

**Damp** is a condition caused by over-nutrition and weakness of the digestive system.

**Signs of Damp:**

loose greasy stools	a 'muzzy' head
a greasy coating of the tongue	nodules / swellings
'rattling phlegm' at the back of your throat	Of the skin: fluid filled vesicles / oozing skin conditions.
the spare tyre around your middle	sinusitis
oedema	

**Damp forming foods:**

Sugar and sweeteners	bananas
saturated fats	concentrated juices: orange and tomato
roasted peanuts	wheat-flour/bread
pork and rich meats	yeast and beer
dairy products	

**Also to avoid:**

Raw, cold, sweet or rich food plus over-consumption of liquid

**Alternatives to dairy**

Good alternatives are sheep/goats cheese such as mozzarella or feta. Also to try is soya/rice milk and yoghurt.

**Wheat free?**

Unless you have a confirmed allergy to wheat, it is not necessary to exclude wheat from your diet completely however it's worth exploring alternatives. Rye bread is more easily digestible and high in fibre. Try oat based breakfast cereals and spelt pasta.

**Foods which help to alleviate Damp:**

**Beans and pulses:** aduki, kidney beans

**Grains:** barley, corn, rye

**Vegetables:** asparagus, celery, kohlrabi, mushroom, onion, pumpkin, radish, scallion, turnip

**Fish:** anchovy, mackerel,

**Herbs and spices:** basil, caraway, cardamom, clove, coriander, garlic, horseradish, marjoram, parsley

**Fruit:** apples, grapefruit and lemon (in moderation), plum

**Tea:** green tea, jasmine Tea, buckwheat Tea

**Foods which are particularly kind to our digestive system:**

Soups and stews, root vegetables, beans and pulses

- Chew well
- Eat slowly in a relaxed manner
- Maintain variety