

Yin is the water of the body which provides fuel and lubricant. Yin represents a deep well of nutrients that builds and repairs new tissues and maintains us both mentally and emotionally.

Signs of Yin deficiency:

feeling of heat in afternoons/evenings	insomnia
flushed cheeks	nervousness
night sweats	emaciation

Foods to tonify Yin:

Fruits: apple, avocado, banana, lemon, mango, pear, pineapple, pomegranate, watermelon

Vegetables: asparagus, nettle, pea, seaweed, spinach, string bean, sweet potato, tomato, yam

Meat/fish: clam, crab, duck, oyster, pork

Beans/pulses/grains: sesame, spelt, wheat

also: honey and royal jelly

Also to consider:

Deficiency of yin represents severe depletion and it takes time and patience to replenish. Avoid stimulants such as coffee, alcohol and sugar which are heating but also encourage us to work beyond our energy. We need adequate rest both mentally and physically.