

External diseases and traumas

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External diseases, sores and carbuncles are mostly caused by exposure to external pathogens and toxins which will in due course turn into Heat and obstruct Ying and Wei, or by overeating spicy, fatty, rich food, resulting in Heat accumulated in the Stomach and Intestines. Dietary Therapy should help to relieve the exterior syndrome, disperse pathogenic factors, clear away Heat, remove toxins, dissolve Damp and cool the Blood. For cases due to Qi stagnation and Phlegm accumulation, it is advisable to have foods that can help to regulate Qi, dissolve Phlegm and soften hard masses. Generally, patients with external diseases should have foods with a mild or light flavor, while foods that are spicy, fatty, greasy or tonifying should be avoided. For cases with sores or carbuncles failing to come through or be healed owing to weak Qi and Blood, use foods that can reinforce Qi and nourish Blood to fortify the body's resistance and expel the pathogens. In cases of trauma, there is probably stagnation of Qi and Blood and impairment of the bones and muscles. Dietary Therapy should be administered to help activate the flow of Qi and Blood circulation or reinforce the Liver and the Kidney, aid the regeneration of bones and related tissues. Raw and Cold foods that tend to impair the Stomach and Spleen or Warm and Dry foods that tend to impair the Yin should be avoided.

SORES, CARBUNCLES AND FURUNCLES

Sores, carbuncles and furuncles are acute external carbuncles in the skin. Generally, those with relatively small bases are called sores, those with larger bases are called carbuncles, while those that look like millet and have a tough deep root are called furuncles.

The disease involves the overintake of rich, fatty foods, pungent-spicy foods and wine, leading to accumulation of Damp-Heat inside the body. Otherwise it may be due to exposure to external pathogens or summer-Damp which invade the skin to cause stagnation of Qi and Blood followed by ulceration and suppuration.

Recommended foods

For patients with external diseases, it is desirable to have foods that can help clear

away Heat, remove toxins, cool the Blood and activate Blood circulation. Examples are towel gourd, balsam pears, mung beans, red beans, bamboo shoots, spinach, water spinach, celery, purslane, acanthaceous indigo, houttuynia, and chrysanthemum.

Foods to avoid

Pungent-spicy, fragrant, Dry and Warm foods, such as coriander, ginger, chillies and mutton, should not be eaten. Fish and shrimps tend to cause an allergic reaction, so they should also be avoided.

Diet recipes

Full cases

Symptoms involve the formation of nodules at the onset, with redness, swelling, heat and pain. Then the nodules become soft and suppurate, with thick yellow pus and rotten tissue which comes off easily. In these cases, the sores are easily healed. Accompanying symptoms are fever, thirst, constipation, dark urine, a red tongue and rapid pulse. Sores have a shallow root and localized focus and are usually found in the head, face and the neck; carbuncles are deep-rooted, affect larger areas and are usually found in the neck and the back; and furuncles look like millet and have deeply seated roots which are extremely tough. These are usually found in the head, face and the extremities. Dietary Therapy should be directed at clearing away Heat and removing toxins.

The recommended diet is a salad made with purslane 500 g, washed, chopped and blanched in boiling water, seasoned with crushed garlic, salt, white sugar, vinegar, and sesame seed oil, to be eaten with meals.

Purslane is effective in clearing away Heat, removing toxins and reducing inflammation.

Deficient cases

Symptoms are flat sores which have widely spread bases, dull purple coloring, retarded sup-puration with liquid pus, the suppurating fails to

discharge and the sores are not easily healed. There is a pale complexion, lethargy, a pale tongue with little coating, and a thready, rapid and weak pulse. Carbuncles are seen in these cases, but rarely sores and furuncles. Dietary Therapy should be directed at reinforcing the body's resistance and expelling the toxins.

The recommended diet is a thick soup made with duck meat (SLBC). One white duck, gutted and cleaned, with a suitable amount of fermented soya beans is stewed on a low heat. Add 15 g stalk of spring onion, bring to the boil and season with salt. This makes several servings.

Duck meat has the effects of tonifying the deficiency, replenishing Qi and expelling toxins. The stalk of spring onion also has the effect of removing toxins.

YIN CARBUNCLES

Yin carbuncles are sores in the skin characterized by flatness, light coloring and little fever or pain. They tend to develop in the deeper tissues.

This problem is mostly due to constitutional deficiency of Qi and Blood, plus exposure to toxic Heat and toxins which tend to obstruct the flow of Qi and cause pathogens to accumulate in the Ying Blood; or to Cold-Damp remaining in the channels and collaterals and entering the Blood circulation.

Recommended foods

For patients with Yin carbuncles, it is desirable to have foods that help to replenish Qi and Blood, reinforce the body's resistance and expel the toxins. Such foods include dates, peanuts, walnuts, rabbit meat, eel, crucian carp and duck meat.

Foods to avoid

Patients should avoid raw and Cold melon and other Cold fruits and foods that are spicy, pungent and irritating, such as peach, water-melon, coriander and chillies.

Diet recipes

The first symptoms are milletlike nodules, hard, red, swollen, hot or painful. A few days later, the sore develops a large flat base, with no protruding tip, dull in color. Then it will ulcerate, with dark purple coloring, rotten tissue, liquid pus and a wound that is not easily healed. Other symptoms are often yellowish-dark complexion, lethargy, chills, desire for warmth, a pale tongue with white coating, and a thready and weak pulse. Dietary Therapy should be directed at replenishing Qi and Blood, reinforcing the body's resistance and expelling toxins.

The recommended diet is Milkvetch Gruel (see Deficiency syndrome for the recipe).

Another useful recipe is a thick soup made with four pig's trotters, Chinese angelica root 15 g and stalk of spring onion 30 g, stewed on a low heat till the trotters are well cooked. Add some salt and eat as often as desired. This recipe can replenish Qi and Blood and reduce sores and inflammation.

ACUTE MASTITIS

Acute mastitis is an acute suppurative disease in the breasts.

The disease is due to overintake of fatty, rich foods resulting in the development of Damp-Heat and accumulation of Stomach Heat; or due to excessive anger or mental depression causing stagnation of Liver Qi and Blood stasis. There are also other cases which are caused by injury to breasts, by obstruction of milk or by exposure to toxins which result in excess of Heat and degenerating tissues.

Recommended foods

Patients with acute mastitis should have foods that will help regulate the Liver, clear the Stomach Heat and remove the toxins. Examples are tangerines, kumquats, red beans, mung beans, sprouts, eggplant, towel gourd, houttuy-nia, capsella and purslane.

Foods to avoid

Foods that are greasy, Warm and Dry are to be

avoided. Examples are pork, mutton, mustard greens, coriander and chillies.

