



Acupuncture & Beauty Centre

Eli Huang (Bc Hlth Sci in TCM, Dip Beauty Therapy)

Ph: 0403 328 807 or 9728 6176

Unit 95/515 Kent St, Sydney 2000
62A Smart St, Fairfield NSW 2165

W: acupunctureandbeautycentre.com.au

E: info@acupunctureandbeauty.com.au



AcupunctureandBeauty



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NOT Recommended:

Hot Spicy/Sweet Foods

Capsicum, Chilli
Cinnamon
Curries and spices (Indian, Thai)
Garlic, Ginger, Onions, Fennel
Shallots, Thyme, Oregano, Sage, Rosemary
Peppers, Cayenne
Leek, Saffron

Alcohol (spirits, wine, beer)

Cordial and Soft drinks

Avocado

Certain Fruits (mango, lychee, grapes, coconut)

Dairy (Cheese, butter, cow's milk, yoghurt)

Pasta

Egg Yolks

Excessive Sugars, Desserts, Cakes, Ice Cream

Cream, Sweets (lollies, chocolates)

Lamb, Venison (excessive heat)

Oily/Deep Fried Foods

Pesto, Nutmeg, Mustard, Wasabi

Coconut Milk, Laksa

Pizza, Pop Corn

Red Meat, BBQ Meats, Sausages, Meat Pies

Seeds & Nuts (esp. peanuts, peanut butter)

Sultanas

Shellfish (prawns, lobster, crab)

Bread/Toast

Recommended:

Vegetables:

Bitter Melon, Spinach, Corn, Pumpkin
Cabbage, Carrots, Bak Choy, Peas, Rocket
Cauliflower, Broccoli, Eggplant
Dark Green/Green Leafy Vegetables
Mushroom, Beans, Bean Sprouts, Lentils,
Pearl Barley (except when Pregnant)
Potatoes, Sweet Potato (don't eat when
constipation)
Steamed Foods
Tofu, Seaweed
Tomatoes, Cucumbers

Fruits:

Apple, Pears, Strawberry, Berries, Peach
Apricots, Melons, Paw Paw
Citrus (lemon, grapefruit, orange, lime)

Asian Porridge, Oats

Boiled Luke Warm Water (8-10 glasses)

Brown, Wholemeal Bread

Fish and Tuna

Green Tea or Black Tea

Honey

Noodles

Pork, Turkey, Chicken (Minimum)

Brown Rice

Sesame, Vinegar