



Four Flowers Wellness

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DAMPNESS & PHLEGM

Beneficial Foods

- | | | | |
|--------------------------------------|---|----------------------------------|---|
| <input type="checkbox"/> aduki bean* | <input type="checkbox"/> corn | <input type="checkbox"/> lettuce | <input type="checkbox"/> radish |
| <input type="checkbox"/> basil | <input type="checkbox"/> caraway | <input type="checkbox"/> mustard | <input type="checkbox"/> red tea |
| <input type="checkbox"/> broad bean* | <input type="checkbox"/> dill | <input type="checkbox"/> nutmeg | <input type="checkbox"/> shallots |
| <input type="checkbox"/> buckwheat* | <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> oats* | <input type="checkbox"/> squash |
| <input type="checkbox"/> cardamom | <input type="checkbox"/> fresh ginger | <input type="checkbox"/> onion | <input type="checkbox"/> sweet potato/yam |
| <input type="checkbox"/> celery | <input type="checkbox"/> garlic | <input type="checkbox"/> oregano | <input type="checkbox"/> thyme |
| <input type="checkbox"/> cilantro | <input type="checkbox"/> green tea | <input type="checkbox"/> pepper | <input type="checkbox"/> turnip |
| <input type="checkbox"/> clam | <input type="checkbox"/> horseradish | <input type="checkbox"/> pumpkin | <input type="checkbox"/> watercress |
| <input type="checkbox"/> clove | <input type="checkbox"/> high quality meat | <input type="checkbox"/> quail | |

LUNGS & SINUSES

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> cayenne | <input type="checkbox"/> mustard greens |
| <input type="checkbox"/> daikon | <input type="checkbox"/> onion |
| <input type="checkbox"/> fennel seed | <input type="checkbox"/> radish |
| <input type="checkbox"/> fenugreek | <input type="checkbox"/> shallot |
| <input type="checkbox"/> garlic | <input type="checkbox"/> turnip |
| <input type="checkbox"/> ginger | <input type="checkbox"/> watercress |
| <input type="checkbox"/> green tea | |
| <input type="checkbox"/> horseradish | |

Foods to Avoid

- alcohol including beer, wine, and liquor
- dairy
- excessive sweet foods including fruit
- gluten grains (wheat, rye, barley, oat)
- trans-fats, such as margarine
- nuts & seeds (in excess)
- soy products
- sugar & sweeteners
- vegetable oils (corn, canola, soy)

***Grains & Legumes:** All grains and legumes should be soaked overnight prior to cooking. Only consume grains and legumes if they are foods that you tolerate well.

Fermented Foods: fermented foods, such as sauerkraut, lacto-fermented vegetables, kombucha, and kefir can be very helpful in dampness & phlegm patterns.

