

## DIET and DAMP

From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5671717/>

Another interesting finding was that the Phlegm\_Dampness type of constitution was positively, significantly, and independently correlated with overweight or obesity, but it was not associated with underweight. Overweight people are phlegmatic according to the classical theories of TCM. Our results showed that the Phlegm\_Dampness constitution is positively associated with obesity and overweight, which is consistent with the findings of previous research [30, 31]. The Phlegm\_Dampness constitution type is very common in the study population. Several studies researched the differences between the Phlegm\_Dampness and non-Phlegm\_Dampness types from genome and single nucleotide polymorphisms (SNP), indicating that several genes and SNPs are significantly different between the Phlegm\_Dampness and Neutral constitutions [32–34]. The identified genes are involved in enzyme activities and sterol transporter activities as well as in the process of lipid metabolism, cholesterol metabolism, brown fat cell differentiation, gluconeogenesis, and thermoregulation, indicating that an individual with Phlegm\_Dampness constitution is susceptible to metabolic disorders including obesity [35]. Subjects with the Phlegm\_Dampness constitution type usually manifest a series of comprehensive characteristics such as obesity, a preference for \*greasy food, large bellies, fatigue, and a slippery pulse [32]. Their constitution is affected by an initial endowment as well as environmental and lifestyle factors. Qi et al. found that greasy food, lack of exercise, irregular sleep, and smoking were all important determinants of the Phlegm\_Dampness constitution [30]. Research in genomics has shown four upregulated genes and six downregulated genes in the Phlegm\_Dampness constitution [35]. Qi et al. found the discrepancy between the Phlegm\_Dampness constitution and non-Phlegm\_Dampness constitution of obesity in ATP binding gene including Janus kinase 2, nuclear receptor protein, and CDC1 [36], providing molecular biological evidence for the association between the Phlegm\_Dampness constitution and overweight and obesity. In clinical practice, we could apply the constitution of the

Chinese medicine scale to estimate the risks of the Phlegm\_Dampness constitution in terms of obesity and overweight and its related diseases. The constitutional theory of TCM recognizes individual differences from a synthetic and dynamic perspective based on morphological, functional, and psychological characteristics. Further research on the Phlegm\_Dampness constitution is critical to enable the prediction and prevention of overweight, obesity, or related diseases.

## 5. Conclusion

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Our findings provided evidence that the Qi\_Deficient and Yang\_Deficient constitution types were significantly and independently associated with the outcomes of overweight, obesity, and underweight. Phlegm\_Dampness was positively, significantly, and independently correlated with the outcomes of overweight and obesity. The Qi\_Deficient or Yang\_Deficient participants were less frequently found to be overweight or obese as compared with participants with Neutral constitution. A higher prevalence of overweight or obesity was found in Phlegm\_Dampness participants. These findings may provide insights into clinical practice toward the prevention and diagnosis of the overweight, obesity, and underweight health outcomes.

\*note: For thousands of years in TCM, avoiding greasy Foods has been the cure or main part of the cure of a Phlegm or Damp condition

“**Greasy Foods**”, as defined in TCM =

all **dairy** (from a cow’s teat, this does not include chicken eggs as some Americans mistakenly believe),

and **fried foods** (this does include *mayonnaise* and anything that contains oils that were heated above mild temperatures – most processed foods contain oils heated to very high temperatures – they are the cheapest oils and also lacking in nutrients that the body naturally craves)

It is estimated that over 65% of Americans are lactose intolerant and many more are allergic to cow dairy (with abnormal systemic reactions to the lactose, casein, and many or all parts of the bovine milk). Perhaps, this is why those that are already genetically susceptible to manufacturing phlegm in their systems, find dairy particularly burdensome on their health – especially later on in life. As with many taxations on the human system, we may be sublimely ignorant of how hard our bodies have been working for us until our 40s or 50s when they begin to ask for a little assistance. The same goes with other dampness-inducing foods, processed

and pesticide-ridden foods, chemical pollution, alcohol, and other stresses we submit ourselves to without much repercussion in our 20s.

