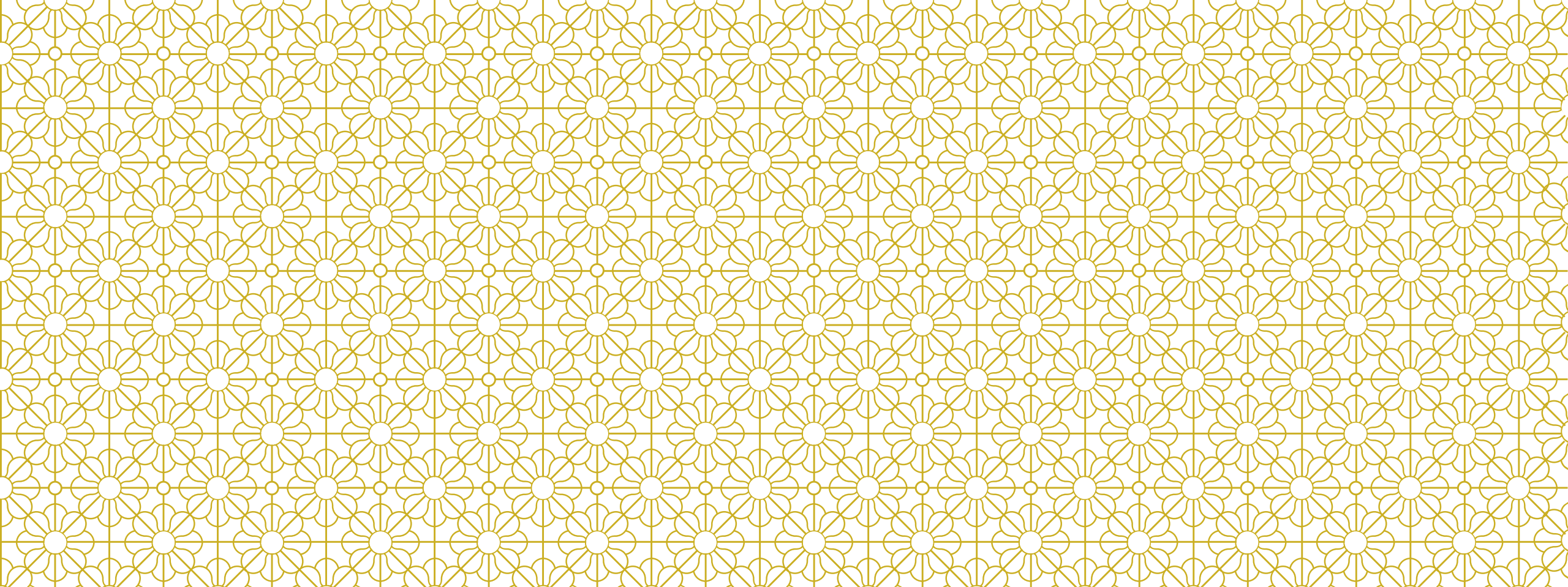




HOMEWORK REVIEW



EATING RIGHT FOR YOUR BODY CONSTITUTION 体质饮食

Zoey Gong for Global Branches

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WHAT IS BODY CONSTITUTION

“TI ZHI 體質”

“the characteristics of an individual, including **structural and functional characteristics, temperament, adaptability to environmental changes and susceptibility to disease**. It is relatively stable, being in part, genetically determined and in part, acquired”

THINK ABOUT THE PEOPLE YOU KNOW...

- ❖ The pale, slim girl who's always wearing more clothes than others and constantly complains about catching the flu;
- ❖ The chubby but really nice uncle whose face is always a bit oily and sticky with sweat;
- ❖ The fit and outgoing boyfriend who always orders iced drink and feels really warm beside you...

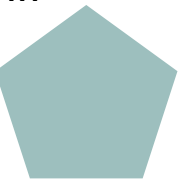
9 BODY CONSTITUTIONS



1. YANG DEFICIENCY 陽虛

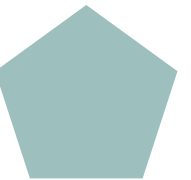


- flabby muscles
- pale complexion and lips, often with dark circles
- overweight or slim body shape
- hair loss
- sweating without exertion
- quiet and introvert
- often complain about cold hands, feet, lower body; cold feeling in stomach, sensitive to low temperatures and cold foods
- uncomfortable in windy, cold, noisy and humid environments
- Sleepiness and lack of energy
- susceptible to puffiness and swelling
- Diarrhea or soft and loose stool
- Clear and long urination
- excess throat secretions
- a pale, moist, and slightly bulky tongue, sometimes with teeth marks on the edges



