

Pancreotonia (Earth Yang)

Relative order of excess to deficient organ:

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

General Inclination (tendencies, not absolute)

Pancreotonia are generally impatient, restless, highly curious, and can be temperamental or misspeak. They tend to get offended easily but overcome it quickly. Their health is directly related to their self-possession. Therefore, their health practice should be to always maintain calmness and to not hurry, rush, or get restless within. Pancreotonia are positive, straightforward, active, and sociable. They like to help others even for the cost of not finishing their own task, are passionate, have strong sense of justice, and usually have a good sense of matching colors.

Pancreotonia have strong digestive power and appetite, nevertheless they must avoid the food group that is harmful for their constitution. They have the tendency to get diarrhea when they consume spicy food. Consuming foods such as chicken, herbal medicine, apples, and spicy food add heat to their pancreas which may cause them to be susceptible to diabetes and more impatient symptoms. Alcohol and cold baths are detrimental for them. Diseases common in Pancreotonia are infertility, vitiligo, diabetes, and heart disease. Pancreotonia generally have a low blood pressure.

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, Ocean Fish with Scales, Quail Eggs, Saltwater Fish, Shellfish (Clams, Oyster...)	Milk, Shrimp	Chicken, Duck, Goat, Lamb, Pork, Turkey
Vegetarian Protein	Adzuki Bean, Black Beans, Blackeye Bean, Chestnut, Fermented Soybean (Natto), Garbanzo Bean, Green Bean, Hazelnut, Kidney Bean, Lentil, Lima Beans, Navy Bean, Pea, Pinto Bean, Red Bean, Soybean, Walnut, Water Chestnut	Cashew, Peanut, Pistachios, Sesame Seed	Pecan, Pinenut,
Root Vegetables	Beets, Burdock Root, Carrot, Daikon, Lotus Root, Radish, Turnip	Parsnip	Potato, Sweet Potato/ Yam, Taro
Grains	Non-GMO: Barley, Buckwheat, Millet, Mung Bean, Wheat (Bran, Germ), White Rice	Amaranth, Job's Tears, Oat, Rye, Quinoa, Spelt	Brown Rice, Crusted Rice, Glutinous Rice
Vegetables	Alfalfa, Artichoke, Asparagus, Avocado, Bamboo Shoots, Bok choy, Broccoli, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Corn, Cucumber, Endive,, Kale, Lettuce, Mushrooms, Pumpkins, Radicchio, Shiitake Mushroom, Watercress, Zucchini	Arugula, Bell Pepper, Eggplant, Fennel, Garlic, Onion(cooked), Spinach	Chive, Green Onion, Onion(raw), Leek, Scallion, Tomato
Fruits	Asian Pear, Banana, Blackberry, Blueberry, Boysenberry, Cornelian Cherry, Cranberry, Figs, Grapes, Kiwi, Melons, Persimmon, Plantain, Pomegranate, Raspberry, Strawberry	Apricot, Cherry, Coconut, Dates, Mulberry, Papaya, Peach, Pineapple, Plum, Tart Cherry	Apple, Grapefruit, Lemon, Lychee, Mango, Orange, Tangerine
Herbs	Aloe Vera, Cilantro, Cornelian Cherry herb, Dandelion, Dill Honey, Parsley, Reishi Mushroom, Watercress	Basil, Flax Seed, Goji Berry, Mint, Quince, Tarragon	Arrow Root, Citrus Tea, Jujube, Ginseng, Schisandra Berry
Sea Plants	Seaweeds	Nori	
Spices	Lavender, Nutmeg, Oregano, Rosemary, Saffron, Thyme	Anise Seed	Cardamom, Cinnamon, Curry, Ginger, Horseradish, Hot Pepper, Mustard, Turmeric, Wasabi
Oils	Olive Oil, Grass fed Butter/Ghee	Avocado, Grapeseed, Coconut	Sesame, Safflower, Soy, Sunflower, Canola, Corn
Beverages	Coffee (1 cup/day), Coconut Water, Cold Water	Chamomile Tea, Quince Tea	Alcoholic Beverage, Black Tea, Warm Water, Ginger Tea, Ginseng Tea, Green tea, Jujube Tea, Sodas

Favorites/Snacks	Grass fed yogurt, Nuts/Seeds/Fruits that are beneficial for you.	Cocoa	Smoking
Minerals	Agate/Carnelian, Amber, Turquoise		
Activities	Walking, Cardio, Calisthenics, Resistance Training		Excessive Sweating