

# Yin 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 Yin Deficiency, along with some food and lifestyle modifications that can supplement the acupuncture and/or herbal treatment you are receiving.

### Definition

Yin is the soft, cool, nourishing and moistening aspects of the body. In comparison, yang includes the warm, moving, energetic, protective and functional aspects. Yin includes body fluids and blood, and has a nutritive effect on the internal organs to ensure the body remains well hydrated, soft and supple.

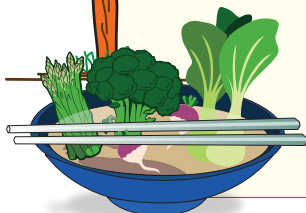
In the case of yin deficiency, body fluids may become deficient due to over consumption of hot drying foods, long term overwork, fever and sweating during acute illness, long term illness or vomiting and diarrhoea. Acute or chronic blood loss or anaemia can also lead to fluid depletion and yin deficiency symptoms.

### Symptoms

When yin is deficient you might experience feelings of heat, especially in the afternoon and evening, flushed cheeks, low fever, and hot sweaty palms and soles.

There may be signs of dryness such as thirst, constipation, dry skin, mouth and tongue, with dry cough. Other indications include cramping, vertigo, insomnia, irritability, excessive thoughts and worry.

### Food



Food should be enjoyed and accepted loving into the body so that we are open to being fully nourished by what we eat. Digestion is enhanced by relaxing during meals. Avoid working or watching television, instead focus on enjoying the meal in a relaxed posture. Always chew food well so that our digestive organs do not have to work as hard to extract essential nutrients.

Incorporate a variety of foods that build yin in the diet such as wheat, rice, seaweed,

tofu, beans (kidney, mung and black beans), beetroot and string beans. Fruits such as grapes, blackberry, raspberry and watermelon. Animal products that build yin include eggs, oysters, sardines, duck, beef and pork. Soups, stews and congees are good way to incorporate more water in diet.

When heat signs are prevalent, incorporate some cooling foods such as pears, radish, bok choy, broccoli, cauliflower, crabs and clams.

### Life Style

Yin includes the water of the body which is both a lubricant and fuel. When yin is strong we have a good reserve of nutrients to build and repair tissues and there is plenty of water in the well to draw from. When yin is depleted, we have been running on empty for a while and it is important to take time to replenish reserves. Rest is absolutely vital to rebuild yin,

especially getting adequate sleep at 'yin times'. The later we go to bed, the more yin we burn. The earlier we go to bed and the more restful the sleep, the more we can build yin up. This is especially important after a period of illness or prolonged physical activity, when the body needs time to repair and recover.

### 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 Liver to build Yin.

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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