Diet recipes

In the first stages

Symptoms are swelling, distension and tenderness in the breasts, local skin uncolored or slightly red masses, episodic obstruction or hesitancy of milk flow, chills and fever, soreness in the joints, with stuffiness in the chest, thirst, a thin and yellow tongue coating, floating and rapid or thready and rapid pulse. Dietary Therapy should be directed at clearing Heat, removing toxins and dissolving hard masses.

The recommended diet is a soup made with red beans 250 g, stalk of spring onion and dried mandarin peel 30 g each, boiled till the beans are done and seasoned with salt for eating at meals.

Red beans can clear Heat and remove toxins, dried mandarin peel and stalk of spring onion regulate Qi and dissolve hard masses.

In the developing stage

Symptoms are a persistent high fever, enlarged inflamed masses and obvious hard nodules, heat and redness in the skin; or masses gradually becoming soft, creating a wave motion when touched, a red tongue with yellow greasy coating, and a taut and rapid pulse. Dietary Therapy should be directed at clearing Heat, removing toxins, unblocking milk flow and promoting suppuration.

The recommended diet is Dandelion Gruel (ZP) made with fresh dandelion 30 g, washed, decocted and strained. Make a gruel with 50–100 g non-glutinous rice cooked in the decoction. Add some crystal sugar before drinking.

The recipe is effective in clearing Heat, removing toxins, reducing swelling and dissolving hard masses.

After ulceration

When the swelling and pain are all alleviated, the fever is receding and the mastitis nearly cured,

Dietary Therapy should be directed at clearing away the residual Heat and reinforcing the body's resistance.

The recommended diet is a gruel made with 10 g bamboo leaves and 30 g glehnia root, decocted and strained. Make a gruel with 100 g non-glutinous rice cooked in the decoction.

The recipe is effective in clearing away Heat and replenishing Qi.

For cases in which the mastitis has supplicated but the swelling and pain fail to be alleviated, with persistent fever, continue with the dandelion gruel. For cases with unhealing ulceration, shortness of breath and reluctance to speak, a recommended diet is the Thick Soup of Pig's Trotters (see Yin carbuncles for the recipe).

INTESTINAL ABSCESS

An intestinal abscess is the development of a suppurative abscess inside the intestines caused by the accumulation of toxic Heat.

An intestinal abscess may be caused by dietetic intemperance, overeating of rich fatty foods or raw and Cold foods, overfatigue and traumatic injuries, emotional disturbance and maladaptation to changes in temperature, leading to impairment of the Stomach and the Intestines which then fail to perform their functions. When this happens the Qi will be interrupted, leading to Qi stagnation and Blood stasis, which will turn to Heat and burn the Qi and Blood.

Recommended foods

Patients suffering from this disease should exercise temperance in diet. Foods that can help purge the Fu Organs, clear away Heat and remove toxins are recommended. Examples are turnip, shepherd's purse, spinach, lotus rhizome, potatoes, egg plant, wax gourd, towel gourd, purslane, mung beans and red beans.

Foods to avoid

Foods that are heating, pungent or irritating, such as ginger, mustard greens, chillies and mutton, are to be avoided.

Diet recipes

Before suppuration

Symptoms include paroxysmal abdominal pain, the abdomen is slightly tense and very tender, distension and pain in the upper abdomen, nausea, fever and chills, constipation, a red tongue with thin white coating or thin yellow coating, and a taut and tense pulse. Dietary Therapy should be directed at purging the Heat and moving the stasis.

The recommended diet is made with coix seeds, mung beans and red beans 100 g each and liquorice 20 g, decocted in water till the beans are well done. Season with salt before eating the beans and drinking the decoction.

Mung beans and red beans can clear away Heat and remove toxins, while coix seed can remove Damp and promote suppuration.

Suppuration

Symptoms are severe abdominal pain, a rigid abdomen, a palpable mass in the right lower abdomen which is very tender, high fever, sweating, constipation, scanty dark urine, a red tongue with yellow dry coating, and a rapid pulse. Dietary Therapy should be aimed at clearing away Heat, removing toxins, dissolving stasis and unblocking the Fu Organs.

The recommended diet is a gruel (SJZL) made with moutan bark, peach kernels and wax gourd seeds 15 g each, decocted and strained. Make a gruel by cooking coix seeds 50 g and non-glutinous rice 50–100 g in the decoction and season with white sugar before eating.

This recipe is adapted from the Coix Seed Decoction, plus non-glutinous rice and white sugar, and is effective in clearing away Heat, removing toxins, removing Damp and stagnation and promoting suppuration. Moutan bark can be omitted from the recipe.

After suppuration

Symptoms are severe pain extending to the whole abdomen, which is rigid and very tender, stuffiness and fullness in the chest, chills and high fever, a red tongue with yellow coating, and a rapid pulse. Generally, fasting should be

implemented but when necessary, Dietary Therapy can be administered so as to dredge and purge the Intestines, clear away Heat and remove toxins.

The recommended diet is a gruel made with coix seeds and peach kernel (see above). A salad made with purslane can also be administered (see Sores, carbuncles and furuncles for the recipe).

SCROFULA

Scrofula is tuberculosis, carbuncles and fistulae which are like strings of beads and develop around the neck and under the arms.

The disease is due to emotional disturbances and chronic Liver depression, or to exhaustion of Lung or Kidney Yin, leading to deficiency of Water and excessive Fire which burns the Body Fluids into Phlegm, plus exposure to toxic Wind and Heat and the invasion of the muscles and Blood Vessels by tuberculosis worms.* When Phlegm and pathogenic Fire entangle with Qi and Blood and result in disharmony of Ying and Wei, scrofula will develop where the body's resistance is weak.

Recommended foods

For patients with scrofula, it is desirable to have foods that help dissolve Phlegm and hard masses. Examples are celery, crown daisy chrysanthemum, three-colored amaranth, mustard greens, laver, seaweeds and taro. Patients in a fragile condition should have foods that can nourish the Liver and Kidney, reinforce the body's resistance and expel the toxins. Examples are river snails, oysters, turtle, eel, crucian carp, and pigeons.

Foods to avoid

Foods that are fragrant and Dry and tend to impair body Yin are to be taken with care.

Diet recipes

In the first stages

Symptoms are subcutaneous nodules around the neck, chest, armpits and groin, which are as big as peas or finger tips, scattered, fairly hard, movable, not red or painful. Other symptoms are alternating chills and fevers, stiffness and pain in the head and neck, a red tongue with little coating, and a rapid pulse or with a normal tongue picture and pulse. Dietary Therapy should be directed at relieving the Liver depression and dissolving the hard masses.

