

KIDNEY YANG DEFICIENCY

The following list of dietary suggestions is based on Chinese medicine principles to aid in your treatment.

Beneficial Foods

- | | | |
|---|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> anchovies | <input type="checkbox"/> kidney | <input type="checkbox"/> rice |
| <input type="checkbox"/> barley | <input type="checkbox"/> lamb | <input type="checkbox"/> rice syrup |
| <input type="checkbox"/> barley malt | <input type="checkbox"/> leek | <input type="checkbox"/> rosemary |
| <input type="checkbox"/> beef | <input type="checkbox"/> liver | <input type="checkbox"/> salmon |
| <input type="checkbox"/> black beans | <input type="checkbox"/> mackerel | <input type="checkbox"/> shrimp |
| <input type="checkbox"/> carrot | <input type="checkbox"/> molasses | <input type="checkbox"/> spelt |
| <input type="checkbox"/> chestnut | <input type="checkbox"/> mussels | <input type="checkbox"/> squash |
| <input type="checkbox"/> chick peas | <input type="checkbox"/> nutmeg | <input type="checkbox"/> star anise |
| <input type="checkbox"/> chicken | <input type="checkbox"/> oats | <input type="checkbox"/> stewed fruit |
| <input type="checkbox"/> cinnamon | <input type="checkbox"/> onion | <input type="checkbox"/> sweet potato |
| <input type="checkbox"/> clove | <input type="checkbox"/> palm sugar | <input type="checkbox"/> tuna |
| <input type="checkbox"/> corn | <input type="checkbox"/> parsnip | <input type="checkbox"/> turmeric |
| <input type="checkbox"/> dates | <input type="checkbox"/> peas | <input type="checkbox"/> turnip |
| <input type="checkbox"/> fennel seed | <input type="checkbox"/> pepper | <input type="checkbox"/> walnuts |
| <input type="checkbox"/> fenugreek | <input type="checkbox"/> pistachio | <input type="checkbox"/> yams |
| <input type="checkbox"/> garlic | <input type="checkbox"/> prawn | |
| <input type="checkbox"/> ginger (fresh & dried) | <input type="checkbox"/> pumpkin | |

Foods to Avoid

chard	salads	sprouts
iced or cold drinks	salt	sweets (in excess)
kelp	seaweed	tofu
millet	soy beans	tomato
raw fruit	soy milk	vinegar
raw vegetables	spinach	wheat

Special Preparations:

Other Suggestions:

Specific instructions from your intern: