

## Bland Diet Suggestion

Bland Diet is designed for easier and proper digestion, essential for the better circulation of the blood throughout the system. **This diet should be adhered to when taking herbs.** Sticking to this diet is critical for the long-term success of maintaining good health.

**We know that many of our patients feel very restricted by this diet.** We also understand that everyone's health is different, and this diet **can be adjusted** depending on how strong your health is. But if you are critically ill, please take this diet suggestion seriously. For those who are young and relatively healthy, it is ok to stray away from this diet occasionally. Please remember that the main purpose of this diet is **to lessen the strain** on the digestive system and prepare your body so that the herbs can work efficiently.

### Cooking at home.

You should avoid eating manufactured, mass produced food because additives and preservatives are often used for longer shelf life. They are not only **very acidic** but also toxic and indigestible. "All Natural" or "Organic" does not mean anything if it is overly processed. On the other hand, when you cook at home using only fresh ingredients, you can control the amount of the seasoning (very light).

### How do I prepare the meal?

**Use as little seasoning as possible.** Avoid manufactured pre-mixed seasonings or sauces because they usually contain artificial flavors or spices that will slow down your digestive track. Steaming, sauté, stir fry, boiling and poaching (low temperature cooking) are better than deep fry, baking, broiling, or grilling (high temperature cooking) because the former retains the moisture well, but latter tends to dry up the food.

#### Seasoning that can be used:

- Salt (Kosher, sea salt, but **NO** table salt), organic soy sauce can be used as a seasoning. Very, very small amount of black pepper can be used, but try to stay away any HOT or exotic spices.
- Most fresh or dried herbs like basil, rosemary, thyme, sage, tarragon etc. can be used as flavoring.
- Garlic and ginger can also be used to enhance the flavor.

### Foods or seasoning that should be avoided by anyone (healthy or ill).

MSG (mono sodium glutamate), any preservatives or additives including artificial colors, modified corn starch, high fructose corn syrup, Benzoate preservatives (BHT, BHA, TBHQ), hydrogenated and partially hydrogenated oil (palm, soybean and others), any ingredients that you don't know or cannot pronounce, any food with trans-fat, Peanut (especially peanut butter), nuts in general, artificial sweetener (Aspartame, Saccharin, Sucralose, Phenyl alkaline), hot or exotic spices like nutmeg, Chinese five spices, cayenne, cinnamon, and etc. Most of dietary supplement products that come in tablet, capsule, powder or liquid. Energy Drinks.

*\*Read all labels carefully. Please note that many spices can cause severe imbalances in the system, unless you live in tropical climate where you can always perspire (sweat) to balance the system. People*

who live in the mild or cold climate should not consume spices. If you can't pronounce the ingredients, don't eat it.

**Avoid or consume as little as possible.**

Refined sugar in any form (cookies, chocolate, candies etc.) Dairy products: Eggs, milk or any milk products (butter, cream, sour cream, ice cream, cheese etc.) Energy bars, Coffee, any Alcohol, Soda pop, or any carbonated drinks, potato chips or similar snacks. Artificial sweetener.

**\*We are not asking you to quit all of them or live like a monk unless you are severely ill. Just try to cut it down to less than 20% of what you consume now.**

For example, if you drink 5 cups of coffee a day, drink one cup a day or less instead. Addicted to chocolate or ice cream? Make it a once-a week, special treat. And exercise regularly and feel good about eating sugary treat. Build a relationship with your food.

**Foods you may have (OK) or Not recommended (NO).**

**Beverage:**

**OK:** Tea, Green teas (Japanese, or Chinese), warm or hot water (avoid cold water)

**NO:** Beer, wine, hard liquor, or any alcohol beverage, soda pop, energy drinks, sports drinks (e.g. Gatorade) or any drinks with artificial flavor or added sugar.

- **Smoothies** are **not** recommended as they do not digest very well and can be too high in sugar.
- **Coffee** is very acidic to the system and it should be avoided if possible. If you must, limit it to 1 cup of coffee a day (8-12oz per cup). Again, it is NOT recommended to add sugar, artificial sweetener, and milk or whip cream.

**Seafood, fish**

**OK:** Fresh white meat fish: perch, rock fish, black cod, ling cod, trout, red snapper halibut. Seaweed, and kelp.

**NO:** Crab, shrimp, lobsters, oyster, scallops, clams and other shellfish, tuna, salmon (farmed), cat fish, crawfish, eel. Farm raised fish.

