



# *Yinstill* FERTILITY DIET



*The* foundation of the **Yinstill Fertility Diet** is one of individualization through Traditional Chinese Medicine (TCM) dietary principles, meaning the right nutritional path to being fertile is different for different people. Finding what is right for you is essential. Following a ‘one size fits all’ dietary plan meant to improve fertility may help, but it may also create new health issues that cause further imbalance, making your destination further away than it was before you started.

There is a world of information out there these days about what a healthy diet consists of and it seems to be changing all the time. There are trendy health foods that come and go, countless books to read, and advice from anyone and everyone about what works for them. The abyss of rhetoric about what is healthy and what is not (raw, vegan, vegetarian, Paleolithic, Mediterranean, blood type, juicing, fasting, cleansing, etc.) can be overwhelming. Even large scale scientific studies produce varying conclusions on what is right and wrong. No wonder so many people are confused about how to eat.

*“Tell me  
what you eat  
and  
I’ll tell you  
what you are!”*

~Anthelme Brillat-Savarin,  
1826



**The important thing is to find what's right for you. This is the essence of a Traditional Chinese Medicine (TCM) diet for health and fertility. Before we get into how TCM can optimize your fertility with food, here are some universal dietary basics:**

**Cleanse.** Often the first thing to do is cleanse the body - give it a fresh start. A cleanse that eliminates certain food types for a period of time, then encourages slow reintroduction of one at a time, is a powerful way to gain a deeper understanding of how your body reacts to various foods and whether you need to reduce or eliminate their consumption. We recommend anti-inflammatory cleanses that give the body a break from foods that commonly cause health issues, such as allergies, skin conditions, immune dysregulation, low energy, brain fog, emotional and hormonal imbalance, endometriosis, or thyroid problems (to name a few).

**Relax. Chew. Enjoy.** There is a lot to be said for sitting down with friends or family to share a meal. It is a chance to check in with yourself and your companions wherever you are in your day and take a break. So often, food becomes a rushed task on your to-do list. This is not healthy. Instead, do your best to enjoy and appreciate your meals by relaxing and chewing thoroughly. Be grateful for the delicious food you are taking in, and conscious of the nourishment you are providing to your body.

**The Rainbow Diet.** A simple way to nourish yourself is to colour code what you put in your body. Eat lots of colourful food: leafy greens, bright yellow squash and crisp red peppers are the way to go! All too often people's plates are piled high with brown, grey and white food. This type of food is generally processed,

low in essential nutrients and high in sugar, which results in frequent hunger as your body yearns for the nutrition not being provided. If you give your body what it needs, it will crave more of the same, rather than processed empty calories that make you sluggish and promote further poor choices.

**Weight.** We have seen many cases of women who have trouble conceiving because they are under or overweight. Don't judge your weight by what you see in magazines but rather by what feels healthy to you. A combination of healthy diet and an appropriate exercise routine is always a recipe for success.

With regard to unhealthy weight and all other physical ailments, the philosophy of TCM is to treat the root of the problem rather than the



symptoms. The cause of all disease will fall into one of the following categories: improper eating habits, overwork, lack of or too much physical activity, external evils (virus, bacteria, toxins, etc.), excesses of emotion, climate, or trauma.

In order to address the root of your weight issue, you need to identify its cause and address it. If your emotions are the root cause (which often they are), counting calories will get you nowhere. Instead, try counselling, coaching, or hypnosis. And if emotions are not the root cause, with time they often become a contributing one, so having someone to talk to can be very useful. If your job is stressful, or your relationship unhappy, these things will be reflected in your physicality and taking steps to improve them will have a positive impact.

In conjunction with addressing emotional issues, TCM emphasizes the importance of cultivating willpower to overcome conditions such as over-eating and laziness. Acupuncture and Chinese herbal medicine supplement the systems necessary to be proactive in one's life and make healthy choices for mind and body.

