

# Yang depletion

The overall principles for treating *yang* deficiency with diet are the same as for *qi* deficiency. Maintenance of vigorous Spleen function is the primary goal. The major difference is the addition of some specific warming foods for the Spleen and Kidney, and the absolute avoidance of all raw food, including salad vegetables. The proportions of the various food groups are the same as for Spleen *qi* deficiency.

## Spleen yang deficiency

Spleen *yang* deficiency is a degree more severe than Spleen *qi* deficiency, - with the overall result that digestive power is significantly reduced. The basic diet structure is the same with the addition of more warming foods and spices.

## Kidney yang deficiency

Kidney *yang* must be warmed and strengthened through the Spleen, using a diet which strengthens Spleen *yang*. In addition, adding some specific foods that warm the Kidneys is beneficial. If oedema is a feature, some diuretic foods such as cooked celery and lettuce can be added.

## Portions

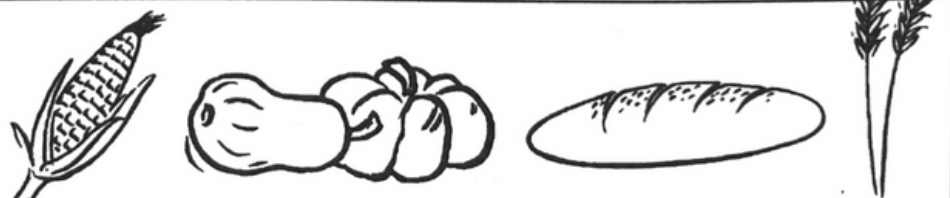
**Protein**  
(10-20%)



**Vegetables**  
(30-40%)



**Carbohydrates**  
(40-60%)



# General principles

All foods cooked and warm, long slow cooking; soups, broths and stews; thorough chewing, simple combinations of a few ingredients; smaller meals more often; regular meal times; high complex carbohydrate and vegetable, low meat  
No: excessive fluids with meals; overeating missing meals; eating while working

## Beneficial

### Spleen

As well as the foods suitable for *qi* deficiency, and emphasis on more warming items such as rice, (especially as porridge congee), oats, parsnip, kumara, onion, leek, stocks and broths, lamb, beef, chicken, prawn, shrimp, stewed fruit, chestnut. In addition add a greater proportion of warming spices such as dry ginger, clove, cayenne, cardamon, cinnamon, rosemary, turmeric, star anise and nutmeg.

### Kidney

Clove, fenugreek, fennel seed, black pepper, cinnamon bar, dry ginger, rosemary, star anise, walnut, chestnut, pistachio, lamb, salmon, black beans, onion, leek, chives, mussel, lamb and beef kidney.

## Restrict or avoid

Raw fruits and vegetables, sprouts and salads, spinach, tomato, soybean, tofu, glutinous rice, millet, kelp, excessive salt and sweet food, dairy products, vinegar, nuts and seeds, soymilk, refrigerated or iced drinks.