The recommended diet is taro gruel (LNCYL) made with fresh taro 50 g, peeled, washed and chopped, non-glutinous rice 50–100 g and some brown sugar, boiled in water to make a gruel.

The recipe has the effects of reinforcing the Spleen and the Stomach and extinguishing scrofula.

Intermediate phase

Symptoms are enlarged nodules which are like strings of beads, fixed and with increasing pain. When the local skin turns dark red, slightly hot and pitted, then the nodules have suppurated. The tongue is red, the pulse thready and rapid. Dietary Therapy should be administered to help expel the toxins and promote draining of the pus.

The recommended diet is Chinese rose flower, genkwa and eagle wood 3 g each, one large crucian carp, gutted and scaled, cooked in water and wine in equal amounts till the fish is well done. Eat the fish and drink the soup.

Crucian carp reinforces the body's resistance and helps expel the toxins, while Chinese rose flower, genkwa and eagle wood used together can activate Blood and regulate Qi to facilitate the draining of pus and reduction of swelling.

In the late stages

Symptoms are persistent ulceration of the scrofula which looks grayish on the surface, with persistent liquid pus and degenerating tissue, and the local skin being dark purple. Other symptoms are usually a pale complexion, fatigue, emaciation, hectic fever, night sweat,

* The character 'Chong', literally meaning worms, is an old term used medically in several diseases which Western medicine would view as involving microbes.

loss of appetite, a red tongue with little coating or a pale tongue with thin coating, and a thready and rapid pulse. Dietary Therapy should be directed at reinforcing the Qi and Blood, promoting the drainage of pus and regeneration of new tissues.

The recommended diet is pigeon steamed with millet wine (BCQZ). One pigeon, gutted, cleaned and roughly chopped, seasoned with some soy sauce, white sugar and 1–2 tablespoons of millet or rice wine, is steamed till the meat is well cooked. Eat the meat and drink the soup.

This recipe can replenish Qi and Blood to help drainage and aid the regeneration of tissues.

ERYSIPELAS

Erysipelas is an acute dermatosis marked by clear-edged swellings that are hot and scarlet red. Those occurring in the head area are called erysipelas of the head (Bao tou huo dan), those which occur under the hypochondrium, the waist area and around the hips are called internal erysipelas (Nei fa dan du), those in the legs are called erysipelas of the shank (Liu huo) and those wandering around the whole body are called wandering erysipelas (Chi you dan).

The main causes are invasion of toxic Fire causing Heat at the Blood level which in turn causes stagnation in the surface tissues; or injury to mucous membranes, where toxins can most easily penetrate.

Symptoms in the head area usually involve Wind-Heat; around waist and hips Liver Fire may be involved; in the legs there will probably be Damp-Heat, and if the whole body is affected in infants, it will often be combined with excessive internal Heat.

Recommended foods

For patients with erysipelas, administer foods which help clear away Heat and remove toxins or those that are good for cooling the Blood and dissolving stasis, depending on the actual symptoms. Examples are cluster mallow, water spinach, shepherd's purse, day lily, eggplant,

towel gourd, houttuynia, purslane, red beans and mung beans. For deficient cases, it is desirable to have foods that can nourish the body Yin, such as turtle meat, oyster and duck meat.

Foods to avoid

Foods that are pungent, Warm and Dry, such as mustard greens, coriander, spring onion, garlic and mutton, are to be avoided.

Diet recipes

Acute cases

Symptoms are sudden onset, chills and fever, heat, redness and swelling on the local skin, which turns pale on touch. The dermatosis spreads rapidly.

The tongue is red with a yellow coating, and the pulse is rapid. Dietary Therapy should be directed at cooling the Blood and removing toxins.

The recommended diet is a soup (SJZL) made with boehmeria root 15 g, decocted and strained. Cook 100 g of red beans in the decoction till the beans are well done. Add some salt before serving.

Boehmeria root can clear away Heat, remove toxins and cool the Blood. The effects are enhanced when used with the red beans.

Chronic cases

Symptoms include recurrent dermatosis, usually in the lower limbs, with redness, heat and swelling at the onset, possibly firm swelling of the legs, a thick and greasy tongue coating, and a soft pulse. Dietary Therapy should be directed at nourishing the Yin, replenishing Blood, reinforcing the body's resistance and expelling the toxins.

The recommended diet (BCSY) is fresh oysters (shelled) 250 g, boiled in water, flavored with ginger, salt and vinegar.

Oyster is employed for its effects of nourishing the Yin, replenishing Blood, reinforcing the body's resistance and removing toxins. When there is Heat and Damp to be cleared away, mustard greens can be added to the recipe.

SCABIES AND RINGWORM

Small spots of very itchy dermatosis occurring in skin wrinkles and folds are called scabies. Those that are invisible in the first stages and then infiltrate and spread, forming clear-edged rings of urticaria which are very itchy and painful, are called ringworm (tinea).

Both diseases are due to Heat in the Blood, pathogenic Wind and Dryness, plus exposure to Wind-Damp, Heat and parasites, leading to accumulation of toxins in the channels and collaterals, manifested as skin lesions.

Recommended foods

Care should be taken to prevent infection. Dietetically, it is best for the patients to have foods that help clear Heat in the Blood, remove Damp and moisten Dryness, such as mustard greens, houttuynia, water spinach, towel gourd, mung beans, honey, pig's tripe, turtle meat, eel, and jellyfish.

Foods to avoid

Foods that tend to dry the Blood and agitate pathogenic Wind, increase Damp and cause infection are to be avoided. Examples are chillies, pepper, fish and shrimps.

Diet recipes

Scabies

Symptoms are itching starting from between the fingers, spreading to skin folds in the wrist, elbow, knee and pubic area. The skin lesions are light red, as big as mustard seeds, in wet eruptions with dry bases. There may be grayish or dark rings. The lesions are very itchy, especially during sleep or when encountering heat. Dietary Therapy should be directed at eliminating parasites and expelling pathogenic Wind.

The recommended diet is pig's tripe cooked with gleditsia pod (BCGM). Wash one pig's tripe and stuff with one gleditsia pod which is roasted till crisp. Boil the two together till the tripe is cooked. Remove the pod, cut the tripe into strips, season with salt and soy sauce.

Pig's tripe can rectify deficiency, while gleditsia can expel pathogenic Wind, eliminate parasites and ease itching.

ABNORMAL HAIR LOSS (ALOPECIA AREATA)

Alopecia areata is the sudden fall of hair in round or irregular shaped areas on the head.

This problem is due to mental depression impairing the Heart and the Spleen which fail to nourish the hair; or to impairment and exhaustion of the Liver and the Kidney, and deficiency of Yin and Blood, leading to malnutrition of the skin and hair plus invasion of pathogenic Wind, causing Dryness of Blood.

