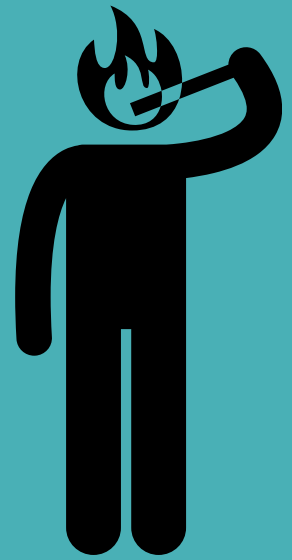


# NOURISH YIN



## CAUSE

- *chronic illness*
- *overwork*
- *long standing mental emotional condition*
- *excessive exercise*
- *excessive blood or body fluid loss*

## SIGNS & SYMPTOMS

- *low grade fever*
- *five palm heat*
- *dry throat at night*
- *night sweats*
- *emaciation*
- *malar flush*
- *constipated*
- *insomnia*

## WHAT CAN YOU DO?

### **lifestyle**

- *avoid coffee, alcohol, sugar*
- *rest*
- *patience ~ it takes time to come back from yin deficiency*
- *moist, cooling foods*

### **meat eater**

- *cheese*
- *clam*
- *crab*
- *duck*
- *egg*
- *milk*
- *pork*

### **vegan**

- *apple*
- *asparagus*
- *avocado*
- *banana*
- *kidney bean*
- *lemon*
- *mango*
- *pea*
- *pear*