

Cholecystonia (Wood/Wind Yin)

Relative order of excess to deficient organ:

Gallbladder/Liver > Small Intestine/Heart > Stomach/Spleen > Bladder/Kidney > Large Intestine/Lung

General Inclination (tendencies, not absolute):

Cholecystonias are often naturally charitable and sociable. They have overall a soft characteristic and a gentleness to them. They are generally decisive, and adaptable which enables them to maintain a large network of relationships and easily adapt to various social environments. Their natural athleticism and developed muscles, especially enhanced with a meat diet, permit them to be excellent athletes.

When healthy, Cholecystonias require plenty of sleep, and they feel good after sweating.

Cholecystonias who do not follow their proper regimen: tend to get large intestine problems, discomfort around belly area, sometimes feel having heavy legs, suffer from insomnia, have tendency to become alcoholic and/or get depressed.

They tend to get sleepy after eating green vegetables, and easily have diarrhea after eating melons, raw fish or sea food.

Sometimes running to bathroom right after eating food is also common in Cholecystonias. Inflammation, ulcer of the stomach, duodenal ulcer, rheumatoid arthritis, inflammation of the liver, and easily having gallstones are resulted from improper food intake for them.

It should be noted that seafood suppresses their already weak large intestine and stimulates naturally excited gall bladder/liver and cause illness. Consumption of seafood may also cause high cholesterol, arthritis, skin problems, and obesity. When ill, Cholecystonias tend to lose their charitable nature, grow negative and anxious.

Food Group	Beneficial	Moderate/Better Avoid	Harmful
Animal Protein	Grass Fed: Beef, Butter, Cheese, Sour Cream, Yogurt; Egg White, Egg Yolk, Fresh Water Fish, Goat Cheese, Quail Eggs,	Chicken, Duck, Goat, Lamb, Milk, Turkey, Wild Salmon	Shellfish, Ocean Fish (except wild salmon), Saltwater Fish, Pork
Vegetarian Protein	Adzuki Bean, Black Beans, Blackeye Bean, Cashew, Chestnut, Fermented Soybean (Natto), Garbanzo Bean, Green Bean, Hazelnut, Kidney Bean, Lentil, Lima Beans, Navy Bean, Pea, Peanut, Pecan, Pinenut, Pinto Bean, Pistachios, Red Bean, Sesame Seed, Soybean, Walnut	Water Chestnut	
Root Vegetables	Beets, Burdock Root, Carrot, Daikon, Radishes, Lotus Root, Parsnip, Potato, Sweet Potato/Yam, Taro, Turnip		
Grains	Non-GMO: Amaranth, Job's Tears, Oat, Quinoa, Spelt, Wheat (Bran, Germ), White Rice	Barley, Brown Rice, Crusted Rice, Millet, Mung Bean, Rye, Sweet Rice	Buckwheat
Vegetables	Avocado, Bok choy, Chive, Corn, Eggplant, Endive, Fennel, Garlic, Green Onion, Leek, Mushroom, Onion, Pumpkins, Scallion, Shiitake Mushroom, Spinach, Zucchini	Alfalfa, Artichoke, Asparagus, Bamboo Shoots, Bell Pepper, Broccoli, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Cucumber, Kale, Lettuce, Radicchio, Tomato	
Fruits	Apple, Asian Pear, Blueberry, Boysenberry, Coconut, Figs, Lychee, Mango, Mulberry, Pomegranate, Tart Cherry	Apricot, Blackberry, Cherry, Dates, Grapefruit, Kiwi, Lemon, Lime, Melons, Orange, Papaya, Peach, Plum, Raspberry, Tangerine	Banana, Cranberry, Grapes, Persimmon, Pineapple, Plantain, Strawberry
Herbs	Arrow Root, Basil, Chia Seed, Dill, Flax Seed, Honey, Mint, Schisandra Berry, Tarragon	Aloe Vera, Cilantro, Dandelion, Jujube, Parsley, Watercress	Cornelian Cherry, Ginseng, Goji Berry, Quince, Reishi Mushroom
Sea Plants		Nori, Seaweeds	
Spices	Anise Seed, Cardamom, Cinnamon, Curry, Ginger, Lavender, Mustard, Nutmeg, Oregano, Rosemary, Saffron, Thyme, Turmeric, Wasabi, Hot Pepper	Horseradish, Black Pepper	
Oils	Coconut, Grass Fed Butter/Ghee	Avocado Oil, Sesame, Olive	Grape-seed Oil, Canola, Corn, Safflower, Soy, Sunflower

Beverages	Chamomile Tea, Citrus Tea, Coconut Water, Coffee (1 cup/day), Mint Tea, Warm Water	Ginger Tea, Quince Tea	Alcoholic Beverage, Black Tea, Cold Water, Ginseng Tea, Green Tea, Sodas
Favorites/Snacks	Grass Fed Yogurt, Nuts/Seeds/Fruits that are good for you.		Chocolate, Cocoa, Ice, Smoking
Minerals	Amber, Carnelian/Agate, Turquoise		
Activities	Walking, Calisthenics, Cardio, Resistance Training		Swimming in cold water