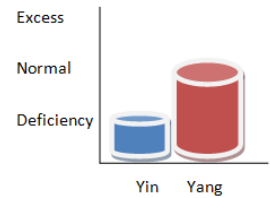


# YIN NOURISHING INFORMATION AND FOODS



Yin is the energy within the body that is responsible for moistening and cooling. Yin and Yang need to be in balance within the body to achieve homeostasis, therefore if Yin energy is depleted you will show signs of “heat” in the form of “empty heat” as the Yang energy, which is warming and moving, is predominate. Therefore the guidelines for eating Yin Nourishing foods are:

- Consume cooling foods and dairy products in moderation
- Eat more foods that are sweet, sour and salty
- Avoid foods that are stimulating as they will further deplete the yin. This includes caffeine, alcohol, sugar and strong heating/pungent spices.
- As yin building foods also have the tendency to cause congestion within the spleen and promote stagnation it is important to consume small quantities frequently rather than large helpings irregularly.

## BEANS & GRAINS

- Barley
- Spelt
- Millet
- Aduki
- Black bean
- Kidney bean
- Lima bean
- Mung bean
- Soybean (black)
- Tofu

## FRUIT & VEGETABLES

- Pea's
- Zucchini
- Alfalfa Sprouts
- Artichoke
- Asparagus
- Mungbean Sprout
- Plantain
- Potato
- String Bean
- Sweet Potato
- Tomato
- Water chestnut
- Yam
- Apple
- Apricot
- Avocado
- Banana
- Lemon/Lime
- Mango
- Mulberry
- Pear
- Persimmon
- Pineapple
- Pomegranate
- Watermelon

## NUTS AND SEEDS

- Coconut milk
- Pine nuts
- Sesame (black)
- Sesame (white)
- Walnut

## MEAT & FISH

- Fresh and Saltwater Clam
- Beef
- Duck
- Freshwater Shrimp
- Crab
- Goose
- Cuttlefish
- Octopus
- Oyster
- Pork
- Shark
- Sardine

## DAIRY

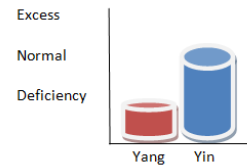
- Cheese
- Chicken Egg
- Duck Egg
- Cow's Milk

## HERBS AND SPICES / COMMON SUPPLEMENTS / OILS & CONDIMENTS

- Marjoram
- Nettle
- Ginseng (American)
- Royal Jelly
- Honey
- Malt

# YANG WARMING & NOURISHING INFORMATION AND FOODS

Yang energy is responsible for warming and activating bodily functions. When your Yang is depleted your body will show signs of slowing down therefore resulting in underactivity and sensations of coldness.



Therefore the guidelines for eating Yang Nourishing foods are:

- Avoid foods that will further drain the body's yang energy such as cold foods and liquids. This includes those directly taken from the fridge but also to raw foods as these require extra energy for digestion compared to pre-cooked foods.
- Avoid microwave cooking, cold foods and liquids and processed foods
- Avoid extreme cold or hot foods
- Using a warming method of cooking will also enhance the body's energy by preserving yang, therefore soups, porridges and slow roasted foods are suggested.

## GRAINS / NUTS & SEEDS

- Quinoa
- Sweet (Glutinous Rice)
- Wheat Germ
- Chestnut
- Pistachio
- Walnut
- Pine nuts

## FRUIT & VEGETABLES

- Leek
- Mustard greens
- Onion
- Radish
- Scallion
- Squash
- Sweet Potato
- Turnip
- Watercress
- Chinese Chive
- Raspberry
- Cherry
- Litchi
- Logan Peach
- Raspberry
- Strawberry

## MEAT & FISH

- Anchovy
- Lobster
- Mussel
- Shrimp/ prawn
- Chicken
- Lamb
- Venison
- Kidneys (beef & sheep)

## HERBS AND SPICES

- Basil
- Black pepper
- Caper
- Cayenne
- Chive seed
- Cinnamon bark
- Clove
- Dill seed
- Fennel seed
- Fenugreek seed
- Garlic
- Ginger (dry)
- Horseradish
- Nutmeg
- Rosemary
- Sage
- Jasmine
- Star Anise
- Spearmint
- Thyme
- White pepper

## BEVERAGES / COMMON SUPPLEMENTS

- Chai tea
- Jasmine tea
- Brown sugar
- Malt sugar
- Vinegar

# NOURISHING BLOOD

Blood is nourishing and moistening in property and as we say it “follow’s the qi,” resulting in qi playing a vital role in the circulation of blood through-out the body. Your digestive system is also very important in the production of blood so attention is focused on ensuring its strength so that it is able to successfully obtain nutrients from your food to produce blood.

