

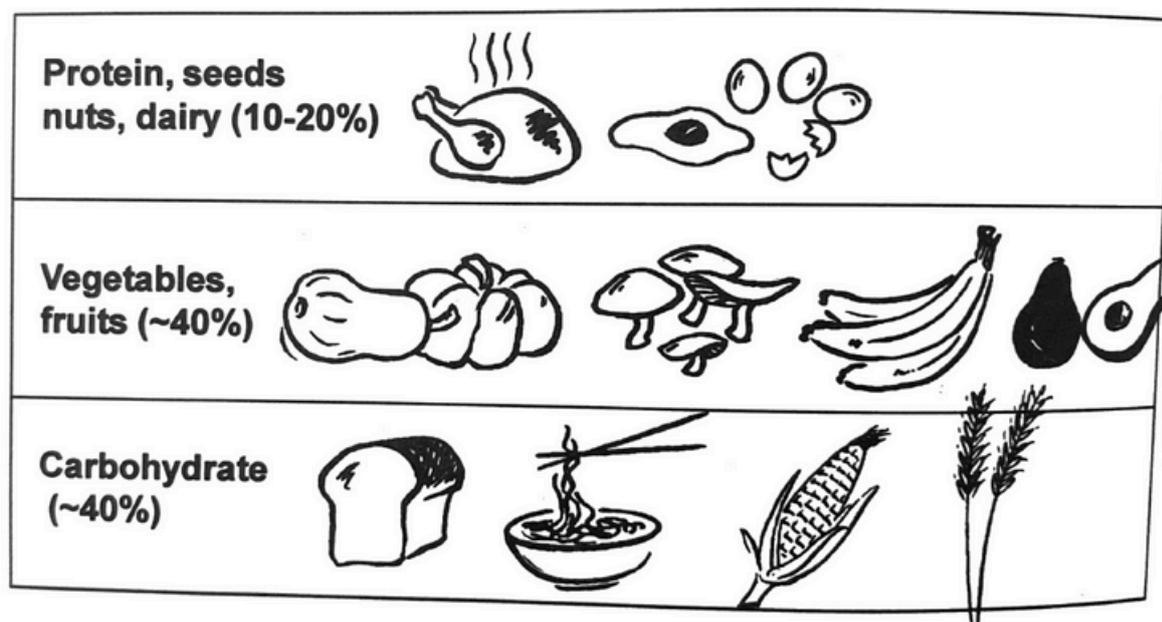
Yin depletion

In treating yin deficiency, we recommend foods that supply concentrated nutrition to maintain and improve tissue integrity and encourage increased fluid and moisture levels. In general, the principles of the yin-nourishing diet are similar to those for nourishing blood—higher protein is needed, along with a wide range of green leafy and root vegetables, and more nourishing grains. In addition, moistening and lubricating elements are useful. The concentrated nutrition and oils in seeds and beans both build and lubricate. Animal proteins are ideal, although excessive amounts or highly concentrated forms such as eggs, cheese, and bone marrow can cause overheating and phlegm accumulation. It is better to use a mix of soy and leguminous proteins along with animal proteins.

As with the manufacture of qi and blood, yin must be extracted from food by the spleen and stomach. The diet, therefore, follows the advice of maintaining a healthy spleen.

The foods listed in the beneficial sections are suitable for all types of yin deficiency. Those listed under the various subheadings are thought to be especially good for the relevant organ systems; however, there is a degree of overlap, and the distinctions should not be relied on too much.

Portions



General principles

The focus of a yin nourishing diet is towards concentrated nourishment: seeds and beans, a higher proportion of high-quality protein. Use plenty of water in cooking, and include lots of soups and stews.

Beneficial

Wheat, oats, rice, millet, barley, pork, chicken, duck, pigeon, bone marrow, eggs, butter, milk and cheese in small amounts, yoghurt, tofu, tempeh, nuts and seeds, Spanish mackerel, sardine, oyster, mussel, clam, cuttlefish, squid, kelp, spirulina, zucchini, marrow, squash, potato, kumara, melon, string bean, beetroot, mushroom, white and black fungus (wood ears), aduki beans, black beans, apple, banana, mulberry, mango, coconut, mung bean, peanut, olive oil, flaxseed oil, almond oil.

Stomach yin - slippery elm powder, white wood ears, barley, millet, tofu, mung beans, asparagus, sweet potato, butter, milk, orange, mandarin, lychee, apple, banana, pineapple, plum, pomegranate.

Lung yin - pears, peach, apple, banana, fig, pawpaw, strawberry, tomato, string bean, seaweed, kelp, white and black fungus, spirulina, soy milk, tofu, tempeh, pork, oyster, buttermilk, cheese, pine nuts.

Kidney yin - pork, pork kidney, duck, millet, barley, tofu, string bean, black bean, black soybean, kidney bean, black sesame seed, blueberry, blackberry, seaweed, black fungus (wood ears).

Restrict or avoid

Warming, drying, bitter, pungent items: chillies, curry and spices, cinnamon, garlic, ginger, onion, shallots (scallion), leeks, basil, clove, wasabi, coffee, lamb, prawns (shrimp), veal, pigeon, game birds, vinegar, citrus, pickles, tea, cigarettes, alcohol, vitamin B, corticosteroids, recreational stimulants (amphetamines, cocaine, ecstasy), non-steroidal anti-inflammatories (Stomach yin).

Reference: MacLean, W. (2021). Clinical Handbook of Internal Medicine: The Treatment of Disease with Traditional Chinese Medicine: Vol 2: Spleen and Stomach (1st ed.). University of Western Sydney.