Recommended foods

Patients with alopecia areata should eat foods that help to tonify the Liver and the Kidney and nourish the Blood, such as grapes, litchi, longan, dates, mulberry, Chinese wolfberry, walnut, sesame, black beans, wheat, soya beans, day lily, oyster and finless eel.

Foods to avoid

Foods that are pungent, Warm and Dry and tend to impair body Yin are to be avoided.

Diet recipes

Symptoms are sudden onset and loss of hair in round or irregular shapes with clear margins. There are no blisters, eruptions or papules. The patches enlarge or the number of patches increases in a very short time. In most cases, there are no subjective symptoms. With a few cases, there may be itching or tingling pain in the affected area before onset. The problem often occurs after mental distress. Dietary Therapy should be directed at tonifying the Liver and the Kidney, nourishing the Blood and expelling Wind pathogens.

The recommended diet is black sesame gruel

(BCGM). Black sesame seeds 30 g, pounded after baking, and non-glutinous rice 50–100 g are boiled to make a gruel, seasoned with white sugar. Black sesame seeds and mulberry electuary can also be employed for this condition.

ECZEMA

Eczema is a dermatosis with infiltrating, wet pimples which occur symmetrically or in irregular patches and are very itchy. The term eczema in Western medicine covers a much wider range of symptoms than this.

The disease is due to pathogenic Wind, Damp and Heat lodged in the muscles and skin, obstructing the striae. There is more Damp-Heat with acute cases, while chronic cases often include Blood deficiency and are caused by exhaustion of Blood after protracted illness.

Recommended foods

For patients with eczema, it is desirable to have foods that help reinforce the Spleen, remove Damp and clear away Heat, such as mung beans, red beans, coix seeds, soya bean sprouts, bamboo shoots, purslane, houttuynia, towel gourd and wax gourd.

Foods to avoid

Foods that are fatty, rich, Warm and Dry are to be avoided.

Diet recipes

Eczema owing to Damp-Heat

Symptoms include sudden onset and short duration, with red and swollen skin rashes, infiltration, ulceration, scabs, itching, thirst, scanty urine, constipation, a red tongue with white greasy coating, and a slippery and rapid or taut, slippery and rapid pulse. Dietary Therapy should be directed at clearing away Heat and removing Damp.

The recommended diet is Prostrate Knotweed

Gruel (SYXJb) made with prostrate knotweed 30 g, decocted and strained. 100 g of non-glutinous rice and 15 g of fermented soya beans are boiled in the decoction to make a gruel. Season it with salt.

Prostrate knotweed can clear away Heat, remove Damp and relieve itching and is good for curing scabies and eczema.

Other recommended diets are purslane gruel and dandelion gruel.

Eczema owing to weak Spleen deficiency

This is characterized by its long duration, patchy infiltrating skin lesions, thickened skin, pigmentation, eruptions covered with scabs or scales, sometimes with erosion, exudation, paroxysmal severe itching, fatigue and lassitude, loss of appetite, a pale tongue with white coating or white greasy coating, and a soft and thready pulse. Dietary Therapy should be directed at reinforcing the Spleen and removing Damp.

The recommended diet is Coix Seed Gruel (see recipe under Bi syndrome).

PRICKLY HEAT

Prickly heat is a type of skin rash with dense, milletlike eruptions which are very itchy and have red bases.

The problem occurs in a hot summer and autumn, when the heat and sweat obstruct the sweat glands and produce skin rashes.

Recommended foods

In the treatment of the problem, use foods that are effective in clearing away Heat, removing summer-Heat and Damp, such as mung beans, red beans, flat beans, coix seeds, soya bean sprouts, watermelon, cucumber, balsam pears and wax gourd.

Foods to avoid

Foods that are Dry and Warm or tend to increase Damp-Heat, such as fried foods, beef, mutton and coriander, are to be avoided.

Diet recipes

The symptoms occur after exposure to the sun, with redness on the skin, heat and itching, eruption of red milletlike rashes or blisters, mostly around the upper body and the limbs, which will settle when the weather turns cooler. Accompanying symptoms may be stuffiness in the upper abdomen, loss of appetite, dark urine, a red tongue with yellow coating, and a soft and rapid pulse. Dietary Therapy should be directed at clearing away Heat and expelling summer-Heat.

The recommended diet is mung bean decoction (JYQS) made with mung beans 100–200 g, boiled in water till the beans are well cooked. Add some white sugar for eating and drinking when cool.

The recipe clears away Heat, expels summer-Heat and relieves the sensation of heat. Honeysuckle flower (30 g, wrapped in cloth) can be added to the recipe to enhance its effects.

IMPETIGO

Impetigo is an infectious skin disease characterized by pimples filled with pus, which will turn into a yellow liquid to infiltrate the surrounding skin. When the problem occurs in deeper tissues, it is called pitted impetigo (Nong wo chuang).

The problem is usually due to accumulation of Damp-Heat in the Spleen and the Stomach, plus exposure to summer-Heat and toxins, which invade the Lung channel.

Recommended foods

Patients with impetigo should have foods that can help clear away Heat, relieve Damp and toxins, such as flat beans, mung beans, red beans, soya bean sprouts, towel gourd, wax gourd, balsam pears, watermelon, young dandelion, purslane, houத்துynia and duck meat.

Foods to avoid

Rich, fatty, fried or pungent foods, such as shrimps, coriander and spring onion, should be avoided.

Diet recipes

Impetigo is most likely to occur in the summer or autumn. First, there may be the sudden appearance of red spots or blisters on the head, face and the limbs which are very itchy. These rapidly form pimples with pus, as big as the size of a finger tip, surrounded by red skin. These later form waxy yellow or grayish yellow scabs. The problem goes when the scabs come off. The pus is infectious. Dietary Therapy should be directed at clearing away Heat, removing Damp and aiding the drainage of pus.

The recommended diet (YYJC) is trichosanthis root 15 g and red beans 100 g boiled in water till the beans are well cooked. Add some salt before eating the beans and drinking the liquid.

Trichosanthis root clears away Heat and helps drainage of pus, while red beans reinforce the Spleen and remove Damp.

BURNS AND SCALDS

Burns and scalds are traumatic injuries from high temperature including boiling water or fire.

Burns and scalds, if severe, may cause injury to the skin and deeper tissues or even impairment of the internal organs by toxic Heat, bringing about systemic symptoms.

Recommended foods

For patients with burns or scalds, it is desirable to have foods that help clear away Heat, remove toxins, nourish the Yin and promote the production of Body Fluids. Such foods include mung beans, red beans, watermelon, pears, grapes, sugarcane, red bay berry, persimmon, turnip, tremella, wood-ear, honey and egg yolk.

