

## So-eum (Lesser Yin) Recommendations and Guidelines

### **Diet:**

The enclosed diet guidelines are designed to warm and strengthen your stomach, spleen and pancreas by putting an emphasis on foods, which are strong in fire and warm, dry earth energies. These are called “warming” foods and you should include plenty of them in your daily diet. Even if these are the kinds of foods you often eat, you should make a point of eating more of them on a daily basis. It is also important to avoid the foods, which are strong in cold, wet energies called “cooling” foods. You will feel considerable benefit from following these diet guidelines. They should be followed all your life, even in good health, to provide consistent balance. Putting more warmth into your stomach can create better balance for all five organs, produce less anxiety and give better balance to your emotions.

Please remember that adding more warming foods to your diet does not balance out any cooling foods you may eat. You must be sure to strictly avoid cooling foods otherwise the diet will not create a significant improvement in your energy balance.

The So-eum Constitution is a relatively broad category and there are many different varieties of So-eum people, varying according to the specific elements they were born with. Thus the proportion of warming to neutral foods that an individual will do best with will vary from person to person. You can determine the ideal proportion for yourself by varying the proportions and observing how your body responds. Generally, if you are not experiencing improvements in your health, it is because your diet is not warm enough.

I recommend beginning with approximately 70-80% warming foods to 20-30% neutral foods. If your body does not feel warmer after two weeks of eating this way, then increase the proportion of warming foods until you feel noticeable benefits. When your body feels more balanced you can reduce the proportion of warming foods to anywhere from 20-40%. It is possible to overdo the warming foods over the long term, so cut back on them if you feel any unpleasant side effects such as excessive gas or fatigue. Your body will never benefit from eating cooling foods. If you feel you need to go more cooling after you are established on the So-eum diet then just increase the proportion of neutral food.

Depending on the balance in your natal chart you may also need to avoid either liver or lung strengthening foods. This information is included on the Diagnosis Specifics page.

In general you should eat warm, cooked food rather than too much cold-temperature or raw foods. Eating some salad or raw fruit is fine three or four times per week. I also recommend that you refrain from drinking cold beverages. Beverages should be at least room temperature or warmer. Generally people of your constitution tend to eat too much neutral food and not enough warming food. Even though you may already be in the habit of eating some warming foods it is important to include more of these foods in your diet on a daily basis.

Many of the foods generally eaten in our society are suited to this body constitution and there are only a few that need to be avoided. But it is very important to avoid the foods listed as cooling for they are very damaging, particularly pork, beer, tea and salt.

Your body constitution is not one that is suited to a vegetarian diet, because your energies are so cold. You should include lamb or chicken in your diet at least two or three times a week. Lamb

is preferable as its energy is extremely warm and soft. It is excellent medicine for calming the emotions. The only meat you need to avoid is pork and you should strictly avoid it.

Some So-eum people also need to avoid beef. This information is on the Diagnosis Specifics page. If you must eat a vegetarian diet for religious or moral reasons then you must make an extra effort to include enough of the warming foods from vegetarian sources and include lots of spices.

**AVOID COOLING FOODS:** pork, barley, buckwheat, beer, cucumbers, aduki beans, mung beans, black beans, grapes, grape wine, melons, watermelon, persimmons, bamboo shoots, rhubarb, octopus, black and green tea, mint and salt. (If you can eat lung building food, you may eat pears but only at the same meal you eat beef. This information is on the Diagnosis Specific page.)

**TAKE ONLY OCCASIONALLY:** strawberries, eggplant, sparkling water

**EAT PLENTY OF WARMING FOODS:** lamb, chicken, onions, garlic, ginger, sweet and hot peppers, ginseng, peanuts, honey and other healthy sweets, dates, apples, citrus fruit, apricots, peaches, bananas, cinnamon, nutmeg, spicy foods, potatoes, winter squash.

Salt is very cooling and you should make every effort to reduce the amount of salt in your diet. Read labels and always choose the brand with the least salt. There are salt substitutes but they tend not to be salty in flavor. Dulse or kelp granules are neutral and since they are seaweed have a slightly salty taste. As you become accustomed to eating less salt you will lose your craving for it.