**Gluten and Dairy.** Although not all of us are gluten- or dairy-intolerant, the reason we are seeing so much more of it these days is because it's over-consumed. We have seen conditions like endometriosis and other inflammatory and allergic conditions improve dramatically with the elimination of these foods. We have also seen research correlating unexplained infertility to celiac disease (an allergy to gluten). These are foods that people are very commonly sensitive or allergic to, which result in fatigue, headaches, bloating, bowel problems, sleep issues, poor concentration...the list goes on.

So traditional bread and pasta should go, as well as treats and dairy, but there are plenty of alternatives that won't leave you feeling deprived. If you want to replace milk (please do) choose hemp or almond milk. If you are in desperate need of pasta or bread-related alternatives (including muffins and pastries), you're in luck, as the gluten and dairy free trend has gained massive traction.

**Processed foods.** Deli meats and almost anything that comes in a package (unless otherwise stated) are full of chemicals, which effects on human health may never be completely understood. The plastic in which many processed foods are packaged contains a chemical that is a known endocrine disruptor, meaning it messes with your hormones. Stick to stuff you can pronounce and the colourful foods discussed in the Rainbow Diet above.



**Deep fried foods** are something we know to be unhealthy, so this is not news. Evidence shows that where reproductive and sexual health is concerned, a good rule of thumb is that what's bad for your heart is bad for baby making!





**Portion sizes** are often a culprit in today's obesity epidemic. We are simply eating too much. If our food is nutritious, smaller portions will fulfill our needs. Obesity is also strongly linked to reproductive health issues such as fertility in both men and women, so pay attention to what your body is telling you. When you eat mindfully and slowly, you will notice you probably don't need as much food as you think you do. Stop eating before you get full and never feel like you have to finish everything on your plate. That's what to-go boxes are for! Remember this simple phrase: *"Eating nutritious foods = the need to eat less food"*.

**Antioxidants.** If you have not heard of antioxidants - *'the fountain of youth'* - it's time you did. Antioxidants essentially clean up the residue from our stressful lives and the environmental toxins with which we come into contact. Stress and toxins are responsible for a plethora of undesirable things like infertility, aging, skin complaints and chronic pain. Antioxidants are found in colourful foods like fruits and vegetables, so pile your plate high with fresh, colourful, whole foods and look forward to greater energy and vibrancy.

**Raw food vs. cooked food.** There is no conclusive evidence as to which may be better for you. We understand that food is naturally raw in nature, but we were also given the gift of fire. We find a balance of raw and cooked food is the way to go. As said above, in the true spirit of TCM, diet should be individualized to each person depending on their needs. Someone with very poor digestion (lots of gas, bloating, and loose bowel movements) will not be able to pull nutrients from raw foods and should therefore lean towards soups, stews, juicing or, at the very least, lightly steaming their fruits and veggies. Someone with a lot of 'heat' (who can digest metal!) can benefit greatly from an increased consumption of raw foods. Sometimes 'raw' can mean 'less processed', as is the case with honey or nuts: We recommend eating these in their natural state as more nutrition is retained.

**Sugar.** Did you know that all the carbohydrates (carbs) in your diet are turned into sugar during digestion? If it isn't protein, fat, or fibre, it will end up as sugar in your body. Carbs are essentially complex sugar, so don't think that just because you haven't had any chocolate today that you're sugar-free. If you have ovulatory disorders such



as Polycystic Ovary Syndrome (PCOS), this is something you'll want to be mindful of. Too much sugar in any of its forms is shown to overload the system and lead to insulin resistance and possibly diabetes, as well as candida and inflammation. This same overload can lead to ovulatory disturbance. So, cut way down on the carbs.

If you do have high blood sugar, increase your fibre intake and include cinnamon, apple cider vinegar and extra virgin cold pressed olive oil in your diet to lower your levels. And absolutely eliminate sugar's evil cousin, high fructose corn syrup (known in Canada as glucose-fructose). This man-made sweetener interferes with the body's ability to know when it has had enough food and is stored in the liver as triglycerides and fat. It is chemically similar to alcohol and can damage liver function (which is essential to reproductive health). When you want something sweet, reach for an organic peach or spread some raw honey or maple syrup on a brown rice cracker. Small changes add up and your body will thank you.

