

Damp & Phlegm

Information Sheet



During a Chinese medicine consultation your practitioner will ask you lots of different questions about your presenting issue, as well as other physical and psychological symptoms. This allows us to identify patterns of disharmony that might involve new concepts such as qi, yin, yang, phlegm, damp and blood.

This handout is designed for you take away after your consult to provide extra information about the patterns we call Damp and Phlegm, along with some food and lifestyle modifications that can supplement the acupuncture and/or herbal treatment you are receiving.

Definition

A consequence of qi deficiency (see the Qi Deficiency information sheet) can be the development of damp and phlegm due to fluids accumulating somewhere in the body. Damp may enter the body from an external damp environment. Damp and phlegm may also be caused by a build up of

'pathological fluids' which are generated internally when qi is unable to transform and transport food and fluids. These pathological fluids frequently build up due to a diet high in damp producing foods, such as oily, deep fried foods, excessive dairy, sugar and highly refined foods.

Symptoms

In addition to the signs of qi deficiency, when damp or phlegm is present you might experience additional signs of feelings of heaviness throughout the body and fluid retention, especially in the lower limbs, nausea might accompany poor appetite as well as a lack of taste. The tongue might feel swollen

and sticky and there might be a muzzy feeling in the head with dizziness. Phlegm might be seen or felt in the form of coughing up white or yellow sputum or watery fluids, lumps under the skin, kidney or gall bladder stones, arthritis in the joints and vaginal discharge.

Food

Food should be enjoyed and accepted lovingly into the body so that we are open to being fully nourished by what we eat. Digestion is enhanced by relaxing during meals. Avoid working or watching television, instead focus on enjoying the meal in a relaxed posture. Always chew food well so that our digestive organs do not have to work as hard to extract essential nutrients.

Foods that help resolve damp include alfalfa, asparagus, barley, basil, caraway seeds, cardamon, , cloves coriander, corn, garlic, green tea, lemon, mushrooms, onion, oregano, parsley, pumpkin, radish and plums.

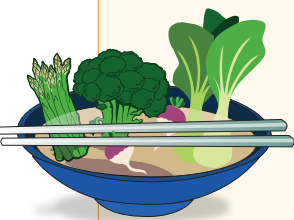
Additional foods that can help clear water retention (oedema) include lettuce, celery,

rice, water chestnut, mung beans, corn on the cob, peas, and duck.

Phlegm is a more sticky manifestation in the body that is harder to move. Foods that can assist include almond, apple peel, black pepper, grapefruit, mustard seeds, orange peel, pears, peppermint, tea, thyme and walnuts.

Foods that should be avoided are raw, cold, sweet and rich foods as well the overconsumption of fluids, especially with meals.

Foods that can worsen damp/phlegm conditions include dairy products, pork, rich meats, saturated fats, bread, yeast, beer, banana, sugar and sweeteners. These should all be kept to a minimum.



YouTube

Here is a link to the Gate Of Hope's Qi Gong video that demonstrates a basic sequence of movements with breath to stimulate the function of different organs in the body. While all the organs movements are important, focus on stimulating the Stomach and Spleen to build qi and move damp and phlegm.

Go to the YouTube channel:
<https://youtu.be/jmLICEsNR E>



For more information talk to your practitioner on your next visit.
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