You should always avoid drinking beer for it is very damaging for your energies and over the long term can create arthritis in someone of your body constitution. Red or white wines should also be avoided. These are made from grapes and have cold energy that can cause joint pain. Alcohol in general is warming and can be beneficial if taken in small doses as medicine. Alcoholic beverages that are made from fruit or grains that are warming or neutral are beneficial taken in small amounts occasionally. Scotch, like beer, is made from barley and should be avoided. If you have any problems with alcohol addiction and have been avoiding alcohol then please continue to avoid it.

Although coffee, chocolate and sugar are categorized as warming, I do not recommend their consumption, as they do not promote health. Coffee has very rough energy and contains many toxic pesticides and fertilizers if grown in third world countries. If your Diagnosis Specifics say that you have rough energy then coffee is especially detrimental. If you feel the need to have coffee occasionally try to find organic coffee. Coffee also is a bladder irritant so long-term consumption can cause incontinence or other urinary problems. Ginger and spice teas will boost your energy and clear your mind. It is recommended that you drink them in place of coffee.

White and brown sugar should be substituted with honey, maple syrup, warming or neutral fruit juice or rice malt. You may also eat dehydrated cane juice (marketed as "sucanat"). However, evaporated cane juice is not sucanat but a more refined, white sugar and is not recommended. I also caution against the use of artificial sweeteners such as NutraSweet or Aspartame found in "sugar-free" foods. Stevia is an herb and natural sugar substitute that you may use. Sweet foods in general warm and strengthen the stomach/spleen energy so are beneficial for you, but it is important to be selective and choose natural sweeteners that promote health.

You should eat your largest meal in the middle of the day and avoid eating a big meal late when the energy of the stomach is at its minimum. Breakfast should be eaten within an hour of arising. If it is not possible for you to have a large meal in the middle of the day then you should eat a larger breakfast. You should try to finish dinner at least 2 hours before bedtime. If you eat late in the evening the food is not efficiently digested. It becomes a burden for the stomach and will stay in the body too long. If this becomes a long-term habit it can actually become the source of many health problems.

### **Exercise:**

In So-eum people the predominantly yin energies settle into the lower body. The energies circulate sluggishly and not efficiently into the upper body. For these reasons regular exercise is recommended. Exercise of the upper body is particularly recommended, and sports such as swimming, tennis, rowing, kayaking, anything that uses the upper body, are particularly beneficial. Exercise that uses mainly the lower body, such as cycling, should be kept to a minimum.

Joining a gym or health club and getting the upper body exercise you need is a good idea. Begin with a warm-up exercise such as the rowing machine or other full body aerobic exercise, and then use the circuit weight machine equipment for upper body. After getting plenty of upper body exercise do a little lower body exercise and alternate back and forth between upper and lower body, finishing your workout with more upper body. You should do approximately 70% upper body and 30% lower body exercise.

Check with your doctor first before beginning an exercise program and always get proper instruction so that you do not overdo it at the beginning of your exercise program.

### **Meditation:**

Some kind of breathing practice could be very helpful and very healing for you. Your emotions can easily arise, particularly anxiety, and it is important not to follow or go along with these emotions as they create confusion and can actually damage your physical health. Spiritual practice can play an important role in controlling and protecting your health as well as deepening your spiritual understanding.

### **Other recommendations:**

You would be most suited to living in a climate that is warm and dry, or at least a moderate climate. A cold wet climate is the least suited to you.

You will notice on the food list that mint is cooling. Many people ask if it is necessary to avoid mint that is found in toothpaste, mouthwash etc. It is not necessary to avoid mint if you are not ingesting (swallowing) it. However, some "natural" toothpastes that are flavored with either anise or cinnamon would be preferable.