**Carb counting.** The list below provides a general idea of the carbs that may healthily be consumed per day. These are approximate measures. If the product you are eating has a label, please refer to it for more precise measurements.

It should also be noted that artificial sweeteners also trigger the same effects on the body as if it is being fed sugar or carbs. With their chemical complexity, artificial sweeteners are known to cause numerous health concerns. Worryingly, because of the short history of their use, there are possibly countless unknown consequences. We do not recommend them for human consumption.

If glucose intolerance is an issue, your goal should be to consume less than 200 grams (200g) of carbs each day, ideally less than 100g (especially if you have PCOS).

Beer (12oz) - 12g  
Wine (3oz) - 2g  
Meat - 0g  
Bagel (whole) - 70g  
Bread (slice) - 15g  
English muffin, pita bread - 27g  
Grain cereal (1 cup) - approx. 25g  
Cheese (<1oz) - 1g  
Chocolate (1oz) - 15g  
Dill pickle (medium sized) 3g  
Salsa - (1 cup) - 16g  
Ketchup (1 tbsp) - 5g  
Mayonnaise (1 tbsp) - 0-2g  
Almond milk, unsweetened (1 cup) - 2g  
Coconut milk (1 cup) - <1g  
Milk, dairy (1 cup) - 11g  
Yogurt, plain (1 cup) - 10g  
Yogurt, low fat (1 cup) - 16g  
Egg (one) - 4g  
Butter - 0g  
Oils - 0g  
Peanut butter (2 tbsp) - 6g

**Iron.** When your levels are low, eat large amounts of dark green leafy vegetables like chard, kale, dandelion, romaine lettuce, mustard greens and spinach. These are also high in magnesium, which is depleted if the body is storing extra estrogens such as with endometriosis, polyps, fibroids, tumors or cysts. If you find your digestion is poor, it is best to cook or steam them using cast iron cookware and to remember to chew thoroughly and relax while eating.



**Eat Organic.** Known as the “Dirty Dozen”, the following must always be purchased in their organic form because they’re known to be laden with pesticides: celery, nectarines, apples, grapes, strawberries, peaches, bell peppers, spinach, cherries, pears, lettuce, and potatoes. All animal products are also included here.

The effects of pesticides and toxins on our health are numerous. When it comes to fertility, especially if there is no other explanation, avoiding the poisons in conventionally farmed foods can help. We support the moderate consumption of animal products if we believe it to be a necessary aspect to your treatment. We encourage you to choose animals that have lived a free and humane life: if their existence was filled with fear and despair, such negative energy will be transferred through consumption, and this is not conducive to fertility. For this reason, we also strongly suggest eliminating the intake of baby animals such as lamb or veal.

Additionally, we suggest you learn about Genetically Modified Organisms (GMO), since we still have very little understanding of what these ‘Frankenstein foods’ are doing to our health and fertility. For example, many of the GMO seeds produced have genetics built into them so the seeds produced will never again sprout (called ‘terminator’ genes). This is so farmers have to buy new seeds from the company every year to plant their crops, instead of replanting seeds from the previous year’s harvest. If we are eating seeds programmed not to reproduce, are these seeds also void of the essential elements or life forces that we require to reproduce?

In Canada, corn, soy, canola, and sugar beets are just a few places to start ensuring you are



choosing organic; otherwise you can guarantee what you are eating is a GMO. Check out the documentary ‘GMO, OMG’ for a deeper look into this subject.

**Water.** Drink lots of it! Your body thrives when it’s well hydrated. It washes away whatever toxins may have built up and revives your cells. Think of it as a shower for your insides.

Avoid water that has been stored in plastic bottles, especially the big blue water jugs used on many water coolers as they contain Bisphenol A (BPA). Companies in Canada are not legally allowed to use BPA in children’s products, so why is it permissible for adults to drink from BPA containers? Damage to the body from chemicals such as BPA is profound.