Foods to avoid

Foods that are pungent, fragrant and Dry are to be avoided.

Minor cases

Symptoms are smaller and shallow injury, with

redness and pain in the affected skin, or development of a blister after injury. When the superficial skin comes off, the flesh underneath is red. The injury is healed when the blister dries. Generally there are no systemic symptoms. The tongue is red and the pulse rapid. Dietary Therapy should be directed at clearing away Heat and removing toxins.

The recommended diet is 250 g of mung beans, boiled in water. When the beans are nearly cooked, add 30 g of honeysuckle flower and 20 g of liquorice (wrapped in cloth). Boil further till the beans are well cooked. Discard the wrapped herbs and add some honey.

The recipe is effective in clearing away Heat and removing toxins.

Serious cases

Characterized by larger and deeper injury of the muscles, tendons and bones which produces blisters. When the superficial skin comes off, there is grayish white or dark red flesh underneath or even rotten or scorched skin or flesh with running liquid or pus. There may be high fever, restlessness or even loss of consciousness and delirium, or fatigue and shallow breathing. Loss of fluids is a major factor. Dietary Therapy should be directed at clearing away Heat, removing toxins, nourishing the Yin and nurturing the Blood.

The recommended diet is Rehmannia Root Decoction made with rehmannia root and honeysuckle flower 30 g of each, decocted and strained. Add 150 g honey for drinking when cool.

Honeysuckle clears away Heat and removes toxins, while rehmannia root nourishes the Yin and Ying.

HEMORRHOIDS

Hemorrhoids are varicose veins around the lower end of the colon. They are often inflamed and if there is a perforation which discharges fluid, it is known as a fistula.

The problem is caused by accumulation of Damp-Heat, overeating of Dry and Warm foods, straining to produce a bowel motion leading to

downward flow of Damp-Heat and the stagnation of turbid Qi and stasis of Blood around the anus. Protracted hemorrhoids will lead to exhaustion; healed carbuncles may leave behind uncleared toxins which will infiltrate and perforate to form a fistula.

Recommended foods

For cases of the Full type, it is desirable to have foods that help clear away Heat, remove Damp, cool the Blood and remove toxins, such as spinach, purslane, egg plant, three-colored amaranth, water spinach, houttuynia, torreyia nuts, persimmon, banana and figs. For cases of the Deficient type, use foods that help nourish the Yin, moisten Dryness and replenish Qi, such as kelp, wheat, wood-ear, catfish, finless eel, crucian carp and snakehead mullet.

Foods to avoid

In either case, foods that are spicy; pungent and irritating should be avoided. Examples are pepper, ginger, chillies and fermented glutinous rice. Excessive tea or coffee consumption should be curbed.

Diet recipes

Full cases

Symptoms are a sensation of obstruction at the anus, blood in the stool or dribbling or gushing bleeding after stool, itching, distension and pain in and/or around the anus, fistula running with foul pus, a red tongue with yellow coating, and a rapid pulse or with normal tongue and pulse picture. Dietary Therapy should be directed at clearing away Heat, cooling the Blood and removing Damp.

The recommended diet is steamed dried persimmon (SJBC). 100 g of large dried persimmons are steamed in a cooking pot till well done for eating warm before meals.

The recipe is effective in cooling the Blood and moistening Dryness.

Another recipe for the purpose is purslane gruel (BCGM) which is effective in cooling the

Blood, arresting bleeding, clearing away Heat and removing Damp (see Diarrhea for recipe).

Deficient cases

Symptoms are a protracted hard sore, which is grayish white and tends to prolapse at stool and cannot be restored by itself, a fistula failing to heal, with liquid pus, a sallow complexion, palpitations, shortness of breath, a pale tongue with white coating, and a thready and rapid pulse. Dietary Therapy should be directed at replenishing Qi and Blood.

The recommended diet is 100 g of figs, 50 g of milkvetch root (wrapped in cloth) and 250 g of lean pork, stewed on a low heat in water till the meat is dried and browned. Discard the milkvetch root and add some salt.

The combination of the three items can replenish Qi and Blood. Figs can also moisten the intestines and help relax the bowels.

INJURIES

Injuries refers to trauma resulting in the stagnation of Qi and Blood leading to swelling, pain, hemorrhage and restricted movement.

Recommended foods

Patients with acute injuries should have foods that are mild in flavor and help activate Qi and Blood, relieve pain and dissolve Blood stasis, such as the stalk of spring onion, oranges, rose flower and crabs. For cases of chronic injuries, it is desirable to have foods that help reinforce the Liver and the Kidney, such as grapes, black soya beans, chicken, beef, mutton and turtle meat.

Foods to avoid

For patients with acute injuries, raw and Cold foods are to be avoided.

Diet recipes

Acute injuries

Symptoms are sudden pain in the injured

muscles, restricted movement such as bending, stretching and turning, or pain on movement. There may be swelling, bruising, cuts or bleeding in the local area. The tongue is either red with yellow coating or normal, and the pulse is rapid. Dietary Therapy should be directed at activating Blood circulation and dissolving Blood stasis.

The recommended diet is Peach Kernel Gruel (see Epigastric pain for the recipe).

Chronic injuries

This refers to injuries which have not healed within a reasonable time, with dull pain and restricted movement which is aggravated with changes of weather or fatigue, palpable knotted tissues or swelling, discoloration on the tongue with a thin white coating, and an uneven or deep pulse. Dark spots on the tongue reflect stagnant Blood and are more likely to be present after severe trauma, remaining for years if the stagnation has not cleared. The position on the tongue will often relate to the area of the body affected. If the stagnation is minor, it may not clearly reflect in pulse or tongue. Dietary Therapy should be directed at reinforcing the Liver and Kidney, warming and unblocking the Channels and Blood Vessels.

The recommended diet is one chicken, gutted and cleaned, 60 g of eucommia bark, 30 g of Chinese angelica root, 15 g of cinnamon twig (wrapped in cloth), ginger, pepper, dried mandarin peel, yellow rice or millet wine and water, stewed on a low heat till the chicken is well cooked. Discard the wrapped herbs, season with salt, eat the meat and drink the soup.

Eucommia bark, Chinese angelica and chicken can reinforce the Liver and Kidney, while Chinese angelica and cinnamon twig can warm and unblock the Channels and Collaterals.

FRACTURE

Fracture is mostly caused by traumatic injury but there are also cases of fractures which are caused by only slight external force because of the existence of a bone tumor or bone and joint tuberculosis.