## GRAINS & BEANS

- Barley
- Corn
- Oats
- Rice
- Sweet Rice
- Wheat Bran
- Aduki
- Black bean
- Kidney Bean

## FRUIT & VEGETABLES

- Alfalfa Sprouts
- Artichoke
- Beetroot
- Button Mushroom
- Cabbage
- Celery
- Dark leafy green’s
- Shitake mushroom
- Spinach
- Watercress
- Apricot
- Avocado
- Date
- Fig
- Grape
- Longan
- Lychee
- Mulberry

## DAIRY / NUTS AND SEEDS

- Almonds
- Black sesame
- Chicken Egg’s

## MEAT & FISH

- Mussel
- Shark
- Cuttlefish
- Octopus
- Oyster
- Tuna
- All red meat especially bone marrow and liver (beef, pork and sheep)
- Chicken

## HERBS AND SPICES / OILS & CONDIMENTS / BEVERAGES

- Nettle
- Parsley
- Amasake
- Molasses
- Soya milk

# QI DEFICIENCY

Qi is otherwise known as the body's energy which flows around your body using a series of pathways called meridians which influence your body functions. Qi is a combination of your genetic makeup at conception and your lifestyle since birth, including your intake of both food and air. Qi deficient people tend to be drawn to sweet foods, whether simple sugars, carbohydrates or protein and should avoid microwave cooking, cold foods, cold liquids, dairy and processed foods as this makes the body work harder to digest the foods thus using more qi.

## BEANS & GRAINS

- Corn
- Oats
- Glutinous Rice
- Sweet rice
- Wheat bran
- Barley
- Buckwheat
- Lentil
- Black soya
- Chickpeas
- Kidney beans
- Tofu

## FRUITS & VEGETABLES

- Asparagus
- Button Mushroom
- Cabbage
- Eggplant
- Potatoes
- Pumpkin
- Shiitake Mushroom
- Squash
- Sweet Potatoes
- Tomato
- Yam
- Apple
- Cherry
- Coconut
- Date
- Fig
- Grape
- Logan

## NUTS AND SEEDS

- Almond
- Black sesame seeds
- Peanut
- Walnut

## MEAT & FISH

- Eel
- Herring
- Mackerel
- Mussel
- Octopus
- Oyster
- Sturgeon
- Trout
- Beef
- Chicken
- Chicken Liver
- Duck
- Goose
- Ham
- Mutton
- Pheasant
- Pigeon
- Quail
- Rabbit
- Shark

## HERBS AND SPICES / OILS & CONDIMENTS / SUPPLEMENTS

- Bay
- Liquorice
- Barley malt
- Honey
- Molasses
- Algae
- Gingseng
- Royal Jelly

# COUNTERACTS DAMP

Dampness can be due to either the body's digestive system's inability to transport and transform fluids or from the body being overwhelmed by external damp from the environment in the form of weather or damp living conditions. It is also able to arise from a response to an illness or from the overuse of medication that promotes dampness such as certain antibiotics. Foods to avoid include:

- Dairy Products such as milk, cheese and ice cream as well as products that contain high amounts of dairy products. (Milk Chocolate)
- Pork and rich fatty meats
- Concentrated fruit juices
- Excess refined wheat products
- Bananas
- Sugar and sweeteners
- Saturated fats, especially deep fried foods

As dampness is linked to your digestive system it is important to nourish the spleen, meaning that the consumption of raw, cold, sugary or fatty foods must be limited to ensure further injury to the spleen is avoided.

