

FOODS FOR THE SPLEEN/PANCREAS

The quickest way to influence your digestion and assimilation of nutrients (your nutritive qi) is to thoroughly chew your food. This simple task moves us out of our over-stimulated lives into the moment, calming the mind and stimulating metabolism. The enzymatic activity of our saliva begins the digestive process preventing burdens on our digestive organs. It also prevents us from overeating and from making poor food choices

Generally speaking whole foods (unprocessed and unrefined) should be utilized in the diet. Whole grains should make up the largest portion. These include brown: whole-basmati or wild rice; whole wheat, rye or oat berries; quinoa, spelt, kamut, amaranth and corn. This should be supplemented with moderate amounts of lightly cooked or steamed vegetables and a small portion of protein in the form of whole beans, fish or animal meats. Refined sweets such as candies, and white sugar products should be replaced with moderate amounts of whole fruits (lightly cooked) if needed. Nuts should be lightly roasted and used sparingly. Bread should be of the whole grain variety. Avoid white bread and pastas.

Other recommendations include adequate rest, and exercise although exercise during menstruation should be moderate. Engage in meditative exercises such as deep abdominal breathing and relaxation techniques daily.

• *Spleen Qi or Yang deficiency*

FOODS TO EAT (Underlined foods are warming) lightly cooked foods, whole grain rice, oats, spelt, sweet rice, winter squash, carrot, rutabaga, parsnip, turnip, garbanzo bean, black, bean, peas, sweet potato, yam, pumpkin, onion, leek, black pepper, ginger, cinnamon, fennel, garlic, nutmeg, rice syrup, barley malt, molasses cherry, cocunut, figs, dates, shitake mushroom, mackerel, sturgeon, tuna, halibut, anchovy, beef, beef liver or kidney, chicken, turkey, lamb,, goose, rabbit, butter

FOODS TO AVOID: cold raw foods including fruit (especially oranges) and iced drinks or ice cream, don't eat food directly from the fridge, no sprouts and cereal grasses, no cooling foods such as tomato, melons, pears, persimmons, cucumbers, lettuce, celery, spinach, chard, tofu, millet, amaranth, seaweed and salt, excess sweets or concentrated sweets such as fruit juice, honey or maple syrup, excess liquids or excess dairy, vinegar, or overeating, no processed foods, and no damp producing foods (see spleen dampness)

• *Spleen Damp/ Phlegm Accumulation*

FOODS TO EAT: rye, amaranth, corn, adzuki beans, celery, lettuce, pumpkin, scallion, alfalfa, turnip, kohlrabi, white pepper, raw honey, goat's milk

FOODS TO AVOID: sweets, excess meat, eggs, dairy, fats, nuts, and processed foods, overeating, late night eating, and combining too many flavors

• *Stomach Heat*

FOODS TO EAT: soups and gruels of oats, rice, honey, banana, avocado, tofu, soy milk, milk or yogurt (preferably goat) spinach, cucumber, cabbage, potato, lettuce, cereal grasses, micro-algae

FOODS TO AVOID: intoxicants, coffee, spicy food, or fried foods, excess salt, excess citrus, excess red meat