

# DISEASE CHART

| DISEASE                             | ALLOWED                   | EAT LESS OF  | AVOID        |
|-------------------------------------|---------------------------|--------------|--------------|
| Acne                                | Cold & Moist, Hot & Moist | Cold & Dry   | Hot & Dry    |
| Amenorrhoea                         | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Anaemia                             | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Angina and Heart Attack             | Hot & Dry, Hot & Moist    | Cold & Moist | Cold & Dry   |
| Anorexia                            | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Anxiety & Stress                    | Cold & Moist, Cold & Dry  | Hot & Moist  | Hot & Dry    |
| Arthritis - Gout                    | Hot & Dry, Hot & Moist    | Cold & Moist | Cold & Dry   |
| Arthritis - Osteo                   | Hot & Dry, Hot & Moist    | Cold & Moist | Cold & Dry   |
| Arthritis - Rheumatoid              | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Asthma                              | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Athletes Foot                       | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Backache                            | Hot & Dry, Hot & Moist    | Cold & Moist | Cold & Dry   |
| Bad Breath (Halitosis)              | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Bedwetting (Enuresis)               | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Bladder Infection (Cystitis)        | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Bronchitis                          | Cold & Dry, Hot & Moist   | Cold & Moist | Hot & Dry    |
| Chicken Pox                         | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Chronic Fatigue Syndrome            | Cold & Dry, Hot & Moist   | Cold & Moist | Hot & Dry    |
| Colds & Flu                         | Hot & Dry, Hot & Moist    | Cold & Dry   | Cold & Moist |
| Conjunctivitis                      | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Constipation                        | Hot & Moist, Hot & Dry    | Cold & Moist | Cold & Dry   |
| Depression                          | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Diabetes Insipidous                 | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Diabetes Mellitus                   | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Diarrhoea                           | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Dry Skin                            | Hot & Moist, Cold & Moist | Hot & Dry    | Cold & Dry   |
| Dysmenorrhoea                       | Cold & Moist, Cold & Dry  | Hot & Dry    | Hot & Moist  |
| Ear Infection                       | Cold & Dry, Hot & Dry     | Hot & Moist  | Cold & Moist |
| Emphysema                           | Hot & Dry, Hot & Moist    | Cold & Dry   | Cold & Moist |
| Enlarged Prostate (BPH)             | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Hay Fever                           | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Headache - bilious                  | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Headache - melancholic              | Hot & Moist, Hot & Dry    | Cold & Moist | Cold & Dry   |
| Headache - phlegmatic               | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Headache - sanguinous               | Cold & Dry, Cold & Moist  | Hot & Dry    | Hot & Moist  |
| Hepatitis                           | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| High Cholesterol                    | Hot & Dry, Cold & Moist   | Hot & Moist  | Cold & Dry   |
| High-Blood Pressure                 | Cold & Dry, Cold & Moist  | Hot & Dry    | Hot & Moist  |
| Hyperactivity                       | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Hypomenorrhoea                      | Hot & Dry, Cold & Dry     | Hot & Moist  | Cold & Moist |
| Indigestion                         | Hot & Dry, Hot & Moist    | Cold & Dry   | Cold & Moist |
| Insomnia                            | Hot & Moist, Cold & Moist | Hot & Dry    | Cold & Dry   |
| Irritable Bowel Syndrome            | Cold & Dry, Hot & Dry     | Cold & Moist | Hot & Moist  |
| Jaundice                            | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Kidney Stones                       | Hot & Moist, Cold & Moist | Hot & Dry    | Cold & Dry   |
| Lactose Intolerance                 | Hot & Dry, Cold & Dry     | Cold & Moist | Hot & Moist  |
| Leucorrhoea                         | Cold & Dry, Cold & Moist  | Hot & Dry    | Hot & Moist  |
| Liver Disease with Alcohol Abuse    | Cold & Moist, Hot & Moist | Cold & Dry   | Hot & Dry    |
| Measles                             | Cold & Dry, Hot & Dry     | Cold & Moist | Hot & Moist  |
| Menorrhagia                         | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Mumps                               | Cold & Dry, Hot & Dry     | Hot & Moist  | Cold & Moist |
| Nausea & Vomiting                   | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Peptic Ulcers                       | Hot & Moist, Cold & Moist | Cold & Dry   | Hot & Dry    |
| Piles                               | Hot & Moist, Cold & Moist | Hot & Dry    | Cold & Dry   |
| Premature Ejaculation               | Cold & Moist, Cold & Dry  | Hot & Moist  | Hot & Dry    |
| Pre-Menstrual Syndrome              | Cold & Moist, Cold & Dry  | Hot & Dry    | Hot & Moist  |
| Prostatitis                         | Cold & Moist, Cold & Dry  | Hot & Moist  | Hot & Dry    |
| Sinusitis                           | Cold & Dry, Hot & Dry     | Hot & Moist  | Cold & Moist |
| Skin Rash                           | Cold & Dry, Cold & Moist  | Hot & Moist  | Hot & Dry    |
| Tonsillitis and Sore Throat         | Cold & Dry, Hot & Dry     | Hot & Moist  | Cold & Moist |
| Toothache/loose teeth/bleeding gums | Cold & Dry, Hot & Dry     | Hot & Moist  | Cold & Moist |
| Varicose Veins                      | Cold & Dry, Hot & Dry     | Cold & Moist | Hot & Moist  |