

Signs that you might have
deficient Yin:

- hot flashes
- hot hands and feet
- hot feeling in chest
- flushed cheeks
- night sweats
- ringing in the ears
- dry unproductive cough
- dry mouth and throat
- sore throat at night
- dry stools
- dark urine
- afternoon fever



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 YIN





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 Yin foods could tip the balance in your body in the other direction, resulting in symptoms of Dampness.

Symptoms of Dampness: mucus, discharge, swelling, diarrhea, low energy, lack of focus

If you start experiencing any of these symptoms, cut back slightly on the Yin foods. If symptoms of Dampness persist, add small amounts of mildly spicy foods, like ginger, back into your diet.

YIN IS YOUR BODY'S COOLANT

Avoid stimulating foods: caffeine, alcohol, sugar, strong and hot spices.

Seek slightly sweet heavy foods: banana, avocado, yam, pork, cheese

Eat small portions frequently: large amounts can overwhelm and slow digestion

Stay hydrated: your body's cooling system is impaired, help it out

FOODS THAT NOURISH YIN:

Fruits: banana, avocado, mango, pears, watermelon, cantaloupe, pineapple, coconut milk, peas, berries, dates, figs, lychee, loquat, starfruit, lotus seeds, walnut, coconut oil

Vegetables: spinach, mushrooms, yams, seaweeds, beets, asparagus, artichoke, potato sweet potatoes, yams, tomatoes, zucchini

Grains and legumes: tofu, white rice, whole wheat, quinoa, barley, millet, wheat germ, kidney beans, black beans, mung beans

Meat and Dairy: fish oils, pork, beef, duck, oyster, clam, crab, octopus, fish, eggs, cheese

Herbs and Spices: honey, brown sugar, black sesame seeds



FOODS THAT DAMAGE YIN:

Spicy food: peppers, hot sauces

Stimulants: sugar, caffeine, alcohol, cigarettes, recreational drugs and pharmaceuticals - it's like revving your engine with too little oil

Processed foods: chips, crackers, pretzels, hot dogs, etc