FOODS FOR YANG DEFICIENCY

- ❖ **Vegetables:** scallion, garlic, cilantro, pea, carrot, corn, ginger, chive, hot red pepper, sweet potato, chinese yam (shan yao), onion
- ❖ **Fruits:** longan fruit, lychee, cherry, pomegranate, peach, plum, citrus, pineapple
- ❖ **Grains and legumes:** chestnut, rice, sticky rice, soybean, red lentil, black rice, fox nut (qian shi)
- ❖ **Protein:** lamb, shrimp, beef, young chicken, eel, walnuts, peanut
- ❖ **Other:** extra virgin oils such as olive, avocado, sunflower seeds, vinegar, dark brown sugar, malt sugar, wine
- ❖ **Herbs:** cinnamon 肉桂、hua jiao 花椒、clove 丁香, tai zi shen 太子参、huang qi 黄芪、dang shen 党参、gan cao 甘草、da zao 大枣、long yan 桂圆肉、bai zhu 白术、lian zi 莲子、huang jing 黄精, goji 枸杞, cordyceps 冬虫夏草



RECIPES

1. Breakfast oatmeal:

- 50g oats OR brown rice
- 1/4 tsp cinnamon
- 1/8 tsp clove
- 75g Chinese yam OR pumpkin
- 25g walnut
- 10g long yan
- Liquid base: bone broth or nut milk

2. Walnut Stir Fry (3-4 servings)

Ingredients: olive oil, $\frac{3}{4}$ cup chopped walnuts, $\frac{1}{2}$ cup chopped scallions or chives, several full handfuls of green leaves (spinach, baby kale, etc) 1 tbsp minced ginger, sea salt to taste.

Method: saute walnuts, chives, and ginger in heated olive oil until fragrant. Add in fresh green leaves and salt, saute until they soften. Season to taste and serve.

Note: if you can find Jiu Cai (Chinese long chives), it would be the best option. You can also add warming spices such as five spice, cinnamon, and paprika as seasoning.

3. Lamb Vegetable Soup

<https://hostessatheart.com/vegetable-lamb-soup/>

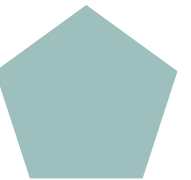
Option to add goji, da zao, dang shen in the last 45 minutes of cooking.

LIFESTYLE RECOMMENDATIONS:

- Wear enough clothes, especially in cold weather or space with AC. Always bring a scarf or jacket. Pay special attention to keep your waist area and legs warm at all times.
- Eat warm foods and limit cold/icy foods as much as possible.
- During exercise, try to do it in the sun instead of gyms with very strong AC. In the summer, do light exercises only to avoid profuse sweating, which depletes yang.
- Learn to adjust emotions to stay as balanced, positive, and stable as possible. Avoid big emotional swings. We realize this is not the easiest thing to do, but we encourage you to practice mindfulness through music, meditation, socializing, and pursuing your passion.
- Spring and summer is the best time to replenish Yang. Take a 30-minute sunbath before noon daily, especially for your back and back of the legs.
- In autumn and winter, take foot baths daily for at least 15 minutes.
- Recommended exercises include: jumping ropes (any other exercises that involve some jumping), Chinese Kung Fu, yoga.

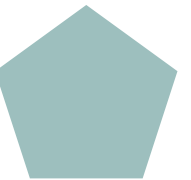
2. YIN DEFICIENCY 陰虛

- thin to normal physique
- impatient, more extroverted and active
- often complain about warm palms and soles
- dry mouth, nose, skin (deeper wrinkles), hair, eyes
- hot flushes
- susceptible to cough
- prefer cold drinks, uncomfortable in hot and dry environments
- constipation, short and unpleasant urination
- fatigue, insomnia
- dizziness and tinnitus
- red tongue, often with cracks but minimal coating



