



## Dietary Guidelines for Heart Yang Deficiency

[www.BalancePointOkanagan.com](http://www.BalancePointOkanagan.com)

Heart Yang Deficiency in TCM is often caused by chronic illness, emotional stress, poor diet, or aging. It can result in symptoms such as cold limbs, chest discomfort, shortness of breath, fatigue, and palpitations. Individuals may also experience a pale complexion, a weak pulse, and a feeling of coldness in the chest. In severe cases, symptoms can include edema and a sense of oppression in the chest. TCM treatment focuses on warming and strengthening Heart Yang using warming foods, herbal remedies, acupuncture, and lifestyle changes, such as avoiding cold environments and stress.

### Treatment Goals for Heart Yang Deficiency with Diet:

**Warm the Body:** Focus on warming foods and beverages to support Heart Yang. Include options like ginger, cinnamon, and lamb.

**Strengthen Yang:** Incorporate foods that boost Yang energy, such as nuts, seeds, and warming spices like black pepper.

**Avoid Cold and Raw Foods:** Steer clear of cold and raw foods, as they can further weaken Heart Yang. This includes cold drinks, salads, and ice cream.

**Moderate Fluid Intake:** Avoid excessive consumption of fluids, particularly cold drinks, to prevent overwhelming the heart.

**Protein Intake:** Opt for warming proteins like lamb and chicken. Limit intake of cold proteins such as seafood.

**Stay Warm:** Maintain a warm body temperature and avoid exposure to cold environments.

**Mindful Eating:** Eat regularly and avoid skipping meals. Include warming, nourishing foods in your diet.

By following these dietary treatment goals, individuals can effectively manage symptoms of Heart Yang Deficiency, promote Heart health, and restore balance in accordance with Traditional Chinese Medicine principles.

### Foods Recommended for Treating Heart Yang Deficiency

**Warming Vegetables:** Onion, Leeks, Garlic, Winter Squash, Sweet Potato, Pumpkin

**Warming Fruits:** Cherries, Blackberries, Raspberries, Grapes, Lychee

**Warming Proteins:** Lamb, Chicken, Turkey, Venison, Beef

**Warming Grains:** Oats, Quinoa, Brown Rice, Buckwheat, Millet

**Nourishing Legumes:** Black Beans, Kidney Beans, Lentils

**Healthy Fats:** Walnuts, Almonds, Sesame Seeds, Coconut Oil

**Herbs and Spices:** Ginger, Cinnamon, Black Pepper, Cloves, Ginseng

**Beverages:** Ginger Tea, Cinnamon Tea, Chai, Warm Water with Lemon

These warming foods and herbs can help support Heart Yang, improve circulation, and enhance overall vitality.

### Foods to Avoid When Treating Heart Yang Deficiency

**Cold and Raw Foods:** Salads, Cold Beverages, Ice Cream, Raw Vegetables

**Cooling and Damp Foods:** Cucumbers, Watermelon, Tomato, Tofu, Dairy Products

**Excessive Fluid Intake:** Large amounts of water, especially cold water, and cold beverages

**Bitter and Cooling Herbs:** Chrysanthemum, Mint, Dandelion, Green Tea

**Processed and Refined Foods:** Processed Snacks, White Bread, Sugary Foods

**Avoid:** Cold foods and drinks, excessive intake of raw foods, and foods with a cooling nature. These can weaken Heart Yang energy and exacerbate symptoms.

### Additional Lifestyle Tips for Managing Heart Yang Deficiency

1. **Regular Meals:** Eat meals at consistent intervals and avoid skipping meals to maintain stable energy levels and support digestion.
2. **Hydration:** Drink plenty of water throughout the day, but avoid iced or overly cold drinks, as they can disrupt the digestive process.