



Four Flowers Wellness

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YIN DEFICIENCY

Beneficial Foods

- almonds
- apple
- azuki beans
- banana
- barley
- beets
- black beans
- bone marrow
- butter
- cheese (preferably raw)
- chicken
- clam
- coconut
- coconut oil
- duck
- eggs
- flaxseed oil
- hops
- kelp
- mackerel
- mango
- meats
- melon
- milk
- millet
- mulberries
- mung beans
- mushrooms
- mussels
- nuts & seeds
- oat
- olive oil
- oysters
- peanuts
- pork
- pork kidney
- potato
- rice
- sardines
- spirulina
- squash
- squid
- string bean
- sweet potato
- tempeh
- tofu
- wheat
- wood ear mushrooms
- yogurt
- zucchini

LUNG YIN

- apple
- banana
- butter
- cheese
- fig
- kelp
- loquat
- milk
- oyster
- pawpaw
- peach
- pear
- pine nuts
- pork
- seaweed
- soy milk
- spirulina
- strawberry
- string bean
- tempeh
- tofu
- tomato
- white & black wood-ears

STOMACH YIN

- apple
- asparagus
- banana
- barley
- butter
- lychee
- milk
- millet
- mung beans
- orange
- pineapple
- plum
- pomegranate
- slippery elm
- sweet potato
- tofu
- white wood ears

KIDNEY YIN

- barley
- black beans
- black sesame seeds
- black soy beans
- black wood ears
- blackberries
- blueberries
- duck
- millet
- pork
- seaweed
- string beans
- tofu



FOODS TO AVOID

- alcohol
- basil
- chilies
- cinnamon
- citrus
- clove
- coffee
- curry
- game birds
- garlic
- ginger
- lamb
- leeks
- onion
- pickles
- prawn
- shallots
- spices
- tea
- veal
- vinegar
- wasabi

Special Preparations:

- Soups, broths, and stews.
- Gentle and moist cooking methods, such as braising and steaming.

***Grains & Legumes:** All grains and legumes should be soaked overnight prior to cooking. Only consume grains and legumes if they are foods that you tolerate well.

***Dairy:** Dairy products should only be consumed if well tolerated. Many people find goat dairy easier to digest than cow's milk products. Only full fat should be used.