



## “Phlegm-Heat Retention” Diet Recommendations

In Traditional Chinese Medicine (TCM), phlegm-heat retention is considered a syndrome that may be caused by a variety of factors, including dietary imbalances. The TCM dietary recommendations for this syndrome aim to help clear excess heat and phlegm from the body and restore balance.

The general TCM dietary recommendations for phlegm-heat retention include:

1. Eating a diet that is predominantly made up of fresh, whole foods, such as fruits, vegetables, whole grains, and lean proteins. Avoid processed and greasy foods, as well as excessive amounts of meat, dairy, and sugar.
2. Including foods that have a cooling and moistening effect on the body, such as pears, watermelon, cucumber, and celery.
3. Drinking plenty of fluids, especially water and herbal teas, to help promote the elimination of excess heat and phlegm.
4. Avoiding spicy and pungent foods, such as chili peppers, ginger, and garlic, as these can contribute to the accumulation of heat and phlegm in the body.
5. Cooking methods that are recommended include boiling, steaming, and stewing, which can help to reduce the amount of heat generated during the cooking process.
6. Consuming foods that are rich in fiber, such as whole grains, fruits, and vegetables, to help promote healthy digestion and elimination of waste.
7. Foods to avoid or limit include dairy, fried and greasy foods, processed foods, caffeine, alcohol, and sugary foods.

It's important to note that TCM dietary recommendations are tailored to the individual and their specific symptoms and constitution. It's recommended to consult with a qualified TCM practitioner to receive personalized recommendations based on your specific needs.