If you feel the tap water in your community is of good quality, a good quality water filter at home should suffice, or you can let water sit on your counter for a few hours before drinking so the chlorine has a chance to ‘off-gas’. Chlorine is put into our water systems to eliminate living organisms such as bacteria, so consider for a moment what it does to the friendly bacteria





in our guts needed to aid proper digestion and immune function. If you live in a city that puts fluoride in your water, please find a clean source to purchase for drinking, and join the movement to stop this science experiment. The fluoride they put in your water is not the same as that found in toothpaste: it is a waste by-product of the petrochemical manufacturing industry being marketed and sold back to our governments. The impact on our health has yet to be determined.

For those of you who find plain water dull, add lemon or mint to perk it up. Tea is a worthwhile alternative too and many of them have medicinal qualities. Spearmint tea, for example, will help lower androgen levels. Ginger aids digestion and also helps with bloating and gas. Cut back considerably on coffee and alcohol as both of these are very dehydrating. They have been associated with increased risk of miscarriage and elevated homocysteine levels. And save your beverages for after you are finished eating (especially ice water) so as to allow your digestive juices to do their job without being diluted.

How much water is enough? Here is a simple formula we like to use:

your weight in pounds x 15 = amount of water  
per day in millilitres (30 ml = 1 oz)

**Eat Good Fats.** Our bodies need fat, it's that simple. The non-fat trend is hopefully on its way out as we are becoming aware that many companies have replaced fats with chemicals that do far more damage than a little fat ever could. People have also replaced their fats (in fear of getting fat) with sugars, which ironically is

the actual cause of our obesity epidemic. Once again, a good rule of thumb is to steer clear of processed foods, eat only organic meats, and eliminate dairy completely.

If you read the word 'fat' on a package and it's preceded by 'trans' or 'saturated', put it down and walk away. Good fats are found in Omega 3 and Omega 6 fatty acids. Omega 3 fats have anti-inflammatory effects and can be found in fish (like sardines and salmon) or from nuts and seeds. Omega 6 is found in many foods such as avocados, eggs and coconut, whole grain bread and nuts. If you are unable to get adequate intake of good fats through your food, supplements are available but with so many choices that shouldn't be necessary.





## Traditional Chinese Medicine (TCM) dietary principles for health and fertility

While the fundamental base for TCM is that everyone is an individual and should be treated as such, there are some general diagnostic patterns used to determine what is going on with each patient in order to provide an outline for treatment.

Finding the right combination of acupuncture, exercise, herbal medicine, counselling and stress management are treatment options for fertility, but above all else is diet. The wrong food can be poison, but the right food is medicine.

The following sections will provide general information about TCM pattern identification in relation to female gynaecological and male andrological symptoms, and dietary recommendations that may help. The key areas are:

- Heat
- Dampness and Phlegm
- Yin Deficiency
- Yang Deficiency/Cold
- Qi Deficiency
- Blood Deficiency
- Blood Stasis
- Qi Stagnation

It is important to note that every individual will exhibit at least two or more overlapping patterns in different parts of the body simultaneously. For example, a man may clearly fit into the pattern of Heat, but may also show signs of Blood Stasis and Qi Stagnation. Therefore it is important to rank yourself by the order of prevalence in which the symptoms appear.

It is important that a licensed TCM doctor determines the precise pattern differentiation before any Chinese herbal medicine or more extensive treatment is administered.

**NOTE:** Always be mindful of your personal reaction to certain foods. A healthy woman's menstrual cycle should be between 26–30 days, with 3–5 days of moderate flow that tapers to spotting. A fresh red color with minimal clotting or pain is ideal. During ovulation, look for changes in cervical fluid, a twinge sensation and raised libido. If this isn't you, then finding where you fit in these TCM patterns and following the dietary advice will help restore balance and optimize fertility.