Drinking pure, clean, fresh water is also important. Water makes up a large percentage of the body, so it is extremely important that the water we drink and cook with is pure and safe. Here in North America, as well as in many parts of the world, public drinking water can contain many contaminants. Chlorine and chlorine by-products, lead from pipes, asbestos from the rock bed, pesticides that get into water tables and reserves, arsenic, and many parasites such as cryptosporidium and giardia form in the drinking water reserves. Public treatment plants cannot remove and usually do not monitor for these contaminants. For people with weakened or

vulnerable immune systems such as young children, the elderly, those who are HIV positive or who have had chemotherapy or other cancer treatments, bone marrow or organ transplants, these parasites in the drinking water can be fatal. It is strongly recommended that you purchase a good quality water filter that attaches to your tap or water supply.

These nutrition and lifestyle recommendations should be followed all of your life to provide consistent balance for the cold, wet internal energies with which you were born. The energy indicated in your birth chart remains the same and does not fundamentally change. You can enjoy good health if you eat the foods that benefit your individual body constitution.

I hope you will try the guidelines and experience their effects. Only by this experience can you judge if the analysis is correct or not. If you make a genuine effort to follow the diet you should begin to feel benefits within seven to ten days. I would be interested to receive a response from you after you have tried the diet for a few weeks. I appreciate your feedback and want to help you with a diet that benefits you. I hope that this will provide a clearer understanding of your body and emotions. If you have any questions or any difficulties, please feel free to contact me.

For questions about your Qi Balance Constitution Diagnosis or diet please call me, at (707) 280-0485 or email at [tracy@qibalance.net](mailto:tracy@qibalance.net). Office hours are 9:00 AM to 6:00 PM, Monday through Thursday, Pacific time. Or read the [blog](#) on my website or sign-up on my email list at the bottom of the blog page.

**Refund policy:** Constitution Diagnosis is a consultation. Fees are paid in exchange for the advice, knowledge, skills and time of the practitioner, and are non-refundable. We are happy to provide nutritional support and respond to any questions once you have begun following the recommendations.

**Disclosures:** The majority of our customers experience improved health by following our nutritional recommendations. However, we make no guarantees that the information or services we offer will provide complete cures for any or all health problems. We give no assurance, warranties or guarantees on any medical outcome.

## Menu Suggestions So-eum (Lesser Yin)

Generally speaking, people of the So-eum Constitution do not require a radical change in their diet in terms of the foods they eat. The important thing is to make sure you strictly avoid all cooling foods and include plenty of warming foods in your diet. In general I recommend a moderately low-fat diet, so if you have a choice of items select the one lower in fat.

### **Especially Recommended:**

**Lamb:** Make hamburgers with ground lamb. Spread herbed goat cheese and Dijon mustard on the buns. Top with grilled or fried ground lamb and sliced red onions.

**Ginger & Honey Paste:** Grind together 4-5 peeled heads (not cloves) of garlic, ½ lb. fresh ginger, 10 Chinese red dates. Add enough honey to make a peanut butter-like paste. Let sit 5-7 days, then refrigerate. Eat a spoonful as often as you wish or add to dishes as a seasoning.

### **Breakfast:**

It is best to have breakfast about one hour after you wake up. These are examples of possible breakfasts.

1. Toast of whole wheat bread with honey and peanut butter
2. Date, almond or cinnamon bread, toasted
3. Banana with peanut butter
4. Hot cereal made of wheat, rye or oats.
5. Eggs in any form including omelets

### **Lunch or Dinner:**

If your schedule allows you to eat a large, hot meal for lunch, this is the best time of day. If you are limited to a light, quick meal at lunchtime, try to have something substantial for breakfast. Plan to finish dinner early, at least two hours before bedtime.

1. Sandwiches using whole wheat or rye bread. Fill with turkey, chicken, goat cheese, greens, red onion or chives, mustard, and pepper.
2. Egg, tuna or chicken salad made with onions.
3. Salads with garlic, onions, peppers, chicken, turkey, ginger, eggs
4. Casseroles, pasta with spicy tomato/garlic sauce
5. Lamb curry with vegetables
6. Chili con carne
7. Baked acorn squash with cinnamon, nutmeg, honey, walnuts etc.

### **Beverages:**

1. Replace coffee with spice teas containing cinnamon, ginger, or honey bush
2. Make chai using Rooibos tea
3. Add ginseng to ginger tea
4. Add fresh citrus to water
5. Add honey to all of the above