



Contraindications on Taking Chinese Medicine

Contraindications:

If you are taking Chinese medicine, the following items are usually contraindicated: cold foods, watermelon, white radish, Kong-shin tsay, pumpkin, bamboo shoots, sticky rice, hot pepper, crow meat, tea, sour tea.

Special Contraindications According to Conditions:

Conditions	Contraindications
Pulmonary disease	Avoid cold foods such as eggplant, alcohol, smoking, white radish, watermelon
Heart disease	Avoid fat/greasy foods and spicy foods
Hypertension	Avoid smoking, alcohol. Avoid grease, salt, caffeinated beverages, coffee, spicy foods
Liver disease	Avoid irritants such as pickled products and cold foods, fried or barbecued foods
Kidney disease	Avoid cold foods and irritants such as: bitter melon, bakchok, taro, bamboo shoots, mango, oyster, crab, alcohol, concentrated tea, excess salt
Insomnia	Avoid smoking, wine, spicy foods, overcooked foods
Stroke	Avoid fat and spicy foods such as: fatty meat, alcohol, hot pepper
Skin Conditions	Avoid alcohol, milk, bamboo shoots, mushroom, peanuts, mango, seafood, and overcooked foods, duck egg
Rheumatic disorders	Avoid animal organs, egg, fatty meat, fried foods, bananas, mango, bamboo shoots, taro, watermelon, beer
Healed fractures and sore muscles	Avoid bananas, sticky rice, acidic foods (lemon, vinegar)
Gastrointestinal disease	Avoid banana, betel nut, bamboo shoots, fried foods, spicy foods
Pimples, Acne	Avoid greasy and high-cholesterol foods such as pig feet, pig ear, overcooked foods, fried foods, spicy foods
Weight reduction	Avoid bamboo shoots, mango, watermelon, snail, crab, alcohol (especially beer), and sugary and fatty foods