Recommended foods

Cases of fracture in the first stages are Full. It is desirable for the patients to have foods that help activate Blood circulation and dissolve Blood stasis, relieve swelling and pain. Examples are onion, shepherd's purse, spring onion, Chinese chives and crabs. Cases in the late stages are Deficient and patients should have foods that help reinforce Qi and Blood, reinforce the Liver and Kidney, strengthen the bones and tendons. Examples are Chinese wolfberry, longan, chestnut, black bean, quails, pork, beef, mutton and ox's bone.

Diet recipes

In the first stages

Symptoms are local swelling, dislocation, severe pain, restricted or abnormal movement, bony crepitus on touch, together with fever, a dry mouth, dark urine, a red tongue and rapid pulse. There may also be tiredness, a pale complexion, cold limbs, a pale tongue, and a thready, rapid and weak pulse. Dietary Therapy should be aimed at activating Blood circulation, dissolving Blood stasis, relieving swelling and pain.

The recommended diet (BCGM) is drynaria rhizome 10 g, decocted and strained, with 100 g of millet cooked in the decoction and made into a gruel. Add some brown sugar to season.

Drynaria rhizome activates Blood circulation, arrests bleeding, dissolves Blood stasis and relieves pain.

Albizia bark can be added to the recipe to enhance the effects of easing the tendons and activating Blood circulation, relieving depression and tranquilizing the Mind.

In the late stages

There may be no distortion or swelling in the local area, but there is a soreness which is aggravated with changes of weather, restricted movement, weakness, emaciation, a pale tongue and a weak pulse. Dietary Therapy should be directed at replenishing Qi and Blood and strengthening the bones and tendons.

The recommended diet is a thick soup of ox's bones (SJZL) made with the ox's bones, crushed, and millet 500 g, boiled in water till the bone is well done. Add two lamb's kidneys and boil further till the kidneys are cooked. Strain the decoction. Stew the kidneys (chopped) with stalk of spring onion, salt, thick soy sauce, Sichuan pepper and sugar to make a thick soup.

The recipe can tonify the Kidney and strengthen the bones and tendons. To replenish Qi and Blood, add 30 g of milkvetch root and 12 g of Chinese angelica root to the recipe.

Complaints of the eye, ear, nose and throat

Traditional Chinese medicine holds that 'When there is illness in the internal parts of body, there are bound to be external manifestations', because the diseases in the external parts of the body are the reflection of the mechanism of the internal Vital Organs. Therefore, Dietary Therapy in the treatment of complaints of the eye, ear, nose and throat should follow the idea of perceiving the condition of the Vital Organs through changes in the external sensory organs and administer diet recipes accordingly. For Deficient cases, tonifying diets should be given while Cold and Cool diets should be avoided. For Full cases, Cold and Cool diets should be administered, while Warm and tonifying diets should be avoided.

NIGHT BLINDNESS

Night blindness, also known as bird's blindness (Que mang), is marked by normal vision in the day but loss of vision after dusk or in the dark.

Congenital night blindness is also known as pigmentary degeneration of the retina, with the pupil golden in color (Gao feng que mu). It is due to deficiency of the Liver and Kidney, malfunction of the Spleen and exhaustion of the Yang Qi. Acquired night blindness is due to Liver deficiency, which is often caused by protracted illness leading to physical fragility and deficiency of Qi and Blood; or to improper diet impairing the Spleen and the Stomach, resulting in Liver deficiency and scanty Blood supply which in turn lead to malnutrition of the eye.

Recommended foods

For patients with night blindness, it is desirable to have foods that tonify the Liver and Kidney, replenish Qi and Blood. Examples are liver, cow's milk, eggs, carrot, spinach, black beans, mulberry and Chinese wolfberry.

Foods to avoid

Foods that are pungent, Warm and Dry, such as Chinese chives, chillies, garlic and wine, are to be avoided.

Diet recipes

Differentiation is unnecessary as both types of night blindness have the same dietary requirements.

Symptoms may include a sallow complexion at the onset of the visual symptoms, dim vision or dry eyes with photophobia. There may be frequent blinking, loss of vision in dim light and in grave cases, the pupil color will be golden. Dietary Therapy should be directed at replenishing the Blood, nourishing the Liver and promoting the acuity of vision.

The recommended diet is a thick soup (TPSHF) made with 150 g of pig's liver, washed well and sliced, boiled in water on a low heat till the liver is cooked. Add three stalks of spring onion and two chicken eggs and bring to the boil. Season with salt, drink the soup and eat the liver and the eggs. This diet should be repeated from time to time.

Pig's liver replenishes the Blood, reinforces the Liver and promotes acuity of vision. Chicken eggs replenish the Blood and nourish the Yin.

Another recommended diet is pig's liver sauteed with the young shoots of Chinese wolfberry.

CONJUNCTIVITIS

Conjunctivitis is known in TCM as Wind-Heat eye trouble. It is mainly caused by exposure to external Wind-Heat or epidemic toxins, which tend to remain in the Lung channel and disturb the normal activities of the Lungs. The Heat thus produced, plus constitutional accumulation of Lung Heat or Stomach Heat or excessive Lung Fire, lead to aggravation of the disease.

Recommended foods

Useful foods are those with a plain flavor, such as Chinese cabbage, celery, fresh lotus rhizome, mung bean sprouts, balsam pears, shepherd's purse, tomato, water chestnuts, pears and river snails.

Foods to avoid

Foods that are pungent and irritating are to be avoided. Examples are wine, spring onion, garlic, pepper and chillies.

Diet recipes

Invasion of pathogenic Wind and Heat

Symptoms are redness and swelling of the eyelids, redness in the white of the eye, heat with tears, photophobia, dryness, profuse discharge in the eye. Other symptoms are headache, nasal obstruction, chills and fever, thirst, dark urine, a thin and yellow tongue coating, and a floating and rapid pulse. Dietary Therapy should be directed at clearing away Heat, expelling pathogenic Wind and promoting acuity of vision.

The recommended diet is an infusion made with chrysanthemum and roasted cassia seed 10 g each, baked and steeped in boiling water. Add white sugar to flavor for drinking as a tea.

Chrysanthemum is good for clearing away Heat, expelling pathogenic Wind and promoting acuity of vision, while cassia seeds can clear Liver Heat and aid vision.

Excess Heat in the Lung and Stomach

These cases show similar symptoms, with a more profuse discharge, a red tongue and a headache reflecting the more advanced condition. Dietary Therapy should be directed at purging Heat in the Lungs and Stomach, plus cooling the Blood.

The recommended diet is an infusion of chrysanthemum and gypsum. Gypsum 50 g and cogongrass rhizome 30 g are decocted and strained. Steep 10 g of chrysanthemum in the decoction. Add some white sugar to flavor for drinking as a tea.

