

True Heat

In true heat the body's yin energy, which is responsible for moistening and cooling the bodily functions, is not deficient, but has been overwhelmed by excessive heat.

Heat may arise in several ways, including exposure to excessive heat in the environment. Consider not only natural but also man made environments, for example a working in artificially heated environments. True heat may also be due to an excess of heat producing foods and drinks such as alcohol and coffee. This can be further aggravated by tobacco. True heat can also arise in response to an acute feverish illness. Foods that are useful to remove heat include;

實熱

Grains	Barley, buckwheat, millet, wheat, wheat bran, wheat germ
Vegetables	Asparagus, aubergine, cabbage, celery, Chinese cabbage, cucumber, dandelion leaf, lettuce, mungbean sprout, potato, seaweed, turnip
Fruit	Apple, banana, blueberry, cranberry, fig, grapefruit, lemon, lime, mango, melon, pear, persimmon, pineapple, plum, rhubarb, watermelon
Beans	Kidney, mung, yellow soy, tofu
Bean products	
Fish	Abalone, crab, fresh and salt water clam, octopus
Herbs and spices	Liquorice, purslane, tamarind
Oils and condiments	Sesame oil, agar
Beverages	Chrysanthemum tea, dandelion root, elderflower tea, peppermint tea
Supplements	Kelp

Foods especially useful to reduce Liver heat.

Grains	Millet
Vegetables	Celery, cucumber, lettuce, radish, watercress
Fruits	Lemon
Bean product	Tofu
Herbs	Chrysanthemum tea, roasted dandelion root coffee, peppermint tea,

Examples of beverages and recipes that can be used to eliminate heat include:

- Water with freshly squeezed lemon juice
- Herbal teas such as peppermint or chrysanthemum
- Fruit salads with any of the above fruits.
- Lettuce salads with cucumber tomato and mung bean sprouts
- Soft Tofu blended with fruits as a dessert
- Mixed bean salads with kidney beans
- Vegetable juices such as celery
- Fruit juices such as apple, pear and grapefruit juice

Foods to avoid in cases of heat .It is important avoid food and drink that will add further heat and stimulation. This includes caffeine, alcohol, sugar and strong heating/pungent spices.