



Dietary Guidelines for Stomach Yin Deficiency

www.BalancePointOkanagan.com

Stomach Yin deficiency in TCM is often caused by chronic illness, prolonged heat exposure, excessive consumption of hot and spicy foods, smoking, chronic stress, aging, irregular eating habits, and poor diet. These factors deplete the stomach's Yin energy. Symptoms include a burning stomach sensation, dry mouth and throat, hunger without desire to eat, constipation, dry stools, nausea, red tongue with little coating, thin physique, mild feverish sensations, and irritability. Dietary adjustments, lifestyle changes, and TCM therapies can help restore balance.

When treating Stomach Yin deficiency in TCM, the dietary goals focus on nourishing Yin, moistening the stomach, and clearing heat. This involves incorporating foods with cooling, hydrating, and moistening properties while avoiding those that exacerbate dryness and heat.

Key Dietary Goals:

Nourish Yin: Consume foods known for their Yin-nourishing properties, such as pears, apples, watermelon, grapes, tofu, almonds, and sesame seeds.

Moisten the Stomach: Include foods that help to moisten and hydrate the stomach, like pears, asparagus, spinach, and honey.

Clear Heat: Integrate foods with a cooling effect on the body to help clear excess heat. Examples include cucumber, lettuce, chrysanthemum tea, and mung beans.

Avoid Drying and Heating Foods: Steer clear of foods that are hot, spicy, or dry, such as garlic, onions, ginger, hot peppers, deep-fried foods, and alcohol.

Promote Gentle Cooking Methods: Use cooking methods that retain moisture in foods, such as steaming, boiling, and stewing, rather than frying or grilling.

By following these dietary goals, individuals can help restore Stomach Yin balance, alleviate dryness, reduce heat, and support overall stomach health.

Recommended Foods

Grains: Barley, Millet, Oats, Rice

Vegetables: Asparagus, Spinach, Swiss Chard, Sweet Potato, Yam, Bok Choy, Celery, Cucumber, Lettuce, Pumpkin

Fruit: Pear, Apple, Watermelon, Banana, Blueberries, Grapes, Kiwi, Mango, Blackberry

Legumes: Black Bean, Mung Bean, Kidney Bean, Tofu

Nuts and Seeds: Walnuts, Sesame Seeds (especially black), Almonds, Pine Nuts

Meat and Eggs: Pork, Eggs, Duck

Herbs and Spices: Goji Berries, Dandelion Root, Licorice Root, Lily Bulb, Honey

Beverages: Herbal teas; (eg Chrysanthemum, honeysuckle), Fresh Fruit Juices (not iced)

Cooking Methods: Steaming, Boiling, Stewing, Light Stir-Frying with minimal oil.

Foods to Avoid

Hot and Drying Foods: Garlic, Onions, Chives, Ginger, Cinnamon, and Other Warming Spices, etc.

Spice and Pungent Foods: Hot Peppers, Mustard, Radishes, Spicy Sauces and Condiments, etc.

Deep Fried or Greasy Foods: French Fries, Fried Chicken, Chips, Doughnuts, etc.

Salty or Processed Foods: Canned Soups, Salty Snack Foods.

Alcohol and Caffeine: Coffee, Tea, Alcoholic Beverages, (Beer, Wine, Spirits)

Meat: Processed Meats (sausage, bacon), Red meat (especially fatty cuts)

- Eat Meals at regular intervals and don't skip meals.
- Drink plenty of water throughout the day but avoid iced or overly cold drinks.
- Incorporate moderate exercise such as Tai Chi or going for walks to enhance Lung function.
- Manage stress through relaxation techniques such as mediation or breathing exercises.