

# Yin and Yang

Yin is the dark side of the mountain:  
the following pertain to Yin:  
blood, winter, the human front  
women, darkness, cool, night



Yang is the bright side of the mountain,  
these pertain to Yang:  
summer, the human back, day,  
men, Qi, warm, nurture, in

For us humans this constantly cycling change in Qi manifests in many way. Our ability to sleep is mainly due to the increase in Yin energy and corresponding decrease in Yang energy for example. Our ability to regulate our temperature etc., ultimately I believe this Yin Yang is the Chinese description of what is called Homoeostasis in Allopathic (Western) medicine.

Dysfunctions in this rhythm can be described as a deficiency in one or other of the categories, which corresponds to a relative excess in the other.

*For example:*

if we are overheating we are said to be Yin deficient (cos Yang is in excess)  
if we feel cold we are said to be Yang deficient (cos Yin is in excess)  
tired all the time: yang deficiency  
unable to sleep: yin deficiency

Below is a list of common symptoms for either Yin or Yang deficiency, some of us have a complicated mix of the two.. if that's the case, refer to the Jing nourishing foods (nourishing Qi list) however if you have a predominance of one or other then the responding foods would be of use to help balance you out.. however please do not.. one of the KEY secrets to good health in TCM terms is moderation and balance.. so not ALL of one group and none of the other!!!

## **Yin deficiency common symptoms:**

hot flushes, rosacea, insomnia, constipation, scanty urination, dry mouth/throat, dizziness, tinnitus, thin body, slight anxiety, lower backache,

### **Foods to nourish Yin**

Foods to increase: Millet, barley, tofu., strong bean, black bean, black soy bean, mung bean, kidney bean, (most beans!), melon (all varieties), blackberry, mulberry, blueberry, water chestnut, wheat germ, potato, seaweeds, spirulina, chlorella, black sesame seeds, spinach, sardine, crab, clam, eggs, pork, cheese, marshmallow root, asparagus root, apple, cuttlefish, duck, honey, lemon, malt, mango, milk, oyster, pea, pear, pineapple, pomegranate, pork, rabbit, tomato, yam, watermelon, royal jelly, sweet potato

## **Yang deficiency common symptoms**

feeling cold, aversion to cold, lethargy, lack of motivation, frequent/loose bowel movements, frequent urination, oedema, weak voice, spontaneous sweating, poor appetite, urination at night, low sperm count,

### **Foods to Nourish Yang**

Food to increase: cloves, fenugreek seeds, fennel, black peppercorn, ginger, cinnamon bark, walnuts, black beans, onion family, quinoa, chicken, lamb, trout and salmon, basil, chestnut, chive seed, garlic, kidney (sheep and beef), lamb, lobster, nutmeg, raspberry, rosemary, sage, shrimp, thyme, pistachio, mussels, prawns. Venison, fennel seed, horseradish, jasmine tea, algae

Please note this information is generic and simplistic. For many people it is far more complicated than the above divisions, but it is a useful starting point. The advice above it is NOT intended to replace the advice and care given by a health care professional. If you are unsure please seek professional advice before embarking on any dietary or lifestyle changes.