## HEAT

**Someone exhibiting a Heat pattern may feel as though it were a summer day in the middle of February. They will thirst for cold drinks, have a red face, or experience skin conditions such as eczema, rashes and acne. Personality-wise, they are easily agitated and quick to anger. Other symptoms include: high stress levels, constipation or dry stool, anxiety, a red tongue with yellow coating, rapid pulse rate, restlessness, allergies, high blood pressure, bleeding from the nose or anus, bad breath, canker sores, fevers, inflammation and dark yellow urine.**

### Ladies:

*Signs generally include:* short menstrual cycles (26 days or less) with thicker blood consistency, that is bright or dark red in colour and more copious in quantity. Bleeding may occur outside regular times, as in premenstrual spotting or mid-cycle spotting around ovulation. There may also be a lack of cervical fluid. An excess of male hormones may also be present, which can cause PCOS.

### Gentlemen:

*Signs generally include:* low sperm count, poor morphology (“morphology” refers to the fraction of sperm cells with normal shape), low volume, low motility (“motility” refers to the way in which sperm move), or antisperm antibodies. Semen appears yellowish. White blood cells may be visible in semen. There may also be evidence of varicocele (the enlargement of the veins within the scrotum).

### Dietary recommendations:

- Eat more fruit, sprouts, mung beans, seaweed, lettuce, cucumber, radish, celery, asparagus, chard, spinach, bok choy, cauliflower, sweet corn, zucchini, apple, asian pears, watermelon, citrus, fish and nuts
- 50-75% of your food intake should consist of colourful (particularly green) vegetables (50% raw, 50% cooked)

- Don't overcook food and include plenty of raw food
- Fresh vegetable juice and smoothies are recommended
- Drink lots of room temperature or slightly cooled water as dehydration is often an issue
- Eat more bitter foods such as endive and dandelion greens
- \*Relax, breathe, enjoy and chew your food

### Avoid:

- Spicy, processed, and greasy foods, dairy, alcohol, coffee, garlic, lamb, beef, shellfish, curries, ginger, cinnamon, pepper
- Eating 'on the go' or skipping meals
- Alcohol

### Meal ideas:

- Fresh fruit and veggie smoothies
- Leafy salads with dandelion greens, cucumbers and sprouts
- Miso soup with plenty of seaweed and tofu
- Watermelon, watermelon, watermelon - particularly in summer months
- Wild rice and barley with mung beans, apples, and shredded almonds
- Baked white fish with lemon and sweet corn
- Avocados with a dash of salt
- LOTS of cool water with mint leaves





## Recipes for Heat

### Main/Entrée

#### **Baked Sole with Lemon-Butter Sauce**

[Williams-Sonoma; The Weeknight Cook]

##### *Ingredients:*

4 large or 8 small fillets of sole  
1 medium sized bunch of asparagus, tough ends removed  
1 tbsp unsalted butter  
1 lemon, finely grated zest and juice  
1 tbsp organic wheat flour  
1 cup organic or homemade chicken broth  
salt and pepper to taste

##### *Instructions:*

Preheat the oven to 400°F (200 °C).

Butter a 9 x 13 inch (23 x 33 cm) baking dish, lay asparagus down to cover bottom of dish, season lightly with salt and pepper. Season each fillet of sole with salt and pepper and then place them over the asparagus.

Bake for 7-10 minutes or until the fillets just begin to flake and the asparagus is tender.

While dish is cooking, prepare the sauce. Melt butter in a saucepan over low heat, add in lemon zest. Whisk in flour until sauce just begins to colour (3 minutes). Add the broth and the lemon juice while stirring vigorously. Allow to simmer for another 5 minutes, stirring occasionally.

Arrange fish and asparagus on each plate, top with sauce and serve. Serves 4-6.

