

Oriental Medicine

Eastern Nutrition by LinkedYin

Dampness

Dampness represents a condition existing within the body that is a reflection of dampness as it occurs in nature. Dampness arises from the body being affected in several ways. It can be due to either a problem arising from the inability of the digestive system to transport and transport fluids, or from the body being overwhelmed by external damp from the environment, (damp weather, damp living conditions, damp-producing foods). It can also arise from as a response to an illness, or from the overuse of medication that promotes dampness, such as certain antibiotics. Phlegm is seen as a condensed form of dampness. Foods to resolve dampness include:



<i>Grains</i>	Corn, barley, basmati rice
<i>Vegetables</i>	Alfalfa sprout, button mushroom, caper, corn, pumpkin, radish, turnip,
<i>Fruit</i>	Papaya, lemon, umeboshi plum
<i>Beans</i>	Aduki, lentils
<i>Fish</i>	Eel, tuna
<i>Herbs, spices</i>	Aniseed, garlic, horseradish, marjoram, nettle, parsley, white pepper
<i>Beverages</i>	Green tea, raspberry leaf tea, jasmine tea

Foods that are useful to resolve damp combining with heat.

<i>Vegetables</i>	Asparagus, celery, Chinese cabbage
<i>Fruit</i>	Blueberry, cranberry
<i>Beans</i>	Kidney
<i>Herbs, spices</i>	Tamarind

Foods that are useful to resolve phlegm.

<i>Vegetables</i>	Button mushroom, olive, radish, shiitake mushroom, watercress
<i>Nuts, seeds</i>	Almonds, walnuts
<i>Fish</i>	Lobster
<i>Herbs, spices</i>	Caraway, cardamon, garlic, horseradish, marjoram, mustard seed, thyme, white pepper
<i>Beverages</i>	black tea, soya milk
<i>Common supplements</i>	horseradish and garlic

Foods that are useful to resolve phlegm with heat.

<i>Vegetables</i>	Seaweed, radish, water chestnut
<i>Fruit</i>	Apple peel, grape fruit, lemon peel, pear, persimmon, tangerine peel
<i>Herbs and spices</i>	Liquorice
<i>Beverages</i>	Elderflower tea, grapefruit juice, peppermint tea