



*Searles Wellness*

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## Food Choices for Health

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Excessive heating foods (curries, spices, pepper, red meats, alcohol, fried, fatty and greasy foods, caffeinated foods, and drinks) cause **Liver Fire and /or Stomach Heat leading to Deficient Yin**. Problems with mouth sores, heart burn, high blood pressure, headaches and acne/ rosacea.

Excessive cold and raw foods (juices, fruit, salads, bananas, cold or iced drinks, tofu, soymilk and frozen foods) create cold and **Dampness in the body, injuring Spleen Yang. In time this leads to stagnant Blood and Deficient Qi and Blood** causing tiredness, poor digestion, anemia, weakness, dizziness, blurred vision, chronic fatigue, poor circulation and stabbing, fixed pains and joint pains. While raw foods and juices are considered the epitome of healthy food by many, in excess they create a Cold Damp Spleen, weakening digestion and causing poor appetite, mucus, loose stools, diarrhea, low energy, irregular periods in women, runny nose and lowered immunity.

Excessive dampening foods (greasy, fried or fatty foods, milk, cheese, butter, cream, ice cream, bananas, peanuts, sugar, flour products, avocados, and nut butters) create **Dampness, obstructing the Spleen and Lungs**, causing sinusitis, nasal discharge, tinnitus, heavy and fuzzy head, dull headaches, cough, poor digestion, joint pains cysts.

Excessive salt (canned foods or processed foods, salt, soy sauce, miso, bacon, sausage, cereals, chips, smoked fish) **Depletes the Kidney Qi, Yin and Yang** and contribute to back and knee pain problems, sleeping problems, hot flashes, high blood pressure, headaches, infertility, dental problems, hair loss and loss of libido.

Excessive sour foods (yogurt, grapefruit, sour apples, pickled foods, vinegar, bitter greens, rhubarb, sour or/ and tart fruits) adversely affect the **Liver Stagnation**, causing pain, moodiness, and contraction of tendons, abdominal pain, PMS and irregular menstruation in women.

Excessive caffeinated foods and drinks (coffee, black tea, cocoa, colas, mate, chocolate) create **Damp Heat in the Liver, Deficient Kidney Yang and Yin** and may contribute to joint pains, arthritis, headaches, low back pain, PMS, anger, irregular menstrual cycles, acne/ rosacea, lowered libido, impaired hearing, decreased eye sight and poor memory.

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Excessive dairy causes **Dampness, Phlegm, and Stagnant Qi**, leading to lumps, cysts, fibroids, irregular menses, headaches, acne, irritability, nausea or dizziness.

Excessive sweets and sugar cause and **Damp Heat in the Stomach** with symptoms of mouth sores, reflux, poor focus, anxiety, acne, reddened face, high blood pressure, increased risk of diabetes and obesity.

Excessive flour products (pasta, crackers, breads, cookies) create **Dampness and stagnation of the Spleen function**, injuring its ability to transform fluids and foods thus creating dampness and mucus, sinus problems, irregular bowel function, vaginal discharges in women, and abdominal bloating.

Irregular eating habits, frequent snacking likewise creates **Dampness and Stagnation of the Spleen function** with similar problems as listed above.

Smoking tobacco or Pot **dries Lung Yin** causing cough, and wrinkles. Tobacco also causes depletion of Heart Yin, Yang and causes cancers. Pot depletes **Liver Yin** and contributes to irritability, infertility, headaches and sleeping irregularities.

Excessive antibiotics may cause Cold and Dampness may **obstruct Spleen function** causes digestive problems vaginal discharges in women.

Excessive Vitamins may cause **Damp Heat in the Stomach** causing digestive problems.

Vegan and Vegetarian diets especially in women of childbearing age contributes to **Liver Blood Deficiency, Kidney and Heart Yin Deficiency** and may cause multiple health problems including insomnia, hair loss, PMS, infertility, eczema, psoriasis, irritability, dizziness, abdominal bloating, constipation, fatigue, and joint problems.

Each individual may additionally have specific sensitivities with particular foods such as garlic, onions, peppers, cucumbers, which should contribute to modest food selections. **Moderation and variety of foods contributes to a health.**

Try to at regular meal times, and avoid late night eating after 8pm. Fasting except for water between final meal at night and approximately 12 hours the next morning will enhance regular bowel elimination.