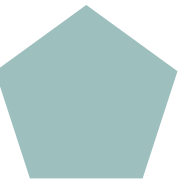
FOODS FOR YIN DEFICIENCY

- ❖ **Vegetables:** lotus root, winter melon, beets, Chinese yam (shan yao), napacabbage (cooked), black wood ear mushroom, snow fungus, shiitake mushroom, tomato, amaranth, water chestnut
- ❖ **Fruits:** watermelon, pear, mulberry, sugar cane, peach, pear, coconut, banana, papaya, honeydew
- ❖ **Grains and legumes:** mungbean, sesame, black soybean, oats, pine nut
- ❖ **Protein:** tofu, duck, duck egg, clam, lean pork, milk/yogurt, scallop
- ❖ **Other:** bone broth
- ❖ **Herbs:** bai he 百合, sang shen 桑葚, Mai Dong 麦冬, Yu Zhu 玉竹, dried Chinese yam 淮山, ge gen 葛根



FOODS NOT FOR YIN DEFICIENCY

- ❖ lamb, chicken
- ❖ coffee
- ❖ fried foods, such as french fries and fried chicken.
- ❖ sunflower seeds and most nuts, especially when toasted and unsprouted
- ❖ fresh longan fruit
- ❖ lychee
- ❖ cinnamon and other warming spices
- ❖ spicy and oily foods, especially when grilled or baked
- ❖ SMOKING and recreational drugs



RECIPES

1. Yin Nourishing Pork Soup

*use firm tofu + mushrooms for vegetarians

- Ingredients: dried lily bulb 3 tbsp, yu zhu 1 handful, fresh pork rib or pork bone 2lb, 2 pieces of kombu or other dried seaweed, 1 cup fresh mushrooms, sea salt+ sesame oil to taste

- Method: Rinse and soak lily bulb, and yuzhu for 20 minutes. Blanch pork bone. In a soup pot, add blanched pork bone, seaweed, and mushrooms. Bring to a boil and then stew on medium heat for 1 hour. Add in lily bulb and yu zhu in the last 40 minutes of cooking. Season with sea salt and sesame oil to taste.

2. Pear Lotus Juice

Ingredients: 1 pear, 250g lotus root or water chestnut

Method: Juice. Option to add honey.

3. Black Sesame Drink

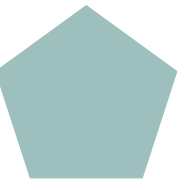
<https://www.curiouscuisiniere.com/black-sesame-soup-paste/>

3. QI DEFICIENCY 氣虛

- flabby muscles and lazy limbs, not athletic
- fatigue and lack of energy
- soft voice, shortness of breath
- normal bowel movement or loose stools
- normal urination or frequent and large volume
- catch a cold and flu easily
- pale complexion
- In female: spotting

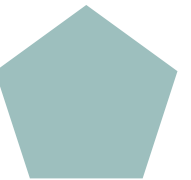


- afraid of coldness
- require a long time to heal from illness
- introvert, timid, not very adventurous
- pale tongue, maybe swollen



FOODS FOR QI DEFICIENCY

- **Vegetables:** Chinese yam, shitake mushroom, lion's mane, sweet potato and other root vegetables (cooked!), corn, chestnut, green beans
- **Fruits:** grapes, cherry, fresh dates
- **Grains and legumes:** soybean/tofu, lentil, peanut, oats, rice, sweet rice, millet, barley, mixed grains
- **Protein:** beef, eel, chicken, rabbit, goose, quail, herring, carp, peanut, hazelnut, egg
- **Other:** molasses, yang def recommendations if cold patterns show
- **Herbs:** fu ling 茯苓、tai zi shen 太子参、huang qi 黄芪、dang shen 党参、gan cao 甘草、da zao 大枣、long yan 桂圆肉、bai zhu 白术、huang jing 黄精、ginger 生姜, cordyceps 冬虫夏草



RECIPES

1. Qi Replenishing Bone Broth

- Ingredients: 1 high-quality chicken, 1 cups chopped mixed mushrooms, 1 cup chopped root vegetables, 10g astragalus, 6-8 pcs of jujube dates, 15g goji, 3-5 pieces of fresh ginger, soy sauce or sea salt to taste

- Method: In a soup pot, saute ginger, root vegetables, and mushrooms in olive oil until fragrant. Season with soy sauce. Add chicken and cook for 1.5 hour. In the last 40 minutes of cooking, add astragalus, goji, jujube. Season to taste.

