

### Kidney Yin Deficiency Diet

- ★ Foods to tonify yin: millet, barley, wheat germ, teff, quinoa, amaranth, seaweeds, micro-algae (chlorella and spirulina), black beans, tofu, mung beans (and their sprouts), kidney beans, beets, string beans, asparagus, persimmon, dark colored fruits such as: grapes, blackberry, raspberry, and mulberry.
- ★ In more extreme cases of yin deficiency animal products may be helpful: eggs, clam abalone, sardines, oysters, fish, duck, beef, or pork. Dairy products such as cow's or goat's milk, yogurt, cheese, and cottage cheese are also beneficial. If you have a dampness pattern in addition to yin deficiency, avoid eating much from this list of animal products until the dampness resolves.
- ★ Soups and congees are great ways to enhance the yin promoting property of foods.
- ★ Those with a yin deficiency pattern can usually tolerate larger amounts of fruit and carbohydrates than other patterns.
- ★ Avoid coffee, alcohol, and spicy foods.

### Tips and Tendencies for those with Yin Deficiency Patterns:

- ★ This pattern usually results in “go-go-go” people who have difficulty turning off the mind to relax the body. There is a tendency toward deficient heat symptoms such as night sweats, headaches, and toothaches. It is important for those with yin deficiency to make time every day to relax and turn inward. Great ways to facilitate this are through yoga, meditation, walking, biking, prayer, or listening to music.
- ★ Rest and nourishment through food and mindfulness are important for this pattern
- ★ Avoid too much time in front of the TV or computer (electromagnetic fields deplete yin), and in excessively air conditioned or heated environments which also depletes yin.

### Kidney Essence Deficiency Diet:

- ★ Foods to tonify the essence: seeds, nuts, seaweed, bone broth soup made from beef or chicken bones (from free range animals if possible), organ meats such as liver and kidney, almonds, milk, clarified butter (ghee), steamed nettles, royal jelly, bee pollen

### Tips and Tendencies for those with Essence Deficiency Patterns:

- ★ Signs of this pattern include developmental delay, birth defects,, weak, painful knees or low back, dizziness, ringing in the ears, inadequate brain function, weak legs and bones, impotence, infertility, premature aging signs such as loss of hair or teeth, & poor memory
- ★ Things that deplete essence include stress, fear, insecurity, overwork. Too much semen loss for men or women who have had multiple pregnancies. Intoxicants such as alcohol, marijuana, cocaine, coffee, and tobacco deplete the essence, as do heavy metals.