

### Foods for Liver Qi Stagnation:

- Onions, garlic, mustard greens, asparagus, watercress, cabbage, taro root, turnip, broccoli, cauliflower, beets, Jerusalem artichokes, brussel sprouts, carrots, celery, small amounts of citrus, turmeric, basil, mint, horseradish, pepper, cumin fennel, cardamom, dill ginger, small amounts of pickled vegetables
- Small quantities of wine and coffee (no more than 1/day)
- Sprouted grains, sourdough bread, extra virgin olive oil, kumquats, tangerines, grapefruit, molasses, miso, soy sauce, rose and jasmine flowers
- Bitter foods help resolve stagnation: dandelion, rapini, turmeric, dark chocolate, coffee (all in moderation!), bitter melon, black and green tea.
- Moderate amounts of the pungent flavor help to move the Qi out of stagnant mode. Foods such as onions, garlic, horseradish, citrus peels, and chili peppers

### Tips and Tendencies for Liver Qi Stagnation:

- People with this pattern tend toward an emotional disposition and are easily agitated and upset. They may also have swelling or enlarged lymph nodes as the Qi is responsible for moving the fluids throughout the body, when Qi is stagnant so are the fluids. Headaches and pain are also common complaints associated with this pattern.
- Most important approach is to eat simply and lightly. Diets rich in vegetables (as many as you can handle) and moderate in fruits (1-2 pieces) will resolve stagnation.
- Pay attention to good posture and minimal tension during and after eating.
- Start your day out with a cup of tea or coffee to help move the Qi (if you have a “hot” pattern in addition to Liver Qi Stagnation go for tea vs. coffee)