2. Multi-grain Rice

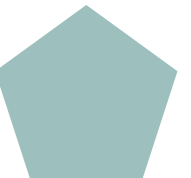
<https://fiveseasonstcm.com/products/10-multigrain-rice-and-porridge-mix>

LIFESTYLE RECOMMENDATIONS:

- During warm days, avoid spaces with strong air-conditioning or bring layers.
- During cold days, pay special attention to keep these three parts of the body warm: neck, lower back, and feet.
- Avoid cold showers.
- Rise with the sun in the morning and take a 30-minute nap in the afternoon on warm days.
- Be in nature as much as possible by doing outdoor activities like visiting a park, hiking, etc.
- Try to have a regular eating and sleeping schedule that aligns with nature.
- Exercises to try: Qi gong, jogging, walking, and dancing.
- Exercise to avoid: running on a machine or high-intensity exercise.
- Mental adjustments: reduce distractions, try to stay calm when feeling restless, and try to think/worry less.

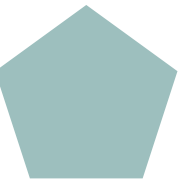
4. PHLEGM-DAMPNESS 痰濕

- overweight/obese, excessive abdominal fat
- Prone to puffy eyes
- oily face, sweating heavily, feeling “sticky”
- baldness at an early age
- sticky/sweet taste in mouth
- chest tightness and phlegm in throat
- big, white, greasy tongue with thick tongue coating
- snoring heavily at night
- uncomfortable in humid and rainy environments
- dark, cloudy urine
- susceptible to diabetes, metabolic syndrome, CVD



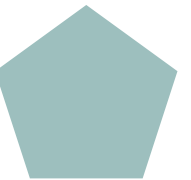
FOODS FOR PHLEGM-DAMPNESS

- ❖ **Vegetables:** winter melon, scallion, onion, daikon, celery, shiitake mushrooms, paprika or other mild spices, jicama, zucchini, chinese yam (shan yao), squash green leafy vegetables
- ❖ **Fruits:** loquat, apple, buddha's hand / citron
- ❖ **Grains and legumes:** azuki bean (hong dou), fava bean, lentil, coix seed (yi ren), millet
- ❖ **Protein:** plant-based protein from legume and whole grains
- ❖ **Other:** aromatic herbs such as thyme, rosemary, cilantro, oregano, corn silk tea
- ❖ **Herbs:** qian shi 芡实, he ye 荷叶, fu ling 茯苓, chen pi 陈皮, bai zhu 白术, shan zha 山楂, cao guo 草果, rou dou kou 肉豆蔻



FOODS NOT FOR PHLEGN-DAMPNESS

- ❖ cane sugar and baked sweets
- ❖ fatty meat and fried foods
- ❖ sticky, greasy foods
- ❖ alcohol
- ❖ high-sodium foods
- ❖ Iced beverage, frozen foods like ice cream
- ❖ sashimi and other raw seafood



RECIPES

1. Hawthorn Berry Tea

- Ingredients: shan zha 20g, he ye 10g, yi ren 10g, fresh citrus peel 10g
- Method: Rinse and soak everything for an hour and boil with 2 cups of water for 5 minutes.

2. Yi Ren Salad

- Ingredients: yi ren 30g, 1 box of leafy green of choice, shredded radish ½ cup, chopped salary 1 cup, corn kernel ½ cup, sea salt, ¼ tsp cardamom powder, black pepper and sea salt to taste.
- Method: Boil yi ren until they are cooked, around 40-60 minutes. In a pan with olive oil, saute everything except for the leafy green together and season. In the end of the cooking, add in leafy greens. Serve.

LIFESTYLE RECOMMENDATIONS:

- Stay away from humid environments, such as tropic rain forests, rainy days, and moldy places.
- If you live in a very humid climate, install an indoor dehumidifier.
- Keep the abdominal area warm.
- Avoid eating too much and feeling too full.
- Stay active by doing outdoor activities for a longer period of time (1-2 hours), such as walking, hiking, jogging, martial arts, qi gong, dancing, abdominal exercises, badminton, biking, etc.
Exercise in the afternoon (2-4pm) or during sunny weather.
- Take a sunbath from time to time; sauna and hot bath are good wellness choices as well.
- Learn to “move your mind” by doing some art projects, being creative in your way, and learning new things that interest you.
- Attend live shows, theatre performances, sports games, socializing events. .
- Avoid sitting and lying down too much. The goal is to move around as much as possible.
- Do not overthink. Try to cultivate determination and make strong, clear choices.

