












Syndromes	Symptoms	Emotions	Healing foods	Tips
HT Yin def. 	Insomnia, memory loss, excess dreaming, feeling hot, night sweat, red cheeks, red tongue, thin-rapid pulse	Irrational behavior, despair, stress	Wheat germ, wheat berries, mung beans, oysters, goat milk, cucumber, apple	Avoid: coffee, alcohol
HT Qi def. 	Palpitations, sweat when nervous, fatigued, chest pain, pale face	Nervousness	Carrot, winter squash, sweet potato, barley, date, nutmeg	Small frequent meals are best. Cooked food
HT Blood def. 	Insomnia, memory loss, dreams a lot, pale face, fatigued, pale tongue	Depression	Sprouts, leafy greens, spirulina, legumes, royal jelly, Shitake mushroom	Drink lots of fluids
HT Yang def. 	Palpitations, cold body, water retention, fatigued, chest pain, slow weak pulse	Depression, mental despair	Lamb, butter, liver, cinnamon, onion, garlic, pumpkin, barley, oat	Avoid Raw foods
HT Blood stasis 	Stabbing chest pain, palpitations, angina, purple lips & tongue	Irritable, impatient	Eggplant, vinegar, chives, leek, aduki bean, peach, rosemary	Avoid sweets & greasy foods
Phlegm in HT 	Foggy head, nausea, poor focus, greasy tongue coating, slippery pulse	Drooling, talks to oneself, mental confusion	Rye, amaranth, corn, celery, lettuce, pumpkin, turnip, brown rice, oat, mulberries	Avoid all dairies, peanuts, refined foods. Do not drink with meals
Phlegm-Fire in HT 	Feeling hot, red face, Crimson tongue w/greasy coat, slippery-rapid pulse	Violent behavior, manic, shouting	Celery, watermelon, dandelion, chamomile, spirulina	Avoid alcohol, spicy food, red meats

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Syndromes	Symptoms	Emotions	Healing Foods	Recommendations
Sp Qi Def. 	Fatigue, loose stools, weak, food allergies, poor appetite, nausea, bloating	stuck in same behavior patterns, worry	Brown rice, oat, spelt, carrot, turnip, sweet potato, yam, pumpkin, peas, ginger, cinnamon	Avoid cold foods and a lot of raw foods
SP Qi Sinking 	Fatigue, loose stools, weak limbs, prolapse of organs, hemorrhoids	Same as above, and mental fatigue, anxious	Soups, tuna, mackerel, halibut, liver, cherry, dates, onion, garlic	Small frequent meals should be chewed very well
SP Yang def. 	Fatigue, loose stools w/undigested food in it, cold body, pale face	Over thinking, worry, over analysis	Ginger, nutmeg, fennel, leek, rice, black beans, molasses	No raw food at all, tomato, tofu, spinach, salt, nuts
Dampness invade SP 	Heavy body & legs, edema, joint pain, sticky stools, bloated, fatigue, nausea, yeast infection	Over thinking, Worry	Rye, amaranth, corn, aduki beans, celery, lettuce, scallion, pumpkin, alfalfa, turnip, raw honey (small amount), chamomile	Avoid cold-raw foods, sweet & very rich foods, milk, late night eating, overeating

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