

# Colonotonia (Metal Yin)

Colonotonia (Metal Yin) constitution has strong Large Intestine (Lung) and weak Gallbladder (Liver) relative to the other organ systems.

Order of Organs (strongest to weakest): Large Intestine >Bladder> Stomach>Small Intestine>Gallbladder

## General Inclination

Colonotonia individuals have strong character and image, tend to be good leaders, and are very sociable and talkative. They are intuitive and have inescapable influence on others. They are generally cheerful, adventurous, emotional, and sensitive but do not get excited easily. Also, they tend to have many different talents and expertise. Their acute hearing gives them great potential for music.

When they are unhealthy they tend to be negative, passive, stubborn, and suspicious. Consumption of meat and medication will cause fatigue, indigestion, kidney failure, lupus, and various persistent diseases such as MS, and Parkinson's. Excessive perspiration may cause them to get easily fatigued. Also, anger is very harmful for them.

Most important for Colonotonia constitution is to not consume meat and avoid medication as much as possible. Additionally, if they notice muscle apathy symptoms they should take extra precautions.

These general tendencies are not absolute.

Food Group	Good for You	Better to Avoid	Bad for You
<b>Animal Protein</b>	Calamari, Clams, Egg White, Ocean Fish with Scales, Quail Eggs, Salt Water Fish, Swell Fish (Monk Fish)	Fish without Scales, Ocean Fish without Scales, Shell Fish, Shrimp	Beef, Butter, Cheese, Chicken, Duck, Egg Yolk, Fresh Water Fish, Goat, Lamb, Milk, Oyster, Pork, Sour Cream, Turkey
<b>Vegetable Protein</b>	Adzuki Bean, Garbanzo Bean, Green Bean, Kidney Bean, Lentil, Pea, Red Bean	Sesame Seed, Water Chestnut	Black Beans, Blackeye Bean, Cashew, Chestnut, Fermented Soybean (Natto), Hazelnut, Lima Beans, Navy Bean, Peanut, Pecan, Pinenut, Pinto Bean, Pistachios, Soybean, Walnut
<b>Root Vegetables</b>			Beet, Burdock Root, Carrot, Daikon Radish/ White Carrot, Discorea Opposita (Shanyao), Lotus Root, Parsnip, Potato, Radish, Sweet Potato/Yam, Taro, Turnip
<b>Carbohydrates: Grains</b>	Buckwheat, Crusted Rice (Boiled), Millet, Mung Bean, White Rice	Barley, Corn, Quinoa, Rye, Sweet Rice, Wheat(Bran,Germ)	Amaranth, Brown Rice, Job's Tears, Oat, Spelt
<b>Vegetables</b>	Alfalfa, Artichoke, Asparagus, Bamboo Shoots, Bokchoy, Broccoli, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Cucumber, Endive, Kale, Lettuce, Raddiccio, Romaine Lettuce	Avocado, Bell Pepper, Eggplant, Fennel, Green Onion, Leek, Shoot of a fatsia, Spinach, Stems of Radish, Tomato, Zucchini	Chive, Mushroom, Pumpkin, Scallion, Shiitake Mushroom
<b>Fruits</b>	Apricot, Banana, Blackberry, Blueberry, Boysenberry, Cherry, Figs, Grapes, Kiwi, Persimmon, Pineapple, Plantain, Pomegranate, Strawberry	Citrus, Cranberry, Grapefruit, Lemon, Lime, Mango, Orange, Papaya, Peach, Plum, Raspberry, Tangerine	Apple, Asian Pear, Coconut, Litchi(Lychee), Melons, Mulberry
<b>Herbs &amp; Health Supplements</b>	Cilantro,Dandelion, Dextrose Injection, Dextrose Powder, Honey, Parsley, Quince, Watercress	Aloe Vera, Dill, Vitamin B	Aoshima Mushroom, Arrow Root, Basil, Citrus Tea, Cornelian Cherry/Shan Zhu Yu, Dates, Jujube, Deer Antler, Flax Seed, Ginseng, Goji Berry, Mint, Reishi Mushroom(Ling Zhi), Schisandra (wu wei zi), Squalene/Shark Liver Oil, Tarragon, Vitamin A,D, Vitamin C
<b>Sea Plants</b>	Nori	Seaweeds	
<b>Spices</b>	Saffron	Anise Seed, Cinnamon, Curry, Ginger, Hot Pepper, Mustard, Nutmeg, Onion, Turmeric, Wasabi	Garlic, Horseradish, Sugar (Sucrose)
<b>Oils</b>		Canola Oil, Corn Oil, Grapeseed Oil, Olive Oil	Perilla Oil, Sesame Oil, Soy Oil

<b>Drinks &amp; Beverages</b>	Acidic Beverage, Drinking Cold Water , Quince Tea	Drinking Warm Water, Ginger Tea, Green Tea	Alkaline Beverage, Black Tea, Chamomile Tea, Coffee, Ginseng Tea, Jujube Tea, Soda(Coke, Pepsi,...), Ssang Hwa Tea
<b>Favorites/Snacks</b>	Ice	Chocolate, Cocoa, Pumpkin Seed, Sunflower Seed, Yogurt	Alcoholic Beverage, Ice Cream, Smoking Cigarette
<b>Minerals</b>	Agate, Carnelian, Amber, Turquoise, Jasper		Gold (Gold Filling), Jade, Silver
<b>Activities</b>	Long Exhale Exercises, Swimming (Cold), Cardio, Walking, Resistance Training, Calisthenics		Hiking (in Dense Forest), Long Inhale Exercises, Sauna (Perspiration), Sun Tanning