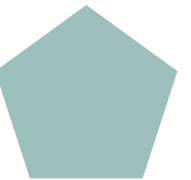
5. DAMP-HEAT 濕熱

- not specific in body shape
- irritable, short-tempered, impatient
- difficult to adapt to a humid environment or when the temperature is high
- oily face that is prone to acne and skin problems (especially eczema and itchiness)
- bitter taste in mouth, sometimes dry mouth and lips
- prone to have canker sores and bad breath
- tiredness with no energy to finish work



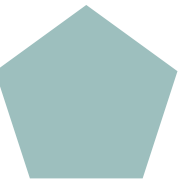
ACNE-PRONE
長痘

- dry stools, yellow/dark urine, urinary difficulties
- excessive vaginal discharge (thick/opaque/yellow), prone to UTI
- some men's scrotum appears wet
- prone to jaundice and liver diseases
- prone to pancreatitis
- red tongue with yellow/greasy tongue coating



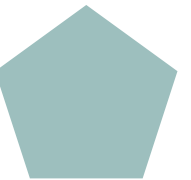
FOODS FOR DAMP HEAT

- ❖ **Vegetables:** celery, cucumber, winter melon, silk gourd, lotus root, bitter melon, napa cabbage, morning's glory, zucchini, tomato, green leafy vegetables
- ❖ **Fruits:** watermelon, strawberry, raspberry, blueberry
- ❖ **Grains and legumes:** azuki bean (hong dou), mungbean, coix seed (yi ren), millet
- ❖ **Protein:** lean fish, soy products like tofu, duck
- ❖ **Other:**
 - ❖ **Herbs:** lian zi 莲子, qian shi 芡实, xia ku cao 夏枯草, chrysanthemum 菊花, Chinese licorice 甘草, honeysuckle 金银花, fu ling 茯苓



FOODS NOT FOR DAMP-HEAT

- ❖ Beef, lamb, deer
- ❖ alcohol
- ❖ malt sugar or other refined sugar
- ❖ spicy pepper, chili oil, oily hot pot
- ❖ TOO MUCH ginger/turmeric, garlic, scallion
- ❖ SMOKING



RECIPES

1. Cooling Mungbean Soup/Drink

Ingredients: dried mung bean 3oz, yi ren 2oz, mint 15 pieces, sweetener to taste (recommend monk fruit extract)

Method: rinse and soak mung bean and yi ren overnight. The second day, in a pot, add all ingredients with 4-5 cups of water and cook until everything is soft (with lid on!). Add sweetener to taste. You can keep it simple and slightly sweet or savory by adding other vegetables, protein, and seasoning.

2. Millet Tabouleh Salad

The idea is to use millet rather than couscous for the traditional tabouleh salad.

<https://frommybowl.com/millet-tabbouleh/>

LIFESTYLE RECOMMENDATIONS:

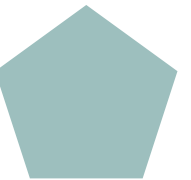
- Avoid hot, humid environments. Your living space should stay dry and ventilated.
- Avoid staying up late or overwork, especially in the hottest days of summer.
- Getting up early and keeping your bedroom tidy and uncluttered.
- Recommended exercises: high-intensity and/or long-lasting exercises, such as middle and long-distance running, swimming, mountain climbing, ball games, etc.
- Participate in cheerful and relaxing activities to relax your body and mind.
- Develop a hobby to cultivate patience and compassion, such as drawing, planting, fishing, and reading.
- Practice forgiveness.
- Pay attention to skin health. Visit a dermatologist if there is a skin issue.
- Wear loose, natural clothing instead of tight jeans and underwear.

6. BLOOD STASIS 血瘀

- forgetful, impatient, easily irritable.
- dull complexion, spots on the face, dark red lips, dark circles.
- prone to ecchymosis (bruises), varicose veins, and pain.
- hair loss and dry skin.
- dark, purplish tongue with prominent varicose veins under the tongue.
- during PMS, dysmenorrhea, amenorrhea, clotted blood clots in menstrual blood, and darker colored blood is common.
- uncomfortable in cold and windy environments.
- susceptible to bleeding, stroke, CVD, tumor.
- some experience bleeding tendencies, vomiting blood, and uterine bleeding.

