

Yang represents the fire of the body. Yang keeps us warm and provides heat for the body's processes. On an emotional level, Yang represents our passion for life!

Signs of Yang deficiency:

feelings of cold/fear of the cold
timidity
lack of motivation

loose watery stools
frequent pale urination
tiredness

Foods to tonify yang:

Warming herbs and spices: aniseed, basil, cardomom, cinnamon bark, clove, dill, fennel, fenugreek, garlic, ginger, nutmeg, rosemary, sage, star anise, thyme

Nuts: chestnut, pistashio, walnut

Meat/fish: anchovy, kidney, lamb, lobster, mutton, shrimp, trout, venison

Other ways to tonify yang:

Exercise that warms us up, although if we sweat too much this will deplete us further. Avoid too much cold/raw foods but also the other end of the spectrum; chillies etc that make us sweat and hence loose energy.