

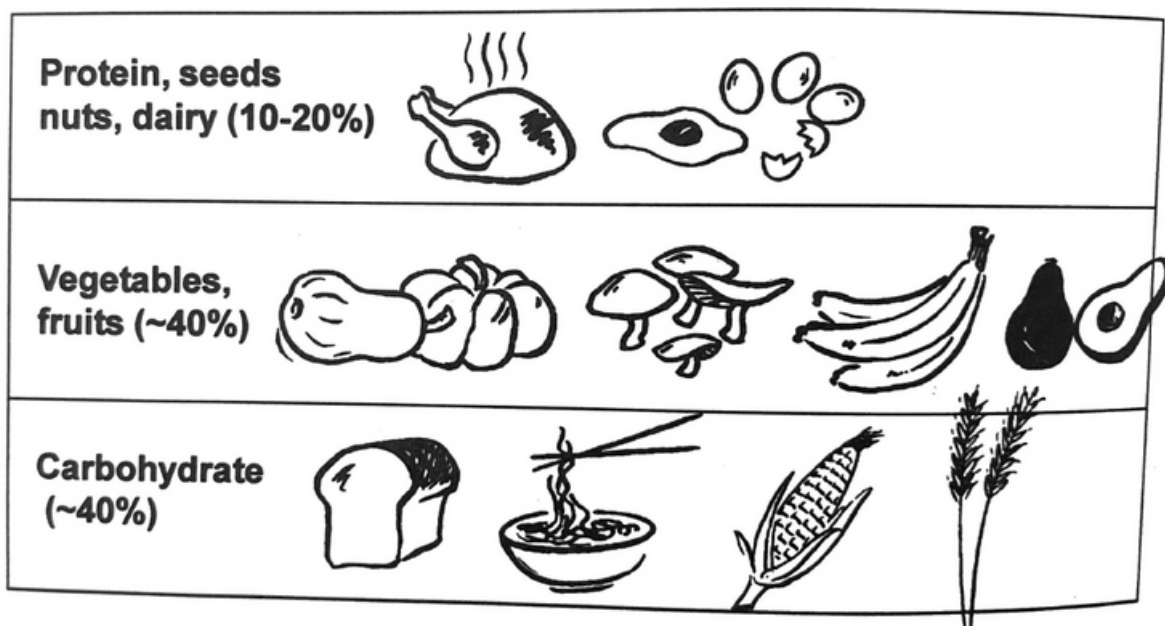
Yin depletion

In treating *yin* deficiency, we recommend foods which supply concentrated nutrition to maintain and improve tissue integrity, and encourage increased fluid and moisture levels. In general principles the *Yin* nourishing diet is similar to that to nourish Blood - higher protein needed and 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, and 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 health 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 organs system, 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, 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, butter milk, cheese, pinenuts.

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*).