



Diet Guidelines for Wind Damp Patterns

In Traditional Chinese Medicine, Wind and Damp are two factors that can block the meridians, obstruct the smooth flow of Qi and cause pain, numbness and/or swelling. Dietary recommendations aim to prevent aggravating these obstructions and to open the channels.

General dietary recommendations include regular eating times, eating moderate amounts and chewing thoroughly. Raw foods and cold foods (ex: ice cream) will constrict circulation and should be avoided. Likewise, highly fatty foods, especially saturated fats will impair circulation. Eating while distracted or emotionally stressed should also be avoided.

Meals should consist largely of lightly cooked vegetables, roughly 40% to 60% of your diet. About 30% of the diet should be comprised of complex carbohydrates. Proteins should comprise only about 10% of the diet, with a focus on high quality sources. The diet should also include plenty of fragrant and lightly spiced dishes. Highly processed foods and well as preservatives should be avoided.

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 carbohydrates, vegetables and proteins, and add the recommended foods from the list below within your meals. Where ever possible choose organically grown foods.



Specific foods for Wind Damp Patterns

turmeric, basil, oregano, rosemary, ginger, flax seed oil or other sources of EFAs
rice, barley, rye, Chinese job's tears (coix seeds)
alfalfa sprouts, cilantro, , mustard greens, turnips, mushrooms especially
oyster mushrooms
cherries, papaya
black beans, kidney beans, lotus seeds, mung beans, black soya beans
eel, quail eggs, sardines



Foods to restrict or avoid

salads, raw vegetables, eggplants
raw fruits, persimmons
excess amounts of meats or dairy, refined sugars, high doses of vitamin C
cold foods like ice cream or smoothies
iced drinks including ice water

References:

Clinical Handbook Of Internal Medicine, Vol. 2. MacLean & Lyttleton. University of Western Sydney: Australia. 2002.

Chinese Dietary Therapy. Liu, J. Churchill Livingstone: Edinburgh. 1995.

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

Disclaimer

This factsheet is not intended to diagnose or assess. The information provided is not to be considered a substitute for consultation with a qualified health care practitioner.

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