

HOW TO BALANCE YOUR CONSTITUTION TYPE

How to use this guide:

1. Read the “*look for*” section under each heading. If it sounds like it’s describing you, then put a ✓
2. You may have more than one. In fact, you probably will have more than one.
3. These are suggestions and recommendations based on thousands of years of empirical evidence from Chinese medicine. If something sounds weird or difficult to do, just try it. See what happens and see how you feel. You may end up enjoying it.

KIDNEY ESSENCE DEFICIENCY

Look for: sore knees and lower back; fatigue; low libido; low thyroid or adrenal activity; memory problems; tinnitus; hair fallout; weak teeth

1. Avoid caffeine of all types (coffee, energy drinks, weight loss supplements, chocolate, black tea)
2. Minimize alcohol intake
3. Take time each day to rest and meditate
4. Avoid adrenal excitation (extreme stress, not getting enough rest, loud music and parties, too much sex)
5. Avoid cigarettes and other types of smoking
6. Eat as much as you want of:
 - a. Black beans
 - b. Seaweed
 - c. Parsley
 - d. Spirulina, chlorella, blue-green algae
 - e. Wheat germ
 - f. Wheat grass
 - g. String beans
 - h. Mulberry
 - i. Millet
 - j. Organ meats
 - k. Oysters, clams, lobster, crayfish
 - l. Raspberries
 - m. Walnuts
 - n. Wild rice
 - o. Pork, venison, lamb
 - p. Chestnuts
 - q. Black sesame seeds
 - r. Lyceum fruits (look for it in the Chinese food market)
 - s. Adzuki beans
 - t. Gelatin
 - u. Corn
 - v. Wild yam

- w. Chives, onions
- x. Cinnamon

- y. Goji berries
- z. Hemp

___ KIDNEY YIN DEFICIENCY

Look for: sore lower back and knees; fatigue; possibly high sex drive; restlessness or insomnia; hot flashes; bright red tongue with no coating

1. Eat a diet rich in:
 - a. Wheat germ, tofu, barley, millet, brown or wild rice, amaranth, bulger
 - b. Asparagus, black beans, kidney beans, red beans, string beans, mung beans, peas and chickpeas, bean sprouts, eggplant, and spirulina
 - c. Seaweed, chlorella
 - d. Fruits like apples, bananas, raspberries, blackberries, grapes, lemons, mangoes, mulberries, melons, and pineapple
 - e. Shellfish like clams, oysters, and mussels
 - f. Eggs and black chicken
 - g. Duck, organ meats such as kidneys, brains, and hearts (all from organic, non-hormonally treated sources)
2. Avoid dry, pungent spices like pepper, curry, horseradish, etc.
3. Avoid salty food
4. 1 TBSP flaxseed oil daily
5. Do not over exercise
6. Avoid excess heat like saunas, overly hot baths and hot yoga
7. Go to bed early
8. Drink more water (room temperature)

___ KIDNEY YANG DEFICIENCY

Look for: sore lower back and knees; fatigue; weight gain due to low adrenal or thyroid activity; feeling cold easily and cold weather makes you feel worse; water retention and bloating; frequent urination; pale and puffy tongue

1. Same suggestions for *Kidney Essence Deficiency*
2. Eat warm, nourishing foods like soup, stews, slow cooked meals
3. Eat animal proteins 1-3 3 oz. servings per day. Vegan diets are not good for this constitution.
4. Add to the recommended foods list:
 - a. Ginger root
 - b. Oats, spelt, brown rice, quinoa
 - c. Citrus, dates, cherries
 - d. Peppers and warming spices like anise, cinnamon, rosemary, dill, cumin, caraway, cloves, onion, garlic
 - e. Bone broth

5. Stay warm: take warm baths, stay bundled up in cold environments, do not go to bed with wet hair
6. Use heat on your abdomen or pain areas; never use ice
7. Moderate exercise

_____SPLEEN QI DEFICIENCY

Look for: poor digestion and appetite; excessive worrying or anxiety; lowered immune system; pale tongue that may be thin or swollen with wavy edges

1. Eat mostly vegetables, sautéed or lightly cooked is preferred. Limit salads, especially in the wintertime.
2. Do not eat raw and cold foods. Avoid using ice in your drinks. Avoid ice cream and popsicles. Don't eat food straight out of the refrigerator.
3. Avoid refined carbohydrates like white bread and pasta. Avoid any food made with white flour.
4. Limit rice to wild or brown rice. Oats or quinoa are also acceptable grains. No more than ½ cup per serving, up to 3 times a day is OK.
5. Eat yams, pumpkin, and pumpkin seeds *unless you have PCOS*
6. Eat grass-fed beef, free-range and soy-free chicken, goose, hormone-free ham, herring, rabbit, mackerel, and sturgeon
7. Eat cherries, coconut, dates, figs, grapes, molasses, potatoes, peanuts, red hawthorn berries, and shiitake mushrooms
8. Napa cabbage sautéed with tofu is a good dish to make
9. Millet and dates cooked into a porridge is a good meal or snack
10. Avoid sugar and sugar substitutes and any concentrated sweets including honey and maple syrup.
11. Do not drink fruit juice; the sugar content is too high. Eat fruits only in their whole form. Limit fruits to less than 2 cups per day.
12. Avoid damp-creating foods like milk and milk products such as cheese or ice cream.
13. Get adequate rest and sufficient exercise
14. Do not exercise excessively during menstruation
15. Perform meditative techniques to help relieve the mind of undue worry. Some people find biofeedback exercises helpful.

