

# Yang Deficiency

## Information Sheet



During a Chinese medicine consultation your practitioner will ask you lots of different questions about your presenting issue, as well as other physical and psychological symptoms. This allows us to identify patterns of disharmony that might involve new concepts such as qi, yin, yang, phlegm, damp and blood.

This handout is designed for you take away after your consult to provide extra information about the pattern we call Yang Deficiency, along with some food and lifestyle modifications that can supplement the acupuncture and/or herbal treatment you are receiving.

### Definition

Yang is the warming, moving, energetic, protective and functional aspects of the body. In comparison, yin is the soft, cool, fluid, nourishing and moistening aspects. Yang includes 'qi' energy which continually moves through the body to ensure all organs function correctly. Yang includes 'defence qi', which circulates in the skin and muscles to warm and protects us from invasion by

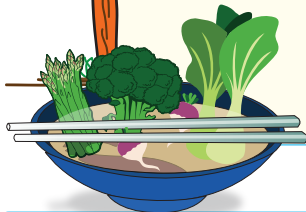
colds and flu. One example of a yang function in the body is the transformation of food essences into qi that is then transported through the body to give us vital energy. Yang deficiency may be caused by an overconsumption of cold or raw foods, excessive physical work, chronic illness or overwork.

### Symptoms

When yang is deficient, the body fails to be warmed and so you might be experiencing cold symptoms. This can include a general feeling coldness, cold hands and feet,

pale and frequent urination, loose stools, poor appetite, fluid retention, extreme tiredness and weak limbs.

### Food



Incorporate a selection of warming foods and use heating methods of food preparation to build yang. Warming foods you can select from include oats, sunflower seeds, sesame seeds, walnuts, chestnuts, rice, corn, and buckwheat. Warm natured vegetables include parsnip, sweet potato, onions and leeks. Warm natured fruits are cherries, most stone fruits and dates.

Intensely hot spices such as hot peppers and cayenne should only be in very small pinches so as not to induce a sweat. To increase the warming nature of foods, add ginger, cinnamon, cloves, basil and rosemary to existing meals you love to make. Avoid raw and cooling foods, especially foods or drinks straight out of the fridge or freezer, as these will quickly deplete yang.

### Life Style

To build yang we need to build fire within the body and we can do this by keeping warm and moving. All types of physical exercise produce heat which increases the power of yang.

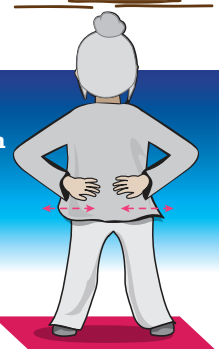
Choose any activity that you enjoy and pursue them with passionate engagement. By actively participating in life we naturally build yang.

### YouTube



Here is a link to the Gate Of Hope's Qi Gong video that demonstrates a basic sequence of movements with breath to stimulate the function of different organs in the body. While all the organs movements are important, focus on stimulating the Kidneys and Spleen to build Yang.

Go to the YouTube channel:  
<https://youtu.be/jmLICEsNR E>



For more information talk to your practitioner on your next visit.  
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