

Damp-Heat Recipe – Draining

Use for up to 2 weeks for Damp-Heat skin., acute urinary tract infection, Damp-Heat hepatitis, cancer or masses with Damp-Heat pattern including some Osteosarcoma cases.

***** This is not a balanced recipe and is missing some nutrients needed for long term use. *****

2-3 lbs of turkey or deep water wild caught white fish or 18 eggs
2 cups barley or Coix/Yi Yi Ren, soaked in 2 cups water for 4-8 hours
6 large carrots chopped, sweet potato or winter squash
3 stalks celery chopped small
1 large or 2 small turnips or rutabaga
1/2 lb spinach or broccoli or bok choy chopped small

Optional:

6-8 slices hawthorne berry*, dry or fresh: breaks down Phlegm and Food Stagnation, especially proteins, regulate Qi, activate Blood
8 sticks of astragalus*: expels pus, tonifies Wei Qi, stimulates immune system, promote tissue regeneration
1/2 oz chrysanthemum flowers*: dispel Wind-Heat, clear Liver Heat, benefit eyes, eliminates Heat and Toxicity from skin.

For acute UTI

Add corn from 1 ear of corn and silks (Yu mi xu) from 3-5 ears of corn (non-GMO) - strengthens middle Jian, clear Damp-Heat, eases pain, diuretic.
Or add 1/2 cup boiling water to silks from 2 ears of corn, steep 10 minutes, cool, give 3-4 times a day
1/2 lb chicken gizzard -drain Damp
4 oz mungo beans - Drain Damp-Heat
1 cup melon seeds -put in cheesecloth or a tea ball to remove after cooking.

For red irritated eyes -conjunctivitis

Add 1-2 oz chrysanthemum flowers - dispel Wind-Heat, clear Liver, benefit eyes
1.5 oz lycium* or goji berry*

For long term use

Add in more variety of orange roots such as sweet potato or winter squash - butternut kabocha, acorn, buttercup, or pumpkin. Add organs, rotate heart, liver, or kidney as 10% of diet. Rotate the meats and greens.

Add herbs at end of cooking. This diet should have more Blood tonics if used long term because as written it contains a lot of Damp draining foods, which could lead to dryness long term. Avoid crab, lamb, fatty meat, nuts, refined carbs (dry dog food), grilling, baking.

* Herbs packets can be obtained from Full Circle Equine Service for the hard to find herbs in this recipe

We recommend top dressing with Volhard Endurance to ensure completeness. You can order by clicking the Volhard Dog Nutrition icon on our website: www.fullcircleequine.com