

TRADITIONAL CHINESE MEDICINE DIETARY ADVICE FOR DIGESTIVE DISORDERS

HEARTBURN, ACID REFLUX/GERD AND ULCERS

To heal the inflammation in the stomach and esophagus, eat soups, oats, rice, barley, bananas, avocado, tofu, soy milk, yogurt, spinach, cucumbers, cabbage, potatoes, lettuce, flax seeds and chamomile tea. Avoid acidic foods and drinks such as coffee, green tea, tomatoes, vinegar and citrus fruit, as well as fried foods, hot spices and alcohol. Black tea is okay.

CONSTIPATION

The following foods can be used to help regulate the bowels: Spinach, bananas, sesame seeds, sesame oil, honey, pears, prunes, peaches, apples, apricots, walnuts, pine nuts, almonds, alfalfa sprouts, carrots, cauliflower, beets, okra, cabbage, papaya, peas, coconut, sweet potato, asparagus, figs, oat bran, rice bran, wheat bran, honey, psyllium husks, flax seeds. Exercise helps move the bowels.

DIARRHEA

The following foods can help bind up the stool: Rice or barley, garlic, string beans, eggplant, aduki beans, yams, carrots and buckwheat (kasha). Avoid constipation foods.

IBS

Eat according to your diagnostic category (see DIETARY HEALING & LIFESTYLE SUGGESTIONS ACCORDING TO TRADITIONAL CHINESE MEDICINE handouts) and supplement your diet with some of the foods listed above depending on your tendency toward constipation or diarrhea.

INTESTINAL FLORA-ENHANCING SUPPLEMENTS AND FOODS:

These may help with poor digestion, gas, bloating and recovery to the digestive tract during and after a course of antibiotics. Acidophilus/bifidus supplements (Jarrow is an excellent brand); miso, sauerkraut (raw), kefir, yogurt, wheat grass, dark greens, micro algae, spirulina and alfalfa greens.