



**TCM**

food as medicine

Your are:

## **The Digestive Damp Type**

You struggle with holding onto excess fluids, mucus and/or phlegm. You have a tendency to gain weight easily, have difficulty losing weight, or just feel heavy, bloated or sluggish. You are also prone to battling with stubborn conditions including food allergies, candida, yeast infections, fungal infections, chronic fatigue, allergies, asthma, arthritis, eczema, thrush, and fatty tumors.

### **Possible Symptoms:**

- bloating or fullness in the abdomen
- discomfort after eating
- tendency to gain weight easily
- difficulty losing weight
- loose or sticky stools
- diarrhea
- sugar cravings
- nausea
- poor appetite
- brain fog
- fatigue
- heavy feeling in the body
- sticky tongue coating
- chest congestion
- sticky discharge
- difficult urination
- sweet, sticky or unpleasant taste in the mouth

### **Causes:**

- Eating too many sweets
- Overeating cold/raw foods, fruit juices, smoothies, or dairy products
- Eating excessive heavy/fatty foods
- Excessive worry and overthinking
- Taking antibiotics, steroids, and/or birth control pills

### **Helpful Tips:**

- Exercise regularly.
- Avoid eating cold and raw foods or drinks.
- Avoid drinking with meals.
- Don't eat large meals in the evening or late at night.



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## **Food as Medicine: Digestive Damp Type**

<b>Best Foods to Eat</b>	
Meat:	chicken, beef, lamb, liver, turkey, venison
Seafood:	anchovies, halibut, mackerel, tuna, trout, salmon, shrimp
Vegetables:	cabbage, carrots, celery, corn, fennel, lettuce, onions, peas, pumpkins, scallion, sweet potatoes, turnips, winter squash, yams
Starches/grains:	amaranth, rice, rye
Beans/legumes:	aduki beans, kidney beans
Herbs/spices:	aniseed, black pepper, cayenne, cinnamon, garlic, ginger, nutmeg
Beverages:	hot water with lemon, green tea, jasmine tea, raspberry leaf tea

<b>Foods to AVOID</b>
raw & cold/frozen foods and drinks
dairy (milk, cream, cheese, sour cream, cream cheese, butter, yogurt)
sugar
sweet foods (cookies, cake, baked goods)
bread/wheat, gluten
yeast
fruit (especially bananas, oranges, pineapples, watermelons)
fruit juices (especially orange juice and tomato juice)
smoothies
ice cream
salads
wheat flour
pork
roasted peanuts
saturated fats
cucumbers
tomatoes
beer

## Healing Recipes:

### **Tummy-Loving Turkey & Sweet Potato Soup**

(gluten-free, grain-free, dairy-free)

#### Ingredients

- 4 stalks celery, diced
- 1 sweet onion, diced
- 1 carrot, diced
- 3 cloves garlic, minced
- 2 sweet potatoes, diced
- 1 TBSP avocado oil
- 8 cups chicken bone broth
- 1 lb. ground turkey
- 1 tsp dried parsley
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp dried ginger
- ½ tsp fennel seed, crushed



#### Directions:

Heat soup pot on high heat. Add 1 TBSP avocado oil. Once hot, add celery, carrots, onions and garlic. Cook for 3 minutes until onions become translucent. Add 8 cups bone broth and sweet potatoes. Turn heat on high and once the soup starts to boil, turn on low heat and cook for 20 minutes. While cooking, add turkey to a heated pan. Add a sprinkle of salt and pepper, onion and garlic powder and add the crushed fennel. Cook until browned. Drain the turkey and set aside. Once soup is done, stir in the ground turkey and serve.

## **Pumpkin & Caramelized Onion Soup**

(gluten-free, grain-free, dairy-free, vegan option)

### Ingredients:

- 2 TBSP coconut oil
- 4 cups chicken bone broth (or vegetable broth)
- 2 15 oz. cans organic canned pumpkin
- ½ cup coconut milk
- 2 sweet onions, diced
- 2 cloves garlic, minced
- 1 tsp sea salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ground ginger
- ½ tsp cardamom



### Instructions

Melt coconut oil in large pot over medium heat. Add diced onions and cook for 15 minutes on medium-high heat, stirring every few minutes until browned. Add garlic, cinnamon, salt, nutmeg, ginger and cardamom to the onions and stirfry for 1 minute.

Add ¼ cup of chicken broth and stir to remove brown bits from the pot.

Stir in the pumpkin puree and the rest of the chicken broth. Bring to a boil and turn heat on low and simmer for 20 minutes. Stir in coconut milk and serve.

## Turnip the Heat Lamb Stew

(gluten-free, grain-free, dairy-free)

### Ingredients:

- 1 lb organic ground lamb
- 4 small turnips, peeled, ends trimmed & diced
- 4 carrots, diced
- 1 sweet onion, diced
- 1 leek, dark green part removed & diced
- 1 tsp dried rosemary
- ½ tsp fennel seed
- ½ tsp minced ginger
- ½ tsp onion powder
- ½ tsp garlic powder
- 6 cups chicken stock
- 1 tsp avocado oil
- 6 cloves garlic, minced
- 1 tsp himalayan salt
- 1/8 tsp black pepper



### Directions:

Heat a large soup pot on medium-high heat. Add avocado oil. Once hot, stir in garlic and cook for 1 minute until fragrant. Add ground lamb and half the salt and pepper, and cook until slightly browned and no longer pink. Add onions, leeks and ginger and saute for 3-4 minutes until translucent. Use a mortar and pestle to crush rosemary and fennel. Sprinkle over lamb. Add chicken stock, carrots, turnips, onion powder and garlic powder. Stir and bring to a boil. Once boiling, turn on low heat and simmer for about 20 minutes until the vegetables are tender. Ladle into bowls and serve.



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## Comforting Chicken Congee

(gluten-free, dairy-free)

### Ingredients:

- 1 cup sushi rice
- 4 cups organic low-sodium chicken bone broth
- 4 cups water
- 1 1/2 lbs skinless chicken thighs
- 4 TBSP ginger paste (or 4 1/4 inch slices of crushed fresh ginger)
- 1 1/2 tsp sea salt



### For garnish (optional):

- Sesame seeds
- Scallions

### Directions:

Rinse and drain the sushi rice until the water runs clear. Add all the ingredients into the slow cooker and stir. Place the lid on the instant pot and cook for 8 hours on low.

Take out the chicken thighs and add to a bowl. Discard the bones if not using boneless thighs. Shred the chicken with two forks or an electric mixer and add the chicken back to the slow cooker and stir. Ladle into bowls and add sesame seeds and diced scallions.