

Signs that you might have deficient Yang:

- easily or always tired
- feel cold or chilled often
- cold hands and feet
- pale face
- apathetic
- sweating for no reason
- no feeling of thirst
- diarrhea early in the morning
- urinate large amounts of clear urine



Additional Resources

Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford (2002)

Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine by Joerg Kastner (2003)

Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life by Yuan Wang, Warren Sheir, and Mika Ono (2010)

The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine by Bob Flaws (1999)

Tao of Nutrition by Maoshing Ni (2009)

The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity by Zhuo Zhao (1998)

Prince Wen Hui's Cook: Chinese Dietary Therapy by Bob Flaws and Honora Wolf (1985)

Eating Your Way to Health: Dietotherapy in Traditional Chinese Medicine by Cai Jingfeng (2010)

Chinese Diet Therapy by Zhao Muying (1996)

Consult a medical professional before making any drastic changes to your diet.

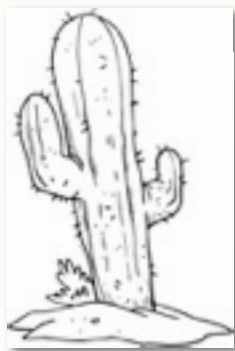
Food therapy is not appropriate for severe symptoms or emergencies.

These statements have not been evaluated by the Food and Drug Administration. This pamphlet is not intended to diagnose, treat, cure, or prevent any disease.

TRADITIONAL CHINESE MEDICINE FOOD THERAPY

NOURISH YANG





Chinese Medicine is primarily based upon the ideas of balance and moderation, so don't over do it. A healthy body is one which is neither too warm and dry or too cool and damp. Eating too many Yang foods could tip the balance in your body in the other direction, resulting in symptoms of Heat and Dryness.

Symptoms of Heat and Dryness:
constipation, dry mouth, feeling hot, increased thirst, insomnia

If you start experiencing any of these symptoms, cut back slightly on the Yang foods. If symptoms of Heat and Dryness persist, add small amounts of cucumber, banana, avocado, and pork back into your diet.

YANG IS YOUR BODY'S FUEL

Eat warming foods and drinks - both in temperature and spice content
Avoid foods that will cool or dampen the Yang "flame" - cold and/or greasy foods
Get some rest - when you overwork or overexert yourself, it damages your Yang
Stay warm - Yang warms your body. It can't rebuild if it is working to keep you warm

FOODS THAT NOURISH YANG:

Fruits: cherry, lychee, longon, peach, raspberry, strawberry
walnuts, chestnuts, pinenuts, pistachios

Vegetables: bell peppers, leeks, mustard greens, onion, radish,
scallion, squash, sweet potato, turnip, watercress

Grains and Legumes: sweet rice, quinoa, wheat germ, black
beans

Meat and Dairy: chicken, salmon, trout, anchovy, lobster,
mussel, prawn, shrimp, lamb, venison, kidneys

Herbs and Spices: ginger, garlic, onion, cloves, scallions,
cardamom, nutmeg, fennel, basil, black pepper, caper, cayenne,
chive seen, cinnamon, dill, fennugreek, horseradish, peppermint,
rosemary, sage, spearmint, star anise, tumeric, thyme, white
pepper



FOODS THAT DAMAGE YANG:

Raw fruits and vegetables: including citrus, salads, juices,
and wheat grass - these are cooling and Yang needs warmth

Cold and frozen foods: anything that comes out of the
refrigerator or freezer - warm to room temperature at least.

Foods high in oils: dairy, nut butters, seeds, chocolate

Soy products: soybeans, tofu, soy milk

Refined sugars: anything with white sugar or sugar substitutes