## BEANS & GRAINS

- Corn
- Barley
- Basmati Rice
- Aduki, lentils

## FRUIT & VEGETABLES

- Alfalfa sprout
- Button mushroom
- Caper
- Chillies
- Corn
- Pumpkin
- Radish
- Turnip
- Papaya
- Lemon
- Umeboshi plum

## FISH

- Eel
- Tuna
- Crap
- Oyster
- Duck

## HERBS & SPICES

- Aniseed
- Garlic
- Horseradish
- Marjoram
- Parsley
- White Pepper

## BEVERAGES

- Green tea
- Raspberry leaf tea
- Jasmine tea

# TO RESOLVE DAMP HEAT

- Asparagus
  - Buckwheat
  - Celery
  - Chinese Cabbage
  - Blueberry
  - Cranberry
  - Kidney Beans
  - Tamarind
  - Peppermint
  - Lotus Leaves
  - Coix Seed
  - Soya Bean Sprouts
  - Jasmine
- 

# TO RESOLVE PHLEGM

- Button Mushrooms
  - Olive
  - Radish
  - Shitake Mushroom
  - Watercress
  - Almonds
  - Walnuts
  - Lobster
  - Cardamon
  - Garlic
  - Horseradish
  - Marjoram
  - Mustard Seed
  - Thyme
  - White pepper
  - Black Tea
  - Soya Milk
  - Peanuts
- 

# TO RESOLVE PHLEGM WITH HEAT

- Seaweed
  - Water Chestnut
  - Apple Peel
  - Grape Fruit
  - Lemon Peel
  - Pear
  - Persimmon
  - Tangerine Peel
  - Liquorice
  - Elderflower Tea
  - Grapefruit Juice
  - Peppermint Tea
  - Kumquat
  - Turnip
  - Kelp
- 

# TO RESOLVE PHLEGM COLD

- Mustard Leaf
- Onion
- Basil
- Black Pepper
- Cinnamon Bark
- Fennel Seeds
- Fresh Ginger
- Juniper
- Onion
- Rosemary
- Jasmine Tea
- Ginger tea
- Mustard Greens
- Pumpkin

# RESOLVE INTERNAL HEAT

Full heat arises when the excessive heat has overwhelmed the yin energy of the body causing heat to arise either via environmental circumstances, poor lifestyle choices (smoking) or the intake of excessive heat producing foods and drinks (alcohol, coffee).

Therefore it is important in these cases to avoid food and drink that will produce further heat and stimulation including caffeine, alcohol, sugar and strong heating/pungent spices. Foods that are useful for removing heat include:

## BEANS & GRAINS

- Barley
- Buckwheat
- Millet
- Wheat
- Kidney bean
- Mung bean
- Tofu

## FRUIT & VEGETABLES

- Asparagus
- Aubergine
- Bamboo shoot
- Cabbage
- Celery
- Chinese cabbage
- Cucumber
- Dandelion leaf
- Eggplant
- Lettuce
- Mungbean sprout
- Nori
- Plantain
- Potato
- Seaweed
- Swiss chard
- Tomato
- Turnip
- Water chestnut
- Water Spinach
- Apple
- Balsam Pears
- Banana
- Blueberry
- Cranberry
- Fig
- Grapefruit
- Kiwi Fruit
- Lemon/lime
- Mango
- Melon
- Pear
- Persimmon
- Pineapple
- Plum
- Rhubarb
- Watermelon

## MEAT & FISH

- Abalone
- Blackened Chicken
- Freshwater and Saltwater Clam
- Crab
- Octopus
- Oyster
- Quail

## DAIRY

- Egg white from a Chicken

## HERBS & SPICES / OILS & CONDIMENTS

- Licorice
- Tamarind
- Sesame oil
- Agar
- Salt

## BEVERAGES / COMMON SUPPLEMENTS

- Chrysanthemum
- Dandelion root
- Elderflower
- Lime flower
- Kelp

# RESOLVE INTERNAL COLD

Full cold occurs when the body's yang energy has been overwhelmed by excess cold. This can occur as a result from exposure to excess cold from the environment, the intake of excess cold food and drink or as a result of an illness in which the initial cold pathogen has not been resolved. It is important to avoid consuming large quantities of raw and cool/cold foods to maintain regular physical exercise, wear warm clothing and use warmth on cold or painful areas. The use of warming methods of food preparation and the consumption of foods that resolve internal cold will also assist in the clearing of internal cold.

