



Liver-Qi Stagnation

Introduction

This is one of the most common patterns seen in clinic and not all of the key symptoms will be present. If left untreated the Liver Blood will also become stagnant and in women will present with sharp stabbing period pain, dark and clotted menstrual blood. As the Liver regulates the Spleen, overeating can also affect the Liver-Qi. Eat 80% of your capacity, chew well and don't eat at least 2 hours before bed. The diet should light and mildly spicy, high vegetable, low carbohydrate and meat. Stir-fry, poaching and steaming style cooking is recommended.

Key Symptoms

Distention or pain in the hypochondrium (upper left and right abdominal area behind the lower ribs) and chest, frequent sighing. Melancholy, depression, moodiness. Nausea, vomiting, poor appetite, reflux, belching, bloating and gas. Irregular/painful periods, breast distension before periods, irritability

Contributing Factors

Emotional problems are by far the most common cause of Liver-Qi Stagnation. Stress from the work place or relationships over a period of time will attack the free flow of Liver-Qi. Resentment, frustration or repressed anger are the main culprits.

Include more of these foods

Plenty of fresh vegetables, sprouted grains, asparagus, cabbage, turnip, brussel sprouts, beetroot, cauliflower, broccoli, jerusalem artichoke. Spices, onions, garlic, mustard greens, watercress, tumeric, basil, mint, peppermint, horseradish, pepper, cardamom, cumin, fennel, dill, ginger. Some sour flavours like citrus, vinegar, pickles and small amounts of meat protein and fish.

Proportions

Protein	10%
Fruit/vegetables	60%
Carbohydrate	30%

Avoid or restrict these foods

Cheese, eggs, cream, ice cream, red meats, shortening, nuts, pizza, hot chips. Hot chillies and peppers. Raw and refrigerated foods including beer and white wine.