



Liver Qi Stagnation Diet Recommendations

In TCM theory, Liver Qi is responsible for the free movement of Qi not only through the liver, but throughout the entire body. When Liver Qi stagnates it causes a host of symptoms which may include circulation problems to the head and extremities, digestive issues, rib soreness and tension, hormonal and women's health issues, emotional symptoms such as depression, anxiety, stress, irritability, and insomnia and many other symptoms. Stress is a common cause of Liver Qi stagnation and is therefore a common diagnosis. In general, TCM Diet therapy is aimed at consuming highly nutritious and easily digested foods at regular mealtimes. When diagnosed with liver Qi stagnation one should follow a calming lifestyle with regular sleep patterns and a diet which avoids overly cold, rich, or congesting foods while increasing aromatic or mildly spicy herbs such as mints, basil, ginger, thyme, and turmeric.

Recommendations:

About 40% of your meals should consist of easily digested complex carbohydrates such as low gluten grains and starchy root vegetables. Another 40% of the diet should be other cooked vegetables and fruit. Proteins can make up the remaining 10 - 20% of the diet. We advise people to eat light regular meals and avoid overeating.

Specific foods for Liver Qi Stagnation

Herbs and Spices: turmeric, basil, mint, ginger, lemon balm, cumin, fennel, horseradish

Drinks: Small amounts of coffee and wine/alcohol, jasmine, chrysanthemum, chamomile, lemon balm, peppermint tea

Vegetables: all vegetables are fine when treating Liver Qi stagnation, but they should be mostly cooked, and mildly spicy ones such as onions, garlic, radishes, chives, are great.

Foods to Restrict or avoid:

Fatty and greasy foods such as high fat dairy, cheese, pizza, ice cream, deep fried food, pastries, gluten, refined sugars, refined sweets, and processed foods, raw vegetables.

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Excessively cold, chilled foods including iced drinks and iced water should also be avoided.

Excessively spicy foods and excessive amounts of coffee, alcohol or other stimulating drinks should also be avoided.