

# Yin deficiency

Yin is responsible for moistening and cooling bodily functions. When this energy is depleted your body begins to show signs of “heating up”. This is not a true heat but rather a lack of the moistening and cooling functions that are necessary to maintain a healthy balance.

## Foods to tonify Yin include:

*Grains* - Barley, millet

*Vegetables* - Alfalfa sprout, artichoke, asparagus, kelp, mung bean sprout, pea, potato, seaweed, string bean, sweet potato, tomato, water chestnut, yam, zucchini

*Fruit* - Apple, apricot, avocado, banana, lemon, lime, mango, mulberry, pear, persimmon, pineapple, pomegranate, watermelon

*Beans* - Adzuki, black beans, black soya, kidney, lima, mung

*Bean Products* - Tofu

*Nuts and seeds* - Coconut milk, sesame seed, black sesame seed, walnut

*Fish* - Fish in general but especially clam, fresh water clam, crab, cuttlefish, oyster, octopus, sardine

*Meat* - Beef, duck, goose, pork, pork kidney, rabbit

*Dairy* - Cheese, chicken egg, cows milk, duck egg

*Herbs and spices* - Marjoram, nettle

*Oils and condiments* - Honey, malt,

*Common supplements* - American ginseng, royal jelly

## Foods especially useful to tonify Kidney Yin Deficiency.

*Vegetables* - Alfalfa sprouts, asparagus, kelp, potato, seaweed, string bean, sweet potato, yam

*Fruit* - Lemon, lime, mulberry

*Beans* - Aduki, black bean, black soy bean, kidney bean

*Nuts and seeds* - Black sesame seed

*Fish* - Fresh water clam, oyster

*Meat* - Duck, pork kidney (careful w/purity), Chicken egg

Examples of every day western foods that can be used to build yin, include

- Fruit smoothies with honey and banana or a fruit salad
- Fish dishes with coconut milk
- Omelettes with cheese
- Asparagus and egg salads with sesame seeds
- Tacos made with Kidney beans and topped with a small amount of cheese
- Baked Potato stuffed with tofu with tamari sauce and sesame seeds.
- Pork and apple dishes
- Miso soup with tofu and seaweed

Foods to avoid

It is important to ensure that stimulating foods are not being consumed, as these will only further deplete yin. Caffeine, alcohol, sugar and strong heating/ pungent spices all belong in this category.

Note. Yin building foods and herbs have a tendency to congest the spleen/pancreas and promote stagnation if large amounts are consumed. It is therefore important to consume small quantities frequently rather than large helpings sporadically.