Dampness is associated with weakness of the spleen, the primal force of the digestive process. This may be likened to digestive fire (metabolism) the power of transformation and transportation of food and nutrients. The spleen also includes the biological and physiological processes of the pancreas and small intestine.

The signs and symptoms of dampness include tiredness and achiness in the limbs, digestive weakness, heaviness, brain fog, water retention, mucus and phlegm production, phlegm nodulations, cysts (under the skin, cystic acne, fibrocystic breasts, ovarian cysts, “chocolate” cysts of PCOS, and some forms of seizures, meniere’s, dizziness, and mental disorders, to name just a few. Dampness is stubborn.

More important than a list of foods that resolve dampness are foods that create dampness:
Greasy, oily foods
hydrogenated oils and transfats
rich meat
pork
concentrated sweeteners/high fructose corn syrup

also the following should be avoided in damp conditions:
dairy products
concentrated juices especially orange and tomato
peanuts
wheat
bread
yeast
beer
bananas

### Foods That Dissolve or transform mucus phlegm

Bitter substances drain, dry and dissolve phlegm. Bland substances leach out excess fluid production in an excess mucus situation through urination. In addition, since the source of all internally produced unhealthy mucous is the spleen and not actually the lung from an energetic perspective (the source of all mucus-phlegm is the spleen, and the lung is the container), please see the list of foods that heal the spleen for additional information.

**Bitter**

- Alfalfa
- Bitter Melon
- Romaine Lettuce
- Rye
Bitter and Pungent
- Citrus Peel
- Radish Leaf
- Scallion/Chive
- Turnip
- White/Black Pepper

Bitter and Sweet
- Amaranth
- Asparagus
- Celery
- Lettuce
- Papaya
- Quinoa

Bitter and Sour
- Vinegar (May be difficult on spleen; try umeboshi plum vinegar)

Other
- Kohlrabi
- Turnip
- Aduki Bean
- Wild blue-green micro algae
- Pumpkin
- Barley
- Corn
- Green Tea
- Lemon
- Mushroom: button or shiitake
- Umeboshi Plum
- Daikon Radish
- Mustard Leaf
- Jasmine Tea
- Marjoram
- Onion
- Buckwheat
- Caper
- White fungus
- Blueberry
- Cranberry
- Kidney Bean
- Lentil
- Eel
- Mackerel
- Quail
- Anise Seed
- Garlic
- Cinnamon Bark
- Coriander Seed
- Horseradish
- Nettle
- Tamarind
- Raspberry leaf
- Clam (Also simultaneously moistens dryness)
- Honey: raw, unheated, unprocessed
- Parsnip

Other Foods That are Healing for the Mucus Phlegm Condition
- Whole Grain (brown) Basmati Rice
- Wild Rice
- Clove
- Cardamom
- Ginger
- Nutmeg

Foods That are Healing for Damp-Heat Conditions
- Mung Beans
- Shiitake Mushrooms

Avoid or Limit these damp-mucus-phlegm producing foods
- Dairy Products
- Meat: heavy red, fatty, greasy and/or in abundant quantity
- Eggs
- Tofu/soy
- Pineapple
- Salt
- Concentrated Sweeteners: Fruit Juices, Sugar, Sugar Substitutes (syrups, etc) (Stevia is the exception)
- Nuts eaten in abundance (Exceptions are pumpkin seeds, unsalted pistachios)
- Chia
- Spirulina