## GRAINS / NUTS & SEEDS

- Sorghum
- Coconut milk
- Pine kernel
- Walnut

## FRUIT & VEGETABLES

- Caper
- Chillies
- Leek
- Mustard Greens
- Mustard Leaf
- Onion
- Scallion
- Squash
- Sweet potatoes
- Turnip
- Cherry
- Longan
- Lychee
- Papaya

## MEAT & FISH

- Anchovy
- Mussel
- Shrimp/prawn
- Trout
- Chicken
- Kidney (sheep)
- Mutton

## DAIRY

- Butter
- Basil
- Bay
- Cayenne
- Chili
- Chive seed
- Cinnamon bark
- Clove
- Coriander seed
- Dill seed
- Fennel seed
- Dry and Fresh Ginger
- Juniper
- Nutmeg
- Black Pepper
- Rosemary

## OILS & CONDIMENTS / BEVERAGE

- Brown Sugar
- Cinnamon
- Ginger
- Soya oil
- Malt sugar
- Vinegar
- Jasmine
- Wine



# PROMOTES THE CIRCULATION OF QI

- Do not overeat
- Avoid heavy goods, sugar and stimulates
- Use more pungent foods

## GRAINS

- Oats

## FRUIT & VEGETABLES

- Artichoke
- Button Mushroom
- Carrot
- Radish
- Squash
- Watercress
- Grapefruit
- Lemon/lime
- Peach
- Tangerine

## MEAT

- Sheep Kidney

## HERBS & SPICES

- |                 |                  |
|-----------------|------------------|
| • Aniseed       | • Horseradish    |
| • Basil         | • Juniper        |
| • Caraway       | • Marjoram       |
| • Cardamom      | • Mustard        |
| • Cayenne       | • Nutmeg         |
| • Chive leaf    | • Pepper (black) |
| • Cinnamon bark | • Saffron        |
| • Clove         | • Savory         |
| • Dill seed     | • Thyme          |
| • Fennel seed   | • Turmeric       |
| • Hawthorn      |                  |

## BEVERAGES

- Chamomile
- Jasmine
- Lime flower
- Peppermint
- Star anise
- Wine

# PROMOTES THE CIRCULATION OF BLOOD

- Avoid fatty, sweet and salty foods
- Eat plenty of vegetables, meats and seafoods

## GRAINS / NUTS & SEEDS

- Wheat germ
- Chestnut
- Pine kernel

## FRUIT & VEGETABLES

- Aubergine
- Caper
- Chinese Chive
- Coriander leaf
- Leek
- Mustard leaf
- Onion
- Pepper
- Scallion
- Turnip
- Cherry
- Lemon/lime
- Longan
- Lychee
- Peach
- Rhubarb

## MEAT & FISH

- Crab
- Mussel
- Shrimp/prawn
- Chicken
- Chicken Liver
- Sheep Kidney

## HERBS & SPICES

- Bay
- Cayenne
- Chili
- Chive leaf
- Dry Ginger
- Hawthorn
- Nutmeg
- Purslane
- Turmeric

## OILS & CONDIMENTS

- Soya oil
- Amasake
- Malt sugar
- Vinegar

# DRAIN'S WATER

## BEANS & GRAINS

- Barley
- Corn
- Rye
- Aduki
- Black bean
- Black Soybean
- Lentil
- Pea

## FRUIT & VEGETABLES

- Alfalfa sprout
- Artichoke
- Bamboo shoot
- Celery
- Chicory
- Chinese cabbage
- Dandelion leaf
- Kelp
- Lettuce
- Seaweed
- Watercress
- Grape
- Watermelon

## FISH

- Anchovy
- Carp
- Frog
- Mackerel
- Sardine

## HERBS & SPICES

- Fenugreek seed
- Horseradish
- Juniper
- Nettle

## BEVERAGES

- Dandelion root
- Elderflower
- Tea

## COMMON SUPPLEMENTS

- Kelp

# REMOVE'S TOXINS

## BEANS & GRAINS

- Aduki
- Millet
- Tofu

## FRUIT & VEGETABLES

- Alfalfa sprouts
- Artichoke
- Cucumber
- Kelp
- Mungbean sprout
- Mushroom (button)
- Olive
- Onion
- Radish
- Seaweed
- Swiss chard
- Turnip
- Watercress
- Banana
- Blue/bilberry
- Fig
- Lemon/lime
- Rhubarb

## FISH

- Herring

## HERBS & SPICES

- Black Pepper
- Licorice
- Nettle
- Parsley

## OILS & CONDIMENTS

- Sesame oil
- Agar
- Honey
- Salt
- Vinegar

## BEVERAGES / COMMON SUPPLEMENTS

- Chrysanthemum
- Tea
- Algae