

FOODS FOR YOUR HEART

- *Heart Qi or Yang Deficiency*

FOODS TO EAT: Tonify the qi of the spleen and lungs as needed

- *Heart Blood or Yin Deficiency*

FOODS TO EAT: YIN- kidney yin building foods, foods that reduce liver stagnancy and heat as needed, fresh wheat germ wheat berries, mung beans BLOOD- Spleen qi tonifying foods, whole grains, seaweeds and micro-algae, leafy green, royal jelly, carp soup, mussels, oysters, liver of beef, lamb or chicken, chicken gizzard.

- *Heart Blood Stagnation*

FOODS TO EAT: Emergency care as needed. Foods for tonifying the spleen are important along with turmeric, chives, garlic, vinegar, basil, peach seed, scallion, leek, ginger, chestnut, rosemary, cayenne, nutmeg, kohlrabi, eggplant, white pepper, adzuki bean, sweet rice, spearmint, whole butter, flaxseed and flaxseed oil, pumpkin seeds, spirulina, walnuts, crab, hawthorn berry, peaches, mustard leaf, onion, dark greens, saffron, cabbage, broccoli, brussel sprouts, beets, turnips, cauliflower and carrots.

FOODS TO AVOID: Reduce damp accumulating foods, see spleen dampness. Garlic and ginger should be used cautiously in cases involving heat or yin deficiency, eggplant should be used cautiously in cases with problems related to the uterus, avoid refined hydrogenated oils, non-organic animal products, cold foods and iced drinks, do not swim in cold water or have intercourse during menstruation, also use hygiene pads rather than tampons.

- *Phlegm Blocking the Heart*

FOODS TO EAT: A spleen qi tonifying diet is important along with the foods used to treat dampness and phlegm. See spleen.

FOODS TO AVOID: all damp, mucus forming foods. See spleen dampness

- **CALM THE HEART/SPIRIT FOODS**

Oyster shell calcium supplements, whole wheat, brown rice, oats, mushrooms, barley gruel, cucumber, celery, lettuce, mulberries, lemons, dill, basil, chamomile, catnip, skullcap, valerian, cow or goat milk, clarified butter