



# Food Therapy: Qi Deficiency

Qi Deficiency (including those with Damp accumulation) Signs and Symptoms:

- General body aches
- Chronic Fatigue
- Bruises easily
- Poor memory/brain fog
- Distention or bloating
- Pain/discomfort in abdomen
- Loose stools/frequent stools
- Lack of appetite
- Idiopathic weight gain/puffiness
- Spontaneous sweating
- Shortness of Breath

*You may have just one, all, or none of the above symptoms. Never self-diagnose. Your experience and trained Acupuncture Physician will determine what pattern you have and guide you to proper therapies to address your primary concerns.*

People with Qi deficiency tend to crave sweet foods. In Traditional Chinese Medicine (TCM) there are two different types of sweet foods:

1. "Empty Sweet": this category of sweet foods in small amounts of which is considering cooling and eliminating: sugar, fruit, honey
2. "Full Sweet": this category of foods is considered warming and nourishing: complex carbohydrates and proteins.

## **Foods to Tonify Qi Deficiency:**

Grains: oats, rice, sweet rice  
Vegetables: potato, squash, sweet potato, yam  
Fruit: in moderation, at room temperature  
Bean product: tofu  
Meat: beef, chicken, goose, lamb  
Herbs spices: licorice, ginger  
Oils/condiments: molasses

## **Foods to Limit:**

- Raw foods, cold foods
- "Empty Sweet" foods like simple sugars
- Alcohol
- Coffee
- Citrus

**Foods to Temporarily Avoid:**

- Dairy
- Iced treats/drinks/foods

**Examples of Meals for Qi Deficiency:**

- Oat porridge or congee with dates and a tiny bit of honey
- Roasted sweet potatoes/pumpkin/yams with cinnamon
- Homemade chicken soup
- Rice bowl with protein and sautéed vegetables
- Chili or Stew
- Stir-fry Tofu, eggplant and mushrooms with black sesame seeds severed over rice

Be mindful that if you have a Qi Deficiency with **Damp accumulation** (*Cold Damp accumulation or Damp-Heat accumulation*) your dietary instructions will differ slightly from the above- your physician will be able to address this with you specifically).

*This is for informational purposes only. Please consult with a physician or other healthcare professional regarding any medical or health related diagnosis or treatment options.*

*Balanced Healing of Jacksonville does not recommend self-management of health issues. Never disregard or delay medical advice based upon information you may have read. Always consult with your physician before starting a new health regimen or diet change.*