Persimmon, Plantain, Tea, Seaweed, Shiitake, Thyme, Walnut, Watercrest

Please Avoid or Minimize Foods in the Categories Indicated Below:

Liver
Alcohol, Coffee (Regular or Decaf), Sour Food or Drinks, Greasy/Fatty/Oily Foods, Hard to Digest Foods Such as Nuts, Spicy/Pungent/"Hot Foods," Overeating, Heavy Red Meats

Spleen
Raw Salads/Fruits/Vegetables, Sugar/Sweets, Cold Drinks with Meals, Frozen or Chilled Foods, Pork, Buckwheat, Fruit Juices, Large Doses of Vitamin C, Dairy Products, Beer, Melons, Strawberries, Pears, Bananas, Lettuce, Radishes, Celery

Kidney Yang
Alcohol, Excessive Fluids, Chilled or Frozen Foods/Liquids, Coffee/Caffeine, Artificial Sweeteners, Stimulants

Note: Please eat all food warm, steamed, or cooked.
Include plenty of soups and stews.

Lung/Kidney Yin
Spicy/Pungent/"Hot" Foods, Alcohol, Recreational Drugs, Cigarettes, Coffee/Caffeine

Phlegm
Dairy, Sugar/Sweets, Oily/Greasy/Fried/Fatty Foods, Heavy and Hard to Digest Foods, Overeating, Oats, Wheat, Pears, Pork, Beef

Damp Heat
Sugar/Sweets, Nuts, Nut Butters, Citrus Fruits/Juices, Orange Juice, Spicy/Pungent/"Hot" Foods, Oily/Greasy/Fried/ Fatty Foods, Alcohol, Pork, Beef

Note: If Damp Heat with Candidasis Avoid: Vinegar, Yeasted ads, Baked Goods, Fermented Foods (Miso, Tempeh, Yogurt)

Notes: