



Dietary Guidelines for Heart Fire

In Traditional Chinese Medicine the Heart Organ Network includes not only the heart muscle but also aspects of overall blood circulation as well as mental and emotional activity. Excess Heat or Fire affecting the Heart refers to a state of over stimulation that needs to be balanced with cooling foods.

Lightly cooked foods (ex: steaming, poaching and stir-frying) along with a small amount of uncooked foods should be eaten. Vegetables and fruits should comprise about 40 - 60% of the diet. Raw fruits and vegetables can be included but care should be taken to balance these with cooked vegetables and stewed or baked fruits. Complex carbohydrates like whole grains, starchy root vegetables and breads should make up only about 30% of the diet. Because most proteins are warming in nature, they should be limited to approximately 10% of each meal.

Overly rich or oily foods should be avoided as should fried barbecued or roasted meals. Remove stimulants such as coffee and chocolate. Avoiding excessive mental stimulation is another important part of addressing Heart Fire. Restrict the amount and types of television watched, late night reading and time spent on a computer. Be sure to include meditation and or relaxation techniques into your daily regime.

Below is a list of recommended foods. You should not limit your diet to only these foods. Instead follow the guidelines above of the optimum ratios of and add the recommended foods from the list below within your meals. Where ever possible choose organically grown foods.



Specific foods for Heart Fire

celery, spinach, swiss chard, cucumber, lettuce, dandelion greens, radish, asparagus, eggplants, cabbage, chinese cabbage, tomatoes, broccoli, cauliflower, zucchini, corn, beets, turnips, carrots, parsley, sprouts, watercress, purslane, shepard's purse, day lily bulbs, day lily flowers, bamboo shoots, water chestnuts

apples, pears, watermelon, persimmons

millet, barley, rye

tofu, soy products, yogurt, mung beans, aduki beans

Chinese black boned chicken, pigeon eggs, frog meat, escargot seaweeds, spirulina, crab, oysters, clams



Foods to restrict or avoid

roasted, fried and deep fried foods in general chilies, cinnamon, ginger, black pepper, garlic, mustard, horseradish, coffee, chocolate, vinegar, excessive salt red meats, alcohol shrimp, cheese, eggs, peanuts

References:

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The Healing Cuisine of China. Zhao & Ellis. Healing Arts Press: Vermont. 1998.

Disclaimer

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