

# Yin deficiency

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Yin represents the energy that 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;

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<b>Grains</b>	Barley, millet
<b>Vegetables</b>	Alfalfa sprout, artichoke, asparagus, kelp, mung bean sprout, pea, potato, seaweed, string bean, sweet potato, tomato, water chestnut, yam, zucchini
<b>Fruit</b>	Apple, apricot, avocado, banana, lemon, lime, mango, mulberry, pear, persimmon, pineapple, pomegranate, watermelon
<b>Beans</b>	Adzuki, black beans, black soya, kidney, lima, mung
<b>Bean Products</b>	Tofu
<b>Nuts and seeds</b>	Coconut milk, sesame seed, black sesame seed, walnut
<b>Fish</b>	Fish in general but especially clam, fresh water clam, crab, cuttlefish, oyster, octopus, sardine
<b>Meat</b>	Beef, duck, goose, pork, pork kidney, rabbit
<b>Dairy</b>	Cheese, chicken egg, cows milk, duck egg
<b>Herbs and spices</b>	Marjoram, nettle
<b>Oils and condiments</b>	Honey, malt,
<b>Common supplements</b>	American ginseng, royal jelly

## **Foods especially useful to tonify Kidney Yin Deficiency.**

<b>Vegetables</b>	Alfalfa sprouts, asparagus, kelp, potato, seaweed, string bean, sweet potato, yam
<b>Fruit</b>	Lemon, lime, mulberry
<b>Beans</b>	Aduki, black bean, black soya bean, kidney bean
<b>Nuts / seeds</b>	Black sesame seed
<b>Fish</b>	Fresh water clam, oyster
<b>Meat</b>	Duck, pork kidney
<b>Dairy</b>	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 soya 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 like yin tonifying herbs have a tendency to be congest the spleen and promote stagnation if large amounts are consumed. It is therefore important to consume small quantities frequently rather than large helpings irregularly.