



# Dietary Guidelines for Heart Fire

[www.BalancePointOkanagan.com](http://www.BalancePointOkanagan.com)

In Traditional Chinese Medicine, Heart Fire can result from factors such as emotional stress, excessive consumption of hot and spicy foods, alcohol, and caffeine. Symptoms typically include emotional disturbances like irritability, anxiety, insomnia, and restlessness. Physical symptoms may include mouth sores, a bitter taste in the mouth, a red face, palpitations, and a rapid heartbeat. Individuals might also experience thirst, a red tongue with a yellow coating, and dry stools or constipation. Treatment aims to clear heat from the heart, calm the spirit, and restore harmony through dietary adjustments, herbal remedies, acupuncture sessions, and lifestyle changes.

## Treatment Goals for Treating Heart Fire with Diet:

**Clear Heat:** Focus on cooling foods and beverages to reduce heat in the heart, such as watermelon, cucumber, and herbal teas like chrysanthemum or mint.

**Calm the Spirit:** Include foods that help calm the mind and support emotional balance, such as lotus seeds, longan fruit, and lily bulb.

**Nourish Yin:** Incorporate Yin-nourishing foods to counterbalance excess heat, like tofu, mung beans, and fruits like pears and apples.

**Avoid Heat-Generating Foods:** Steer clear of spicy, greasy, and pungent foods that can exacerbate heart fire, including chili peppers, fried foods, and excessive amounts of garlic.

**Moderate Protein Intake:** Opt for lean proteins like chicken, turkey, and fish, while limiting red meat and fatty cuts to support heart function without overburdening it.

**Hydration:** Drink plenty of water and cooling herbal teas throughout the day to maintain hydration and support heart health.

**Mindful Eating:** Practice mindful eating habits, such as avoiding overeating and consuming meals at regular intervals, to help prevent heart fire symptoms.

## Foods Recommended for Treating Heart Fire:

**Cooling Vegetables:** Include options like cucumber, celery, lettuce, watercress, zucchini, and spinach, which help to cool the heart and reduce heat.

**Moistening Fruits:** Incorporate pears, apples, watermelon, grapes, and citrus fruits such as oranges and lemons to help moisten and soothe the heart.

**Whole Grains:** Choose barley, millet, oats, brown rice, and quinoa, which are gentle on the digestive system and help clear heat.

**Lean Proteins:** Opt for chicken breast, turkey, white fish (like cod and tilapia), and tofu, which are easier to digest and help avoid further aggravation of heart fire.

**Healthy Fats:** Moderate amounts of avocado, flaxseeds, chia seeds, and olive oil can provide healthy fats without exacerbating heat symptoms.

**Herbs and Spices:** Use cooling herbs like chrysanthemum, mint, honeysuckle, and white fungus to aid in clearing heat and supporting heart health.

**Beverages:** Drink cooling herbal teas and plenty of water to stay hydrated and help soothe the heart.

## Foods to Avoid When Treating Heart Fire:

**Spicy Foods:** Avoid chili peppers, garlic, ginger, curry, and hot sauces, as they can increase heat and irritation in the heart.

**Greasy and Fried Foods:** Steer clear of deep-fried foods, fatty meats, and rich sauces, which can exacerbate heart fire and lead to discomfort.

**Alcohol:** Limit or avoid beer, wine, and spirits, as they can inflame the heart and worsen heat symptoms.

**Caffeine:** Reduce or eliminate coffee, black tea, and energy drinks, which can increase heat and irritate the heart.

**Excessive Sugar:** Limit sweets, desserts, and sugary beverages, as they contribute to heat and imbalance in the heart.

**Processed Foods:** Avoid fast food, packaged snacks, and processed meats, which are high in unhealthy fats and additives that can worsen heart fire.

**Hot and Heating Foods:** Minimize intake of heating spices like cinnamon and cloves, and excessive amounts of onions and leeks to prevent further aggravation of heart fire.