Promotion of the ingestion of cow milk products (which many Physicians around the globe believe is an obvious violation of one's health: <https://www.pcrm.org/news/exam-room-podcast/dangers-dairy>) has a billion dollar + budget that goes way back in American history and is responsible for the instillation of everything from the school lunch milk program, the former food group pyramid that made dairy products its own category, to the known bribery offense of at least one American President that ended up in impeachment and resignation of former President Nixon.

This might explain, along with the complete lack of economic incentive – the backbone of U.S. capitalism – why there are not thousands of publicly and readily available research studies on the detriments of consuming “cow juice” (a substance not even recommended for baby calves over the age of 10 months). It may also explain that with every new study presented by, largely, scientists from non-U.S. countries with Universal health care (their financial incentive runs parallel to the health of the patient and preventive medicine), there pops up another study, funded by the dairy industry purporting its benefits. But, the studies are getting easier to find and the case studies, thanks to the celebrities who seem to have to know more than everyone about the equality of health and beauty, are now making it into the news:

#### Jessica Alba

“With exercise, I get a little more toned and I definitely feel stronger, but my diet is much more important if I’m trying to slim down. In that case, I usually don’t eat gluten, dairy, fried foods or processed foods. I try to stick to a diet that’s low in sugar and carbs and high in lean protein and vegetables.”

#### From SHAPE Magazine

**“I Gave Up Dairy for a Year and It Changed My Life –** Going dairy-free led to weight loss, clear skin, and more energy, making this diet choice...”, Lindsay Tiger | Dec 18, 2015 (Lindsay had also given up fried foods, processed foods and most wheat products, as well).

<https://www.eatthis.com/lose-weight-dairy-free/>

#### Eat This Not That, David Zinczenko, December 2015

“... Khloé Kardashian—the weight-loss and fitness icon, with a healthy hourglass figure—revealed her secret weight-loss trick. It didn’t involve hours on the treadmill or a

painful juice cleanse, or four weeks spent at some celebrity weight-loss camp. Instead, Khloé did just one thing: She gave up dairy. “In a month and a half, I lost 11 pounds just from not eating dairy, without doing anything else different,” she said.

I wasn’t surprised. Test panelists on my Zero Belly Diet saw even more dramatic results when they gave up dairy for six weeks, just one of a handful of small tweaks that resulted in enormous changes: some people lost as much as 16 pounds in 14 days, and up to 7 inches off their waist in just six weeks. (The plan was so effective, readers clamored for more dairy-free recipes, which is why I’ve just released *Zero Belly Smoothies!*)”

One meta-analysis published in *The Journal of Clinical Nutrition*, which reviewed nearly 30 studies, found that results don’t “...support the beneficial effect of increasing dairy consumption on body weight and fat loss.” Simply put: There’s no solid scientific evidence that eating dairy will boost weight loss or even help you maintain your weight. In fact, one study of more than 12,000 kids found that the more milk they consumed, the more weight they gained.

Excerpt from: [Dailymail.com, November 1<sup>st</sup>, 2018](#)

“Celebrities such as actress Megan Fox have credited their super-slim figures to going dairy-free, while Victoria Beckham is said to have got rid of her bad skin this way.

For those following the latest trendy vegan and Paleo diets — where you emulate the eating habits of prehistoric people, relying on a lot of meat and green veg — dairy is also banned.

Even David Cameron has reportedly cut back on dairy products to stay slim. The Prime Minister recently requested a dairy-free meal on a flight and is said to be having almond milk — which has half the calories of semi-skimmed cow’s milk — on his cereal.”

And it’s not just the rich and famous. In June, a leading scientist, Professor Jane Plant, who has had breast cancer five times, told how she went into remission and has remained cancer-free for 18 years after going dairy-free.

She gave it up after studying the low rates of breast cancer in China, where dairy is much less prevalent than in Western diets.

## Clinical Case Studies