

***Phlegm* can have numerous effects on the body:**

Phlegm in the lungs – thick mucus, cough, asthma, sinus infections, allergies.

Phlegm in the “mind”: it is associated with depression, psychosis, epilepsy and manic depression.

Phlegm stagnation: lumps, swellings, fibroids, gallstones, kidney stones, edema, frequency and urgency in urination, excess weight, bloated, diarrhea, vaginal discharge, heavy sensation in limbs and head.

Phlegm blocking *Qi* flow to the head – dizziness, vertigo, blurred vision.

Phlegm blocking the *meridians* - numbness, stroke, heavy.

Phlegm and Dampness comes from eating an incorrect diet, resulting in poor processing of food and fluids.

Treatment for a patient with *phlegm* and *damp* is not only about acupuncture and herbs, but also about eliminating *damp* producing foods from the diet.

Damp producing foods include dairy, wheat, pasta, sugar, some fruits, greasy foods, alcohol and cold foods (salads). It is obvious that the western diet is full of such foods. So much so that western populations are growing fatter and sicker with *phlegm* and *damp* diseases. (diabetes, asthma, heart disease, COPD)

Foods to reduce dampness & promote a healthy digestion:

Whole grains: Rice, Oats, Rye, Millet, Quinoa, Pearl Barley, Buckwheat, Amaranth, Corn, yams.

Veggies: Beans, celery, pumpkin, turnip, alfalfa, leafy greens.

Meat/Protein: Slow cooked/stewed are healthy animal fats and drain damp. Beef, Lamb, Chicken, Fish.

Spices/Herbs: Ginger, Cardamom, cinnamon, fennel, paprika, cumin, pepper, turmeric.

Supplements: Fish oil, Just Cranberry and water, lemon water, pro-biotics.

Foods to avoid that increase dampness & aggravate digestion:

Raw, cold, sweet, oily or mucous-forming foods.

DAIRY and SOY, FRIED FOODS.

Late night eating, over-eating, not chewing your food thoroughly.

Processed foods: pastries, pork, shellfish, salads, tofu, soy milk (soy is 50% fats and oils), chocolate, ice cream, smoothies, iced water, beer, coffeemate, fake sweeteners.