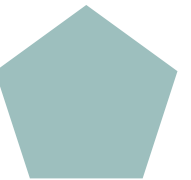


SKIN SPOTS
長斑



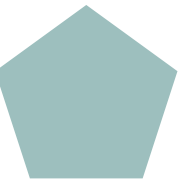
FOODS FOR BLOOD STASIS

- ❖ **Vegetables:** radish, beets, eggplant, garlic, ginger, fennel, onion, loofah/silk gourd/zucchini, Chinese broccoli, chives, artichoke, celery, asparagus, shiitake mushroom
- ❖ **Fruits:** tangerine, lemon, guava, papaya, mango
- ❖ **Grains and legumes:** black soybean, peanut, black rice, red rice
- ❖ **Protein:** silkie chicken (black-skin chicken), beef, salmon, lamb
- ❖ **Other:** aromatic spices like cinnamon, clove; rice wine, baijiu, red wine, good-quality aged vinegar, dark brown sugar/molasses,
- ❖ **Herbs:** dang gui 当归, chuan xiong 川芎, safflower 红花, apricot kernel 桃仁, san qi 三七, hawthorn berry 山楂, rose 玫瑰, goji 枸杞, dan shen 丹参



FOODS NOT FOR BLOOD STASIS

- ❖ TOO MUCH sweet potato and other sweet roots
- ❖ cream, heavy cream, whipped cream, ice cream, custard
- ❖ TOO MANY egg yolks or high cholesterol foods



RECIPES

1. Chicken Broth for the Blood

Ingredients: 1 whole chicken (or red meat bone), dang gui 20g, huang qi 10g, 5 ginger slices, 1 pinch saffron, chopped mixed mushrooms 1 cup, soaked raw peanut (or soybean) 2 tbsp, sea salt to taste, a splash of vodka or baijiu (optional)

Method: In a pot, stew everything (except for the alcohol and herbs) together for 1.5 hours. In the last 40 minutes of cooking, add all herbs and cook until the chicken is completely cooked. Season with sea salt. Add alcohol in last 10 minutes of cooking.

2. Saffron Herbal Rice

Ingredients: huang qi 10g, dang gui 5g, jujube 5-8, long yan 10g, red lentil 20g, brown or mixed grain rice 100g, a pinch of saffron.

Method: First, make a tonic of huang qi, dang gui, and saffron by boiling them in 2 cups of water. In a rice pot, add the tonic water and all other ingredients to make an herbal rice.

*this ingredient combo works for other rice dishes as well. If herbs are not available, what would you do?

LIFESTYLE RECOMMENDATIONS:

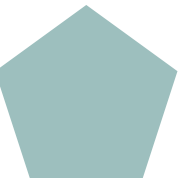
- Avoid cold environments and try wearing layers and stay warm as much as possible in winter, especially your head, back, and feet. Sleep early and get up later after the sun rises.
- Spring is an important season for you. It is important to pay attention to liver health, rise and sleep at regular times, and maintain a calm mind.
- Recommended exercises: dancing, Tai Chi, qi gong, self-massage, and other full-body exercises to activate qi and blood throughout the body. Being active with low-to-moderate intensity of exercises is one of the best ways to rebalance this constitution. Stop immediately during exercises and go to the hospital if you feel chest tightness, vertigo, nausea, and heart palpitation.
- Cultivate optimism to encourage qi and blood to flow smoothly. A positive mind and stable emotion is very important for this body constitution. Depression, negative energy, resentment, and solitude could worsen your symptoms.
- Take a food bath daily for 15 minutes before sleeping. You can massage your feet while submerging them in hot water.
- Visit a moxibustion practitioner regularly can help rebalance the blood stasis constitution effectively.

7. QI STAGNATION 氣鬱



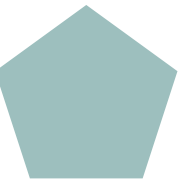
DEPRESSION
鬱悶

- thin to normal physique
- emotional unstable, melancholy, suspicious, depressed, nervous, anxious, timid
- often sighing
- heart palpitation
- forgetfulness
- chest tightness, tender breasts in women
- uncomfortable feeling in the throat
- respond poorly to stressful situations and mental stimulations, especially in winter, autumn, and rainy days
- poor sleep
- dry stool, normal urination
- Pale red, thin, or white tongue.



FOODS FOR QI STAGNATION

- ❖ **Vegetables:** green bean, garlic, ginger, fennel, onion, seaweed, leek, artichoke, daylily, carrot, seaweed, green bean
- ❖ **Fruits:** orange, lemon, tangerine and other citrus
- ❖ **Grains and legumes:** buckwheat, sorghum, peanut, pine nuts, pistachio
- ❖ **Protein:** egg, beef, lamb, lean pork,
- ❖ **Other:** aromatic spices and essential oil like cinnamon, clove, bergamot; chai
- ❖ **Herbs:** chen pi 陈皮, rose 玫瑰, jasmine 茉莉花, gan cao 甘草, chrysanthemum 菊花, loose leaf tea 茶



RECIPES

1. Floral Tea for Smooth Qi

Ingredients: roses 1 tbsp, chrysanthemum 1 tbsp, 1 small piece of fresh citrus peel or 1 tbsp of dried, mint to taste

Method: Steep in 1-2 cups of boiling water for 10 minutes.