Gypsum is very effective in purging Heat from the Lungs and the Stomach, cogongrass clears away Heat and cools the Blood; while chrysanthemum clears away Heat and promotes acuity of vision.

SORE THROAT

This term covers a wide range of conditions in TCM, from mild soreness due to Wind-Heat through to severe symptoms accompanying toxic Heat invading the Vital Organs. To simplify treatment through Dietary Therapy, we may divide sore throats into acute, excess cases and chronic, deficient cases.

Acute sore throat is usually due to invasion of the Lungs by pathogenic Wind-Heat and toxins resulting in malfunction of the Lungs. When this happens, the toxic Heat will burn upwards along the Lung channel and accumulate at the throat, obstructing the Vessels and Collaterals, burning up the Body Fluids and causing redness, swelling and soreness. Otherwise it could be caused by excessive Heat in the Lungs tending to burn upwards and attack the throat, or to overeating of pungent and fried foods leading to accumulation of Heat in the Spleen and the Stomach. When Fire and Heat in the Spleen and the Stomach rise upwards along the channel and attack the throat, the excessive Heat will cause Qi stagnation and Blood stasis; when there is swelling from the Fire-Heat, Blood and flesh will be affected and form carbuncles.

When there is excess of toxic Phlegm-Heat and epidemic toxins accumulated in the throat, there will also be stagnation of Qi and Blood, with obstruction of the Channels and Collaterals and the air tract.

Chronic sore throat is mostly caused by toxic Heat impairing the Yin or by deficiency in the Lungs and the Kidney, leading to the rising of deficient Fire.

Recommended foods

For patients with an acute sore throat, it is desirable to have foods that are light and mild in flavor and have the effects of clearing away Heat, expelling toxins and easing the throat. Examples are arhat fruit, carambola fruit, dried persimmon, olives, figs, turnip, towel gourd, peppermint and honeysuckle flower. For cases of chronic sore throat, take foods that are effective in nourishing Yin, clearing the Heat and promoting the produc-

tion of Body Fluids. Examples are pears, water chestnut, tremella, lily bulb and pig's skin.

Foods to avoid

Foods that are pungent, Warm and Dry are to be avoided in both cases.

Diet recipes

Acute sore throat

In cases caused by invasion of pathogenic Wind-Heat, with Heat in the Lung channel, symptoms are a dry throat, a sensation of heat, pain, difficulty in swallowing, redness and swelling in the throat and the uvula, possibly with granules at the base of the throat. Systemic symptoms are fever, intolerance to cold and a headache.

When the toxic Heat has entered into the interior and there is excess Heat in the Lungs and the Stomach, symptoms will be severe pain, redness and swelling in the core of the throat, with red and white suppurating spots on the surface, which gradually turn to pseudomembrane (that is, something like membrane, formed as spots coalesce), or even redness and swelling in the isthmus of the fauces, a hard mass below the jaw which is markedly tender, swelling in the uvula, enlargement of follicles at the base of the throat, together with high fever, thirst, coughing up thick yellow sputum, a red tongue with thick yellow coating, and a full, large and rapid pulse.

When it is caused by retropharyngeal abscess, symptoms will be redness and swelling in the throat, severe pain, difficulty in swallowing and with speech, with the fauces turning red, swelling and protruding.

In acute laryngeal infection, symptoms will be a sore throat, difficult breathing, profuse sputum, difficulty with speech and swallowing.

For any of the above cases, Dietary Therapy should be directed at clearing away the Heat, expelling the toxins and easing the throat.

The recommended diet is the Blue-Dragon White-Tiger decoction (WSYA) made with seven Chinese olives and 250 g of turnip, decocted. Add some crystal sugar, drink the decoction and eat the olives and the turnip.

Chinese olives are effective in clearing away Heat, expelling toxins and easing the throat, turnip can expel toxins and dissolve hot Phlegm, and crystal sugar is effective in reducing Heat and promoting the production of Body Fluids. For cases due to invasion of pathogenic Wind-Heat, peppermint can be added to the recipe to expel the Wind-Heat and relieve the exterior syndrome.

When there is toxic Heat entering the interior parts and excess of Lung Heat, gypsum can be added to help reduce the Heat in the Lungs and the Stomach.

With retropharyngeal abscess, add honeysuckle flower and houttuynia to clear away Heat, remove toxins and reduce the abscess.

In acute laryngeal infection, use this recipe only after prompt medical treatment.

Chronic sore throat

Mainly caused by the rising of deficient Fire, symptoms are a dry soreness in the throat, discomfort, redness on and around the core of the throat, with yellow and white suppurated spots. Alternatively Hard masses may be felt below the jaws, there may be discomfort in the throat, slight pain, dryness and itching, a sense of heat or a foreign body stuck in the throat, a chronic low dry cough, congestion at the base of the throat with eruptions which are scattered or in dense strings. The tongue is red, the pulse is thready and rapid. Dietary Therapy should be aimed at nourishing the Yin, moistening the Dryness and easing the throat.

The recommended diet (SHL) is pig's skin 250 g, boiled till well done. Add 50 g of honey, eat the pig's skin and drink the soup. (Rice powder was added for regulating the Middle Burner and arresting diarrhea in the original recipe, but it may be omitted here.)

Pig's skin is sweet and slightly Cold and can nourish the Yin and moisten Dryness, while honey clears away Heat, moistens Dryness and eases the throat.

MOUTH ULCERS

Mouth ulcers are shallow ulcerated spots occurring in the oral cavity.

Clinically there are Full and Deficient cases. Full cases are mostly due to overconsumption of pungent and rich foods and wine, leading to accumulation of Heat in the Heart and the Spleen, plus exposure to pathogenic Wind, Fire and Dryness. When these are excessive, they will turn into Fire to attack upwards along the channels and develop sores in the mouth.

These cases may also be caused by uncleanness of the mouth or injury, which will facilitate the invasion of toxins, resulting in ulceration of the mucosa.

The Deficient cases are usually due to constitutional deficiency of the Yin, plus exhaustion of the genuine Yin by illnesses or fatigue. The Heart and the Kidney will in their turn be impaired and the Yin fluids will be insufficient, leading excessive deficient Fire to burn upwards.

Recommended foods

Patients with mouth ulcers should have eggs, soya bean products, balsam pears, turnip, Chinese cabbage, spinach, three-colored amaranth, persimmon, watermelon and honeysuckle flower.

Foods to avoid

Foods that are pungent, Warm and Dry should not be eaten.

