



Dietary Guidelines for Stomach Heat

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In Traditional Chinese Medicine, Stomach Heat can result from factors such as emotional stress, overeating, spicy and greasy diets, and excessive alcohol consumption. Symptoms typically include digestive issues like acid reflux, bad breath, mouth ulcers, and a strong appetite. Individuals may also experience a burning sensation in the stomach, thirst, a red tongue, and constipation. Skin issues like acne or redness can also occur. Emotional symptoms might include irritability and anxiety. Treatment aims to clear heat from the stomach, balance the body's energy, and restore harmony through dietary adjustments, herbal remedies, acupuncture sessions, and lifestyle changes.

Treatment Goals for Treating Stomach Heat with Diet:

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

****Soothe the Stomach:**** - Include foods that help soothe the stomach and promote healthy digestion, such as aloe vera, mung beans, and barley.

****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 stomach heat, 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 stomach function without overburdening it.

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

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

Foods Recommended for Treating Stomach Heat:

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

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

****Whole Grains:**** - Choose barley, millet, oats, brown rice, and quinoa, which are easy 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 stomach heat.

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

****Herbs and Spices:**** - Use ginger, mint, chrysanthemum, honeysuckle, and white fungus to aid digestion and provide cooling properties.

****Beverages:**** - Drink pear juice, cooling herbal teas and plenty of water to stay hydrated and cool the stomach.

Foods to Avoid When Treating Stomach Heat:

****Spicy Foods:**** - Avoid chilli peppers, garlic, ginger, curry, and hot sauces, as they can increase heat and irritation.

****Greasy and Fried Foods:**** - Deep-fried foods, fatty meats, and rich sauces can exacerbate stomach heat and lead to digestive discomfort.

****Alcohol:**** - Beer, wine, and spirits can further inflame the stomach lining and should be limited or avoided.

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

****Excessive Sugar:**** - Limit sweets, desserts, and sugary beverages, as they can contribute to heat in the stomach.

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

****Hot and Heating Foods:**** - Minimize the intake of heating spices like cinnamon and cloves, as well as excessive amounts of onions and leeks, to prevent further aggravation of stomach heat.