

## ***Dietary Recommendations for Accumulation of Dampness & Phlegm***

**There is a difference between healthy body fluids (saliva, blood, interstitial fluid, lymph) and unhealthy accumulation of dampness and phlegm in the body.** Excess dampness can arise from one's *constitution*, diet, or living environment and can cause or contribute to sinus congestion, respiratory problems, digestive weakness, lethargy, arthritic and other conditions.

While I speak with and regularly address these issues with patients in clinic, synthesis of these ideas remains unwritten.

**THE ARTICLE IS IN PROCESS. PLEASE CHECK BACK AGAIN.**

