



How to take care of your SPLEEN

Lifestyle advice

- Excessive mental activity and mental strain put stress on the spleen. Try to reduce mental activities and strain to nourish the Spleen. If possible, try to achieve mental activities during spleen time (9am to 11 am).
- Avoid consistently damp or wet weather environments.

Dietary advice

- Excessive consumption of cold beverages, raw foods, fruit and dairy products weaken the spleen.
- Eat regularly and at the same time each day. Do not overeat.
- Eat a good breakfast between 7am and 9am in a calm environment.
- Eat mindfully without distraction: avoid eating at your desk or while watching tv or while upset.

Foods/drink to avoid

Fruit/juice:	pineapples, oranges, bananas, kiwis, watermelon, lemons
Veggies:	cucumber, raw foods, excessive consumption of salads (especially during cool/cold weather), tomatoes
Beverages:	cold or iced drinks, too much mineral water, black tea, green tea, wheat beer, light beer
Dairy:	cottage cheese, farmer's cheese, cream cheese, milk, sour milk products (e.g. yoghurt, kefir)

Foods and drink to nourish the spleen

Meat:	poultry, lamb, beef, venison
Fish:	trout, salmon, tuna, shellfish
Fruit:	sweet apples, apricots, dates, Chinese dates, figs, sweet cherries, peaches, plums, raisins, red grapes
Veggies:	fennel, cabbage, pumpkin, carrots, sweet potatoes, onions (gently sautéed until transparent)
Beverages:	fennel tea, chai, mead, liqueurs, corn silk tea, liquorice tea, red grape juice
Grains:	amaranth, oats, millet, polenta, rice
Nuts/seeds:	peanuts, hazelnuts, pistachios, sesame, walnuts
Sweeteners:	maple syrup, barley malt, raw honey, marzipan, raisins, raw cane sugar, molasses (consume small amounts only)
Spices:	aniseed, star anise, cayenne, pepper, fennel, ginger, cardamon, nutmeg, vanilla, cinnamon, coriander, oregano, rosemary, thyme