- Shellfish must be avoided at all cost if you have skin conditions.
- You may occasionally have salmon if you don't have any conditions.
- It is hard to find good quality fresh fish these days. Vacuum packed frozen fish fillet is widely available now and recommended over non-frozen fish because fish are sliced and frozen almost immediately to maintain the freshness.

**Meat and poultry**

**OK:** High quality fresh pork or free-range chicken (ideally from organically raised pig or chicken) in moderate amount.

**NO:** Beef, veal, lamb, turkey, duck, squab, quail and wild games, or liver or other organs of animals.

- Always check the date and buy the freshest meat. Never buy cheap 'Family Value Pack' meat because they simply repackage the old unsold meat.
- Eat organic meat or natural meat (no growth hormone or antibiotics).
- Most of ham, bacon or other deli meat contains Sodium Nitrate (Nitrite) - preservative which may be damaging to the body. Find the one that does not contain Sodium Nitrate or other additives.

### **Vegetables**

**OK:** Carrots, zucchini, green beans, bok choy, choy sum, nappa cabbage, celery, sweet potatoes, potatoes, beet greens, peas, summer squash, bean sprouts, winter melon, fuzzy melon, bitter melon, watercress, water chestnuts, mustard green, lettuce (iceberg, romaine, red leaf, green leaf and etc.) cabbage, broccoli, cauliflower, turnips, radish, parsnips, daikon radish, cucumber, bell peppers, spinach, mung beans, black eye peas, Chinese red beans. **Eat all vegetables cooked.**

**NO:** mushrooms, Chard, rhubarb, eggplant, winter squash, asparagus, artichokes, Brussel sprouts, lima beans, lentils and dry beans, okra, bamboo shoots.

- ***Most of the vegetables are acceptable if organic, however some of the vegetables above in the 'NO' list may cause some irritations. (Consult the herbalist).***
- Avoid eating cold foods like cold salads and avoid raw foods as it is hard to digest in the stomach.

### **Fruits**

**OK:** Apple, oranges, figs, prunes, apricot, papaya, grapes, pears, blueberries, raspberries

**NO:** Tomatoes, bananas, guava, mango, coconut, star fruits, durian, pineapple and most tropical fruits.

- Depending on your health condition, you may be refrained from eating some of the common fruits like bananas, cherries, strawberries, cantaloupe, honeydew, peaches, and citrus fruits. (Please consult the herbalist.)

### **Rice, bread**

**OK:** Haiga rice (most recommended), any long and short grain white rice, quinoa, wheat flour or other grains (**NO yeast**)

**NO:** Brown rice, bread made with dough conditioners, sugar and other preservatives and additives.

- Haiga rice is a Japanese rice. Unlike regular white rice, the germ is never removed during milling process. Therefore, most of the nutrients remain intact and very easy to digest. Brown rice should be avoided because it tends to be hard to digest.

**AVOID ALL NUTS AND SEEDS: Will cause intestinal inflammation, indigestion, and contain mold.**

### **Candida Diet: Only intended to be followed when taking Candida herbs.**

The Candida albicans yeast is a normal part of your gut flora, a group of microorganisms that live in your digestive tract. Candida albicans only starts to cause trouble when there is some change in your body that allows it to overgrow and disturb the healthy balance of microorganisms in your gut. This change could be one of many factors, including a course of antibiotics, a prolonged diet rich in carbohydrates and sugar, and even something as common as a lengthy period of stress at work. Bacterial infection often shows a yellow coating on the tongue which denotes that the infection has been going on. The white coating that can be washed away is often caused by Candida yeast infection. **To decrease the overload of Candida, it is recommended to adjust the diet and incorporate more green, cooked foods, increase water intake, as well as avoiding highly processed and sugar foods.**

#### **Foods to Avoid:**

- Aged cheese
- Alcohol
- Chocolate
- Fruit
- All Dried Fruits
- Fermented Foods
- Mushrooms
- Vinegar
- Glutinous foods (wheat, rye, barley)
- All Sugars, Honey & Syrups (anything ending in "ose" Lactose, Sucrose, Dextrose, etc.)
- Foods that contain yeast or mold (breads, muffins, cakes, baked goods)
- All Nuts and Seeds (peanuts, cashews, pistachios).

Candida does not go away overnight; sometimes it may take up to a month, 3 months, sometimes even up to 6 months to decrease the overload of Candida. Once you notice the tongue coating dissipate, it will be ok to slowly incorporate some foods, and note that these foods should be consumed in moderation.