

Fertility Foodie Cheat Sheet

According to Traditional Chinese Medicine (TCM), the food you eat has specific and predictable effects on your body. We use food therapeutically and classify many of them as either “warming” or “cooling”. Warming foods help raise body temperature and dispel stagnant pockets of cold within the body. Cooling foods moderate body temperature by calming and soothing areas aggravated by heat. Be careful not to confuse warming foods with spicy flavors, as these are warm just in taste. Also, cooling foods do not mean cold or raw foods, but rather foods with cooling properties.

Some foods have other properties that can help with even more specific issues. Your acupuncturist will help diagnose your condition and decide which foods will best eliminate your problems.

Cook your food whenever possible to avoid using too much energy on digestion. Regardless of your condition, remember: Avoiding foods that aggravate your condition is *just as important* as eating beneficial foods. Taking care of your digestion throughout the treatment process will accelerate your progress and benefit your fertility!

HEAT

Excess heat in the body can cause inflammation and irritation. We become “hot” in several ways. Hot pathogens, eating too many heating foods, over-activity, or a hot environment all strain our system. Cooling, or expelling, heat is the best form of treatment. If you have too much heat, we recommended avoiding foods with heating properties and using cooling foods in your diet.

COLD

Too much cold in the body causes contraction, obstructs blood flow and energy, and inhibits our movement. Cold comes from the environment, viruses, inactivity, or eating too many cooling foods. We treat excess cold through physical activity, adding foods with warming properties, and using warming methods of food preparation. Warming foods literally warm the body in a nourishing way that encourages movement.

DAMPNESS

Dampness forms when we fail to transform or burn off moisture. Almost always associated with a weak spleen, kidney, or lung, dampness makes us feel heavy or tired and inhibits our ability to function. This often results in poor digestion, aching limbs, swelling, and lethargy. It is caused by sedentary lifestyles, overeating, poorly combining foods, damp conditions, or pathogens. We treat dampness by reducing phlegm-forming foods and avoid too much raw, cold, or sweet foods.

PMS

Qi (pronounced *chee*) is often described as the energy or life force in every living being. When qi moves easily without blockages, our bodies can flow and function easier. When qi is blocked, organ function is impaired as the qi tries to find other means to move and escape. The primary organ involved is the liver, which also processes hormones. A qi blockage is a lot like a traffic jam in a certain part of your body. PMS is a form of qi stagnation where your body cannot efficiently process hormones through the liver.

STASIS (Clotting)

Much like the idea behind PMS, stasis implies a lack of movement. When stasis occurs, the area of stagnation is stickier and more coagulated, hence clotting. Where stagnation is like a traffic jam, stasis is like a roadblock where there is no movement at all. We treat clotting similar to the treatment for PMS.

Have too much heat? EAT these cooling foods:

<i>Alfalfa</i>	<i>Cabbage</i>	<i>Kelp</i>	<i>Peppermint</i>
<i>Apples</i>	<i>Celery</i>	<i>Lemon</i>	<i>Persimmon</i>
<i>Asparagus</i>	<i>Chard</i>	<i>Millet</i>	<i>Potatoes</i>
<i>Bamboo shoot</i>	<i>Cucumber</i>	<i>Mint</i>	<i>Radishes</i>
<i>Bananas</i>	<i>Egg whites</i>	<i>Mung bean</i>	<i>Seaweed</i>
<i>Barley</i>	<i>Eggplant</i>	<i>Olives</i>	<i>Spirulina</i>
<i>Broccoli</i>	<i>Grapefruit</i>	<i>Pear</i>	<i>Tomatoes</i>

Have too much cold? EAT these warming foods:

<i>Bay leaves</i>	<i>Chicken</i>	<i>Garlic</i>	<i>Nutmeg</i>
<i>Black pepper</i>	<i>Chives</i>	<i>Ginger</i>	<i>Oats</i>
<i>Butter</i>	<i>Cinnamon</i>	<i>Goat & goat milk</i>	<i>Onions</i>
<i>Capers</i>	<i>Cloves</i>	<i>Kale</i>	<i>Parsley</i>
<i>Cardamom</i>	<i>Coriander</i>	<i>Lamb</i>	<i>Peaches</i>
<i>Cayenne</i>	<i>Dates</i>	<i>Leek</i>	<i>Spelt</i>
<i>Cherries</i>	<i>Dill</i>	<i>Lychee</i>	<i>Quinoa</i>
<i>Chestnuts</i>	<i>Fennel</i>	<i>Mustard</i>	

