






Syndromes	Symptoms	Emotions	Healing foods	Recommendations
LV Qi stagnation 	Allergies, bloating, lumps, distended breast, indigestion, menses pain, neck tension, stress, rigid body, eyes, nails or tendons problems	Anger, frustration, resentment, impatience, depression, mood swings, poor judgment (GB)	All fresh veggies & fruits, watercress, pine nut, rosemary, lemon balm, fennel, marjoram, basil, turmeric, onion, beans, apple cider vinegar	Eat less, avoid all saturated fats, chemical food, alcohol & refined food
LV Yang Rising 	Red face, red eyes, red tongue, temporal headache, insomnia, high blood pressure, constipation	Angry, irritable, arrogance, rude, aggressive, violent	Lemon, lime, asparagus, dandelion, milk thistle, mung bean, celery, seaweed, lettuce, plum, cucumber, millet, tofu,	Avoid all meats for the spring time, reduce all very hot spicy foods
LV Wind 	Moving pain than comes & goes, spasm, cramp, joint pain, dizzy, vertigo, twitch, tremor, paralysis (after stroke)	Manic-depression, nervous, unstable, agitated, cannot commit to anything	Celery, basil, sage, ginger, oat, black sesame seed, pine nut, flax oil.	Avoid eggs, crab, buckwheat
LV Yin def. 	Dizzy, weak vision, night blindness, ear ringing, menopause, red cheeks, night sweat, insomnia, small thirst	Depression, irritable, nervous tension	Watercress, seaweed, plum, flax oil, borage oil, millet, tofu, cucumber, black current, mung beans	Avoid alcohol, spicy foods
LV blood def. 	Weak tendons, dry eyes, dry & brittle nails, muscle spasm, irregular menses, numbness, pale face & tongue, poor memory	Depression, low focus, nervous	Black grape, cherries, blackberries, raspberries, beets	Avoid all too hot or too cold food, eat more neutral foods

<https://acuproacademy.com/healing-foods-tcm-liver-patterns/>










Syndromes	Symptoms	Emotions	Healing foods	Recommendations
LV QI stagnation 	Stressed, bloating, distended breast, indigestion, PMS, menses pain, neck tension, stress, rigid body, rib pain, Wiry pulse	Anger, frustration, resentment, impatience, depression, mood swings, cannot make decision (GB)	All fresh veggies & fruits, Watercress, pine nut, rosemary, lemon balm, fennel, marjoram, basil, turmeric, beans, apple cider vinegar	Eat less, avoid all saturated fats, chemical food, alcohol & refined food