

Vesicotonia (Water Yin)

Vesicotonia (Water Yin) constitution has strong Bladder (Kidney) and weak Stomach/Spleen (Pancreas) system relative to the other organs.

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

General Inclination

Vesicotonia are detail oriented and patient. They are gentle, sensitive yet realistic and reserved. Vesicotonia are calm and quiet, however if unhealthy, they tend to get negative, stubborn, closed minded, suspicious, and greedy.

Since they have weak stomach, eating cold food will cause them to have digestive tract problems and gastroptosis. Consumption of warm food, light eating throughout the day, and infrequent perspiration is best suitable for them to maintain balance and health.

These general tendencies are not absolute.

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

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