

East Village  
**ACUPUNCTURE**  

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**& MASSAGE**

## *Dampness – Holistic Remedies*

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According to traditional Chinese therapy, organs have dual function. One is the physical and the other is energetic function. When we speak of the “organs” we are referring to its energetic function.

The Spleen changes energy or Qi from the food into energy needed by the body. Spleen Qi deficiency means the energy of the spleen is low and the spleen is not able to perform to its optimum. When the Spleen is deficient, symptoms of “dampness” occur. These include but are not limited to, a feeling of fatigue, heaviness in the limbs, difficulty getting up in the morning, unclear thinking/fuzziness in the head, no appetite, dull ache and swelling of the joints, and loose stools.

### **Foods to Incorporate:**

organic lightly cooked vegetables like corn , celery and watercress, alfalfa sprouts, button mushrooms, brown rice, barley, amaranth, rye, oats, legumes, kidney beans, lentils, poultry, fish, tuna, lemon, sesame seeds, pumpkin seeds, sunflower seeds, seaweed, peach, strawberry, cherries, pine nuts, pistachios, lamb, shrimp, lobster, clove, garlic, rosemary, sage, turmeric, thyme

\*in moderation

### **Foods to Avoid:**

dairy, wheat, cold drinks, fruit juice, processed foods, refined flour and sugar, cold raw foods, coffee, alcohol, deep fried foods

### Lifestyle recommendations:

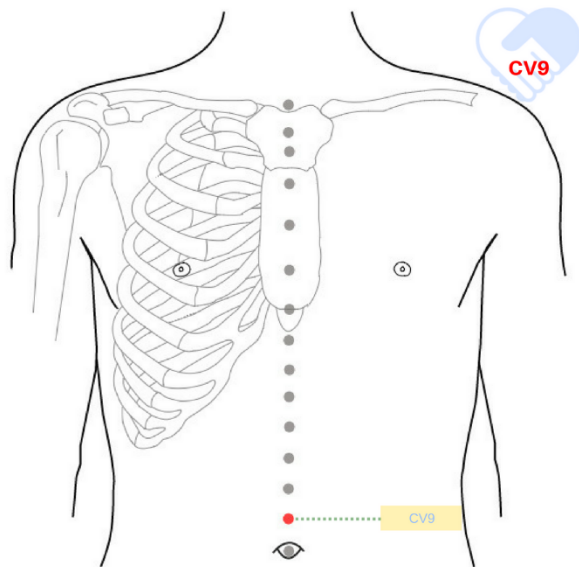
- Avoid cold or frozen foods
- Don't put ice in your drinks
- Be mindful, do one thing at a time and take breaks
- Do your best to avoid thoughts that worry you
- Include stretching in your regimen

### Acu Points

#### Directions:

- 2 minute massage or pressure on each point, 3x per day

### CV9



### ST40

