

Patient Help Sheet

What is Dampness?

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson

VOL 10.0

What is Dampness?

Dampness is an abnormal processing of fluids and energy in the body, that impedes healthy energy flow and physiological function. Dampness is an energetic accumulation that is thick, heavy, slow, sluggish and turbid. Common symptoms of dampness include sinus and nasal congestion, digestive upset such as loose stools or bloating, foggy-headedness, pain that is worse in damp or rainy weather, a heavy sensation in the body or any excessive fluid in the body.

Acupressure Points

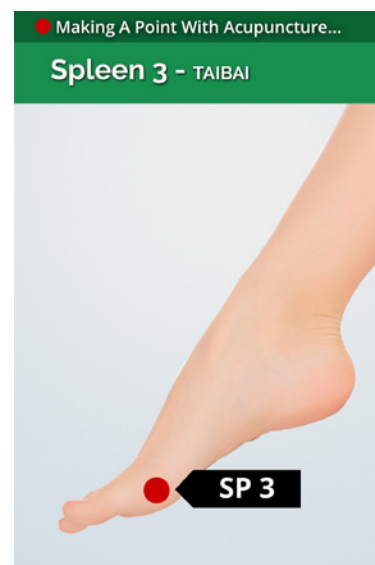
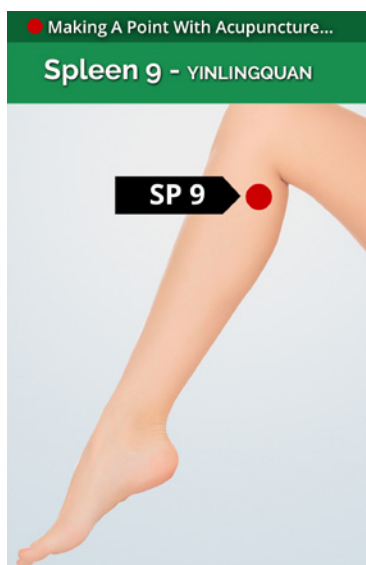
Rubbing these acupressure points with your own fingers can stimulate them much as an acupuncturist does during an acupuncture session, to send a message to your body, restore balance, and overcome disease.

Spleen 9 - YINLINGQUAN

SP 9 On the lower leg, just below the knee, on the medial side of your shinbone. To find the point, run your finger up the inside of your shinbone towards the knee, the point is in the corner created by this curvature of bone. **Function:** Drains dampness anywhere in the body.

Spleen 3 - TAIBAI

SP 3 On the medial side of the foot, just below the bony prominence where the big toe joins the foot. **Function:** Nourishes the spleen energy of the body in the presence of dampness. The spleen must be strong in order to overcome dampness in the body.



Dietary Instructions

- Avoid dairy and refined sugar, as these foods directly contribute to dampness in the body.
- Avoid cold and raw foods, which are harder for the digestive system to absorb. When the digestive energy is backlogged, dampness can develop.
- Avoid greasy, fried and fatty foods, as they directly lead to dampness accumulation, and further damage the Spleen.
- Eat warm, cooked meals whenever possible. Warm and cooked foods are nourishing to the spleen energy, which needs to be running optimally to avoid dampness from developing.
- Include foods that directly have an action of removing dampness accumulation in the body, such as barley, rye, alfalfa sprout, pumpkin, radish, turnip, scallion, papaya, lemon, aduki beans, green tea and jasmine tea.
- Include pungent and spicy foods, which help to cut through the dampness and revitalize the digestive energy: anise, cardamom, fennel, garlic, horseradish, marjoram, nettle, parsley and white pepper.

Lifestyle Instructions

- Avoid damp or wet environments for prolonged periods of time, such as basements and standing out in the rain
- When your clothes get wet, change as quickly as possible
- Avoid sitting on damp ground or wading in cold water
- Exercise! The body's energy needs to move in order to break up stuck dampness, so maintaining a regular exercise regimen is key.

