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## Yin Deficiency

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### Key Symptoms

Low grade fever, perhaps worse in the afternoon, hot feet/legs at night where the person will hang their feet out of the bed covers. With substantial deficiency there will be night sweats. Other symptoms include, dry throat, insomnia (where the person will wake often), agitation, flushed face.

### Contributing Factors

Constitutional weakness, psychological stress, excess thinking, overwork, chronic illness, alcohol, spicy foods.

### Include more of these foods

**Grains/Legumes/Nuts/Seeds:** wheat, rice, quinoa, oats, barley, millet, aduki beans, black beans, mung bean, peanuts, black sesame seeds,

**Meat/Seafood:** small amounts of pork, chicken, duck (preferably in vegetable broths), sardines, mackerel, mussel, clam, squid, oyster.

**Vegetable/Fruit:** winter squash, potato, sweet potato, zucchini, string bean, beetroot, mushroom, white and black fungus. Apple, pear, banana, mulberry, coconut, peach, fig, strawberry.

**Other:** tofu, tempeh, dairy in small amounts, eggs, kelp, spirulina.

### Proportions

Protein/Dairy/seeds/nuts	10-20%
Fruit/vegetables	40%
Carbohydrate	40%

### Avoid or restrict these foods

Hot or spicy food, garlic, ginger, onions, leeks, coffee, clove, citrus, lamb, prawns, vinegar, pickles, alcohol, cigarettes and recreational drugs