Diet recipes

Accumulation of pathogenic Heat

Symptoms are the development on the lips, cheeks, gums and the tongue surface of yellowish white ulcerative spots, which are round or oval, as big as peas, with a depression in the centre and redness and slight swelling in the mucosa around. The ulcerative spots are numerous or even joined together to form patches, with sensations of heat and pain. Other symptoms may be fever, thirst, foul breath, a red tongue with yellow coating, and a rapid pulse. Dietary Therapy should be directed at purging the accumulated Heat.

The recommended diet is a tea made with 6 g of unfolded young bamboo leaves, 15 g of reed

rhizome and 10 g of lilyturf root steeped in boiling water. Add some white sugar to the infusion, to be drunk as a tea.

Unfolded young bamboo leaves clear Heart Fire, induce urination and are good for treating mouth ulcers. Reed rhizome helps clear away Heat and promote the production of Body Fluids, while lilyturf root nourishes the Yin, reinforces the Stomach and clears Heart Fire.

The combination of the three items can purge the accumulated Heat.

Hyperactivity of Fire due to deficiency of the Yin

Symptoms are scattered, relatively pale ulcerative spots in the mouth, which do not fuse but tend to be recurrent. There may be slight pain, which is more obvious at meals. The tongue is red with little moisture or coating, and the pulse is thready and rapid. Dietary Therapy should be directed at nourishing Yin and sending down pathogenic Fire.

The recommended diet is an infusion of dendrobium 15 g and unfolded young bamboo leaves 6 g, decocted and strained. Add white sugar to the decoction, to be drunk as a tea.

Dendrobium can nourish Yin and clear away Heat, while young bamboo leaves clear away Heart Fire, induce urination and purge pathogenic Fire.

BLEEDING GUMS

The Yangming channel travels along the teeth and gums. Gum bleeding is usually due to excessive Stomach Fire burning upwards along the Yangming channel, causing the Blood to rise with the Fire; or to deficiency of the Liver and Kidney Yin, leading to the rise of deficient Fire, impairing the Collaterals in the gum.

Recommended foods

Patients with bleeding gums should eat foods that can clear away Heat, cool down Blood and nourish the Yin. Examples are shepherd's purse, bitter gourd, turnip, cluster mallow, water spinach, towel gourd, celery, tomato, watermelon, lotus rhizome, day lily and wood-ears.

Foods to avoid

Foods that are pungent and tend to irritate pathogenic Fire, such as chillies, pepper, fried food and wine, are to be avoided.

Diet recipes

Excessive Stomach Fire

Symptoms include bleeding from the gum, the blood being bright red, swelling and redness of the gums, headache, foul breath, a red tongue with yellow coating, and a full and rapid pulse. Dietary Therapy should be directed at purging the Stomach Fire, cooling down Blood and arresting bleeding.

The recommended diet is an infusion of gypsum and cogongrass rhizome 50 g each, decocted and strained. Add white sugar and drink as a tea.

Gypsum purges Stomach Fire while cogongrass rhizome cools Blood and arrests bleeding.

Hyperactivity of Fire owing to deficiency of the Yin

Symptoms are bleeding from the gum with pale red blood, loose teeth, a red tongue with little coating, and a thready and rapid pulse. The problem is often triggered off when the patient encounters heat or is fatigued. Dietary Therapy should be directed at nourishing the Yin and cooling the Blood.

The recommended diet is 150–200 g of Chinese wolfberry shoots and two pig's kidneys, cut open, washed well and chopped, sauteed together with some wood-ears.

Pig's kidney used together with Chinese wolfberry shoots can nourish the Liver and the Kidney and clear away deficient Fire, while wood-ears cool the Blood and arrest bleeding.

SINUSITIS

Sinusitis or rhinorrhea with profuse turbid discharge is a commonly seen disease marked by nasal obstruction, running nose, dull headache, and impaired sense of smell.

Full cases of the disease are usually due to

pathogenic Wind, Heat and toxins invading the Lungs or exposure to Wind and Cold which become stagnant and turn into Heat. The pathogenic Heat, attacking upwards along the channel, impairs the nasal sinuses. Otherwise Damp-Heat may develop inside, which tends to stagnate and affect the Spleen and the Stomach. The Damp-Heat and the toxins rise upwards along the Channel, carrying the Heat to the brain and impairing the nasal sinuses.

Deficient cases are usually due to deficient and Cold Lung Qi. When the Lung Qi is weak, the toxins will persist, allowing the problem to occur repeatedly.

Recommended foods

Patients with sinusitis should eat foods that can clear away Heat, such as houத்துynia, balsam pears, mung bean sprouts, towel gourd, egg plant, persimmon, loquat, pears, banana and Chinese olives. For cases with deficiency of Spleen and Lung Qi, use foods that can reinforce the Spleen and the Lungs. Examples are dates, coix seeds, Chinese yam, duck's eggs, duck's meat and pig's lungs.

Foods to avoid

Rich, fatty, pungent or irritating foods are to be avoided and wine is strictly prohibited.

Diet recipes

Wind-Heat in the Lung channel

Symptoms are profuse yellow or white and sticky nasal discharge which runs downwards from above the nasal cavity, intermittent or continuous nasal obstruction, impaired sense of smell, redness and swelling inside the nose, ten-

derness between the eyebrows or in the cheek area. Systemic symptoms can include fever, intolerance to cold, headache, stuffiness in the chest, a cough, a red tongue with slightly yellow coating, and a floating and rapid pulse. Dietary Therapy should be directed at expelling the pathogenic Wind and Heat and awakening the clear orifices by using fragrant drugs.

The recommended diet is a tea made with chrysanthemum and gardenia 10 g each, peppermint 3 g and stalk of spring onion 3 g, steeped in boiling water. Add honey to season and drink as a tea.

Chrysanthemum is employed to expel pathogenic Wind and clear away Heat, gardenia purges Heat in the Lungs, peppermint disperses pathogenic Wind-Heat while stalk of spring onion awakens the clear orifices.

Deficiency of Spleen Qi and Lung Qi

Symptoms are nasal discharge that is white and sticky or yellow and thick, nasal obstruction, impaired sense of smell, light red nostril lining, general weakness, confusion, heaviness in the head, loss of appetite, loose stool, nasal obstruction and nasal discharge being aggravated when encountering Wind and Cold, a pale tongue with thin white coating, and a slow and weak pulse. Dietary Therapy should be aimed at reinforcing the Spleen and the Lungs.

The recommended diet is milkvetch root and lotus seeds 50 g each, with one pig's lung, washed, stewed with condiments till the pig's lung is well cooked. Add salt for flavor, drink the soup and eat the lung and the lotus seeds.

Milkvetch root is an important drug for reinforcing the Lung Qi, lotus seeds reinforce the Spleen, while pig's lung reinforces its human counterpart.

For cases with nasal obstruction, add the stalk of spring onion.