2. Garlic stir fry

Ingredients: 3 cloves of garlic, celery, zucchini, cauliflower, green bean, onions, olive oil, sea salt, spice of choice

Method: Stir fry! Make sure to have 5 kinds of vegetables at least.

LIFESTYLE RECOMMENDATIONS:

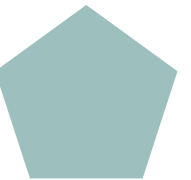
- Make sure your living space is well ventilated, and the decoration should be bright. Adjust your emotions on rainy days.
- In winter, sleep early and get up late after the sun rises. Take sunbath regularly and walk in nature often.
- Staying active is key to balance this constitution. Recommended exercises include jogging, climbing, martial arts, swimming, hiking, and qi gong / pranayama.
- Take the initiative to find happiness by watching cheerful inspirational movies, listening to music you love, and socializing with close friends to stay open-minded.

8. SPECIAL CONSTITUTION 特稟

- inborn weakness
- very sensitive to drugs, foods, smells, or other environmental allergens.
- often have nasal congestion, sneezing, runny nose, itchiness
- allergies, eczema, asthma
- health problems induced by seasonal changes

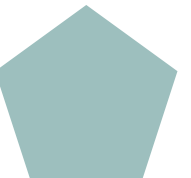


ALLERGY
過敏



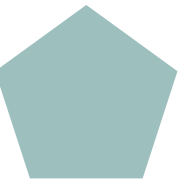
FOODS FOR SPECIAL CONSTITUTION

- ❖ **Vegetables:** as diverse, seasonal, and local as possible, as long as you are not allergic to it
- ❖ **Fruits:** as diverse, seasonal, and local as possible, as long as you are not allergic to it.
- ❖ **Grains and legumes:** gluten-free oats, white rice, sticky rice
- ❖ **Protein:** plant-based protein, lean pork, chicken
- ❖ **Other:** broth and soup, shiso leaves, probiotics
- ❖ **Herbs:** reishi 灵芝, huang qi 黄芪, da zao 红枣, goji 枸杞, ginseng 人参, tai zi shen 太子参



FOODS NOT FOR SPECIAL CONSTITUTION

- ❖ Barley and gluten foods and beverage
- ❖ Eggplants and other nightshades
- ❖ chili peppers
- ❖ Coffee
- ❖ Shellfish
- ❖ Peanuts and other nuts
- ❖ Dairy
- ❖ Eggs
- ❖ Processed foods, packaged foods
- ❖ Specific allergen that you are allergic to or have sensitivity against



RECIPES

1. Reishi Mushroom veggie soup

<https://www.cbc.ca/life/thegoods/reishi-mushroom-veggie-soup-1.5032793>

2. Enoki Noodle Soup

<https://www.mushroomcouncil.com/recipes/enoki-miso-noodle-soup/>

Recommend adding 3 more vegetables.

LIFESTYLE RECOMMENDATIONS:

- Pay special attention during seasonal changes and be mindful to notice changes in the body in order to identify allergens.
- Be cautious when common allergens are present: pollen, dairy, egg, red meat, garlic, dust, smoke, animal hair, mold, stress, cosmetics, cleaning products, rubber, alcohol, antibiotics, fragrance, shellfish, gas, etc.
- In spring, it is essential to stay warm by wearing layers, especially for hands, feet, and abdominal area. Exercise lightly indoor and wear sun protection at all times in Spring.
- In autumn, allergies tend to worsen. Try to stay indoors a bit more or wear a mask when going out.
- Stay positive and communicate your allergies with your friends, family, and health practitioner. It is nothing to be ashamed of.
- Use natural, eco-friendly products.
- Try to start your meal with a fruit, then a soup, then fresh vegetables, roots, starch, and the last protein, if you suffer from food-related allergies.
- The special Allergic constitution is the most complicated, since recommendations need to be given on individual cases. We recommend you to reach out to a practitioner near your area.

9. NEUTRAL 平和

- strong physique
- stable emotional or mental state and feel optimistic
- lustrous complexion and hair, bright eyes, proper senses of smell and taste, red and moisture lips
- uneasy to feel fatigue, good sleep and appetite, normal bowel and urinary habits
- adaptable to environmental changes.