_____BLOOD DEFICIENCY

Look for: fatigue; anemia; irritability or moodiness; light periods or no periods; dizziness; insomnia; pale tongue

1. Include the following foods in your diet:
 - a. Apricots, blackberries, raspberries, grapes, strawberries
 - b. Mulberry, dates
 - c. Eggs
 - d. Organic meats
 - e. Spirulina

- f. Turnip, watercress, spinach,
dark leafy greens
 - g. Hormone-free liver and bone
marrow
2. Don't smoke cigarettes
 3. Rest during your period. Take a tea of black sugar and ginger before your period or for post-partum blood deficiency.

_____ BLOOD STASIS

Look for: pain anywhere in the body including painful periods or headaches; dark or purplish-tinged tongue

1. Consume moderate amounts of tofu or miso (fermented soy), unless you also suffer from damp or cold symptoms.
2. Avoid refined, hydrogenated oils
3. Take food-based essential fatty acids such as raw nuts and seeds, flaxseed oil, evening primrose oil, black currant seed, or fish or fish oil
4. Use spirulina
5. Reduce animal proteins such as eggs, dairy, and meats to < 3, 3 oz. servings per day
6. Use only organic animal products
7. Eat as much as you want of:
 - a. walnuts, chestnuts
 - b. chives, onions, scallions
 - c. crab, abalone, squid
 - d. hawthorn berries
 - e. peaches, raspberries, grapes
 - f. mustard leaf (greens), dark leafy greens, watercress
 - g. saffron
 - h. beets, turnips, carrots
 - i. cruciferous vegetables: broccoli, cabbage, cauliflower, and Brussel sprouts
 - j. tomatoes, cucumbers, celery
 - k. vinegar, and salt
 - l. black fungus
 - m. moderate amount of red wine (< 1 glass per day)
8. Use kelp, Irish moss and bladder wrack in soups or as seasonings (types of seaweed) or in supplement form
9. Avoid eating cold food and putting ice in your drinks
10. Avoid swimming in cold water or sex during menstruation
11. Avoid tampons; use pads instead

_____ COLD (includes KIDNEY YANG DEFICIENCY AND BLOOD STASIS)

Look for: joint pain that feels cold to the touch; problems that worsen in cold weather, especially pain

1. Adhere to the *Kidney Yang deficiency* and *Blood Stasis* suggestions
2. Use warmth on the lower abdomen and joints

_____ LIVER QI STAGNATION

Look for: definitely some emotional problems (anxiety, depression, irritability, stress, etc.); possible digestion problem; swollen lymph nodes especially in the neck or breast area; tenderness in the rib cage; thick tongue coating (could be white or yellow or black)

1. Do not overeat. Try to avoid heavy, hard-to-digest foods such as peanut butter, fatty animal meats, and breads.
2. Avoid foods with preservatives and chemicals
3. Sit down when you eat and chew thoroughly
4. Eat frequent, small meals that include protein
5. Use spices such as rosemary, mint, turmeric, and thyme
6. Herbs to try in tea form: lotus seed, rose, chrysanthemum, and goji berries
7. Take zinc and eat foods rich in zinc such as seafood, organ meats, and eggs
8. Do not drink alcohol or smoke cigarettes. Use caffeine sparingly.
9. Avoid hormonally-treated animal products
10. Incorporate *Spleen Qi deficiency* protocol (especially if there's a digestive problem)
11. Get regular physical exercise
12. Work out feelings of anger and frustration with a counselor, journaling, acupuncture, or meditation. Take deeper, slower breaths.
13. Laugh. Watch funny shows, movies or stand-up comedy. Hang out with friends whose company you enjoy.

_____ HEART DEFICIENCY

Look for: feeling sad; shortness of breath; night sweating; insomnia; palpitations; anxiety or restlessness; very red tip of the tongue

1. Avoid coffee, caffeinated teas and energy drinks or supplements, and tobacco
2. Include foods that are in the *Nourish Blood and Yin* categories
3. Take time each day for rest and relaxation. Meditate. Breathe.

_____ EXCESS HEAT

Look for: problems that worsen in hot weather; joints that feel warm to the touch; red face and loud voice; feeling very thirsty; constipation; yellow tongue coating

1. Do not consume alcohol
2. Avoid spicy or greasy food
3. Include cooling foods such as plums, pears, pomegranates and tomatoes
4. Use herbs such as burdock root, dandelion, and milk thistle
5. Eat bitter or winter melons

_____ DAMPNESS

Look for: skin rashes; weight gain; heaviness feeling in body; joint pain that worsens in damp weather; sinus problems that worsen in damp weather; foggy thinking; fatigue; possible yeast infections; water retention; tongue is puffy

1. Avoid greasy fried foods
2. Avoid spicy food, but garlic is good
3. Avoid sugar, sweets, fruit juices, and refined carbohydrates
4. Avoid dairy products such as milk, creamer, yogurt, and cheese. Especially avoid ice cream.
5. Avoid soy
6. Avoid eating mango, shrimp (seafood), chives, watermelon, pineapple, lamb, and chicken especially if there's a skin rash
7. Avoid wheat and flour products, especially white bread
8. Do not eat too much fruit; limit it to < 1 cup per day of seasonal, organic fruit
9. Do not consume alcohol
10. Include in your diet:
 - a. Job's tears (it's a grain you can find at the Chinese grocery store)
 - b. alfalfa, parsley
 - c. radishes
 - d. summer melons
 - e. celery
 - f. carrots
 - g. cabbage
 - h. cranberries
 - i. cucumbers
 - j. lettuce
 - k. kelp
 - l. mung beans, red beans
 - m. bitter and winter melons