If you have Dampness, AVOID these foods:

<i>Dairy</i>	<i>Soy products</i>	<i>Sweeteners</i>	<i>Butter</i>
<i>Tofu</i>	<i>Pineapples</i>	<i>Oils</i>	
<i>Raw/cold foods</i>	<i>Beer</i>	<i>Peanuts</i>	
<i>Concentrated juices</i>	<i>Pork/rich meat</i>	<i>Sugars</i>	
<i>Yeast</i>	<i>Wheat flour</i>		

If you have Dampness, EAT these foods:

<i>Azuki beans</i>	<i>Daikon</i>	<i>Pumpkin</i>	<i>Walnuts</i>
<i>Alfalfa</i>	<i>Garlic</i>	<i>Quail</i>	<i>Watercress</i>
<i>Almonds</i>	<i>Horseradish</i>	<i>Radish</i>	
<i>Anchovy</i>	<i>Kidney beans</i>	<i>Rice</i>	
<i>Asparagus</i>	<i>Lemon</i>	<i>Rye</i>	
<i>Barley</i>	<i>Mackerel</i>	<i>Thyme</i>	
<i>Basil</i>	<i>Mushrooms</i>	<i>Turnips</i>	
<i>Buckwheat</i>	<i>Onions</i>	<i>Seaweed</i>	
<i>Cardamom</i>	<i>Olives</i>	<i>Shrimp</i>	
<i>Celery</i>	<i>Peppermint</i>	<i>Squash</i>	
<i>Coriander</i>	<i>Peas</i>		

If you have PMS or Clotting, AVOID these foods:

<i>Soy products</i>	<i>Sugar</i>	<i>Dairy</i>
<i>Alcohol</i>	<i>Processed foods</i>	<i>Salt</i>
<i>Caffeine</i>	<i>White flour</i>	<i>Butter</i>

If you have PMS or Clotting, EAT these foods:

<i>Chestnut</i>	<i>Leek</i>	<i>Radish</i>	<i>Turmeric</i>
<i>Chives</i>	<i>Mustard leaf</i>	<i>Rose</i>	<i>Vinegar</i>
<i>Crab</i>	<i>Onions</i>	<i>Saffron</i>	
<i>Eggplant</i>	<i>Peaches</i>	<i>Scallion</i>	

All of our patients should be building a foundation for fertility by eating these foods:

<i>Almonds</i>	<i>Congee</i>	<i>Leafy Greens</i>	<i>Mushrooms</i>
<i>Beef</i>	<i>Dates</i>	<i>Lentils</i>	<i>Squash</i>
<i>Cherries</i>	<i>Eggs</i>	<i>Quinoa</i>	<i>Trout</i>
<i>Chicken</i>	<i>Figs</i>	<i>Brown Rice</i>	<i>Salmon</i>
<i>Chickpea</i>	<i>Grapes</i>	<i>Sweet</i>	<i>Yams</i>
		<i>Potatoes</i>	

Food Tips:

- ✓ The foods we've listed in this handout are just examples to get you started, not comprehensive lists. If you have a question about what property a food has, ask us!
- ✓ Cook your food whenever you can. This helps your body process your meal without having to expend as much energy on warming and digesting your food.
- ✓ Buy whole foods with as few ingredients in them as possible. They'll be easier for your body to process and will probably taste better anyways!
- ✓ Shop on the outside of the grocery store and avoid the aisles. All the fresh stuff is around the edge of the store, while aisles typically have processed, packaged foods with fewer nutrients.
- ✓ Eat foods appropriate for your condition, based on what you and your acupuncturist have discussed.

Have questions about your diagnosis or need help planning your meals? Never hesitate to contact us!

512.302.5600 or admin@texasfertilityacupuncture.com