- MIXED TYPES
- VARIED DEGREE
- CHANGEABLE

TCM Nine Body Constitution Types

中医九种体质类型



Neutral Type
平和型



Qi Deficiency Type
气虚型



Yang Deficiency Type
阳虚型



Yin Deficiency Type
阴虚型



Blood Stasis Type
血瘀型



Phlegm & Dampness Type
痰和湿气型



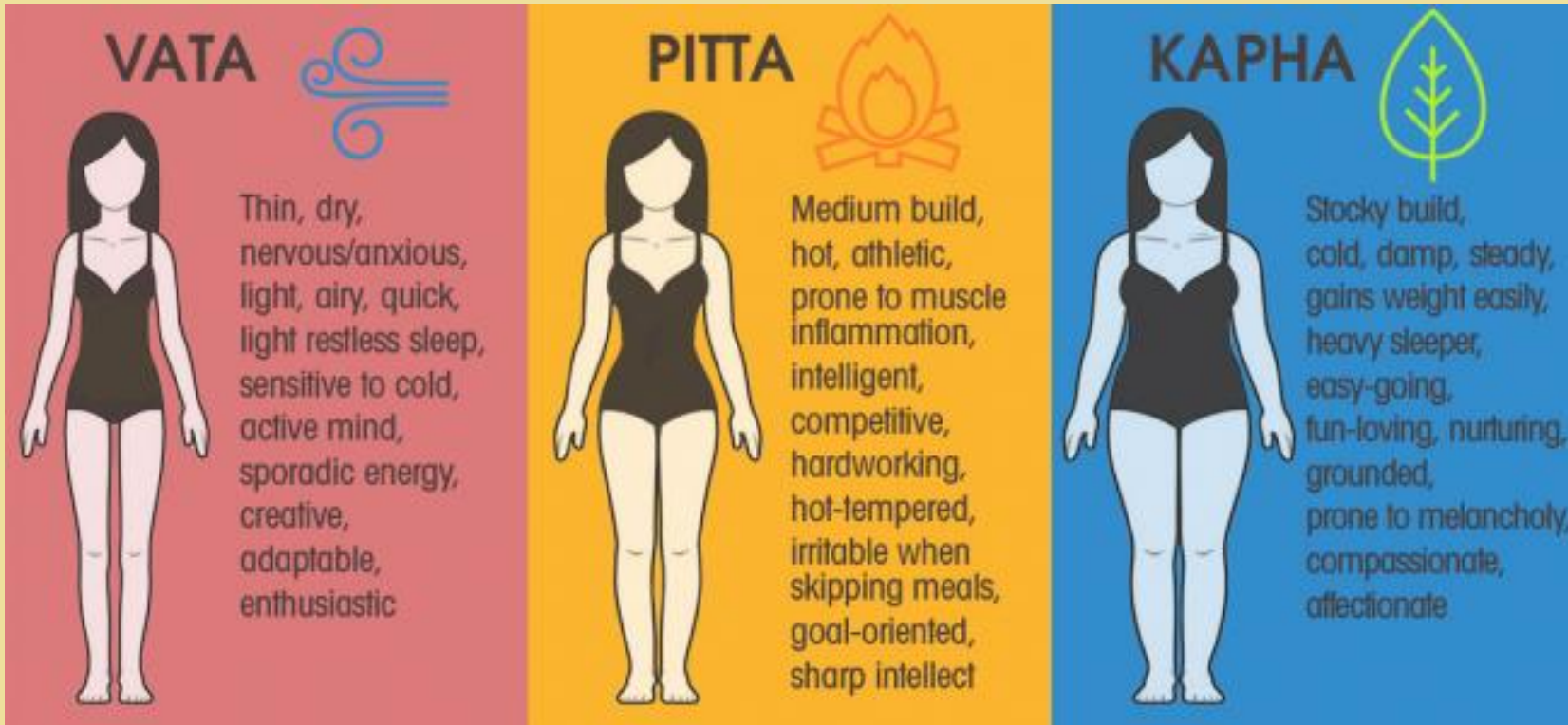
Damp-Heat Type
湿热型



Qi Stagnation Type
气郁型



Special Constitution Type
特禀型



AYURVEDIC BODY CONSTITUTIONS

REFERENCES

TCM Constitution Classification Standard and Self-test by China Academy of Chinese Medical Sciences

<https://fiveseasonstcm.com/pages/the-9-body-constitution>

Five Seasons TCM Body Constitution Quiz