### Appetizer/Salad

#### **Daikon and Celery Root Salad**

[Cohen, Alissa: Living on Live Foods]

##### ***For salad***

2 cups celery root, peeled and julienned (medium sized celery root)  
1 cup daikon radish, julienned (small sized daikon radish)  
½ cup fresh mint leaves, chopped  
⅛ teaspoon sea salt  
pinch of black pepper (pink peppercorns add a fragrant smell and taste)

##### ***For dressing***

½ cup orange juice  
¼ cup cold pressed olive oil  
1 tsp lemon juice  
¼ teaspoon sea salt  
pinch of pepper (see note above)

##### *Instructions:*

Combine all salad ingredients together in a large bowl and toss.

Mix all dressing ingredients and pour over salad, toss well to coat.



## Soup

### Miso Soup

#### *Ingredients:*

8 cups water  
1½ tsps instant dashi granules  
¼ cup miso paste  
1 tbsp dried seaweed (for miso soup), soaked in water  
½ cup cubed tofu  
2 tsps chopped green onion

#### *Instructions:*

Pour the water into a pot and bring to a boil. Add the instant dashi and whisk to dissolve. Turn the heat to medium-low and add the tofu. Drain the seaweed and add the seaweed to the pot. Simmer for 2 minutes.

In the meantime, spoon the miso paste into a bowl. Ladle about ½ cup of the hot dashi broth into a bowl and whisk with chopsticks or a whisk to mix and melt the miso paste so it becomes a smooth mixture.

Turn the heat off, add the miso paste to the pot and stir well. Taste the soup: if it needs more flavour, whisk in another tablespoon or two of miso paste. Top with green onions and serve immediately.





## DAMPNESS & PHLEGM

Someone exhibiting a pattern of dampness is prone to being overweight, low in energy and generally fatigued, particularly after eating. They are likely to have digestive issues and fall victim to gassiness, water retention and bloating, loose bowels, candida, yeast infections and achy joints. Craving starchy carbohydrates and sweets is common, as is emotional eating.

### Ladies:

*Signs generally include:* long cycles (i.e. 35 days) and watery discoloured blood. Painful ovulation and stringy mucous in menstrual blood are also signs of dampness.

### Gentlemen:

*Signs generally include:* low sperm count, volume and motility, poor morphology. May see erectile dysfunction, possible ejaculation difficulty and low libido. There may be testicular pain including hardness, lumps or swelling. May present with an enlarged prostate and accompanying symptoms such as difficulty urinating (dribbling, pain, changes in frequency and reduced flow).



### Dietary recommendations:

- Eat more legumes, black pepper, seaweeds, lean meats, fish, and bone broths
- Consume lightly cooked vegetables (65% cooked, 35% raw)
- Reduce the amount of food eaten at one sitting, instead choosing smaller meals throughout the day
- Relax and thoroughly chew food
- Soups and stews are easier to digest and should be a focus
- Drink lots of room temperature water

### Avoid:

- Dairy, alcohol, sweets (sugar), deep fried foods, nuts, juices (smoothies), wheat, banana, and processed foods
- Limit raw food intake
- Alcohol
- Large meal portions

### Meal ideas:

- Spaghetti squash with lentils and stir fried mushrooms and onions
- BBQ vinegar marinated asparagus with black pepper
- Celery and hummus
- Lettuce wraps with white beans and white fish
- Fried peppered shrimp and quinoa
- Tomato, purple cabbage and caraway soup



## Recipes for Dampness & Phlegm

### Main/Entrée

#### 5 Spice Roasted Chicken with Vegetables

##### *Ingredients:*

- 2 chicken thighs on the bone (about 400g)
- 2 tsp Chinese five-spice powder (equal portions of star anise, cinnamon, cloves, fennel, Szechuan peppercorns)
- 2 tsps soy sauce
- 1 tbsp Chinese cooking wine (sherry or dry white wine will also work, add a pinch of salt)
- ½ lemon, juiced
- 1 tbsp olive oil
- 2 fennel bulbs
- 2 red onions
- 3 carrots
- 1 cup of green beans (Sichuan long green beans if available)

##### *Instructions:*

Preheat the oven to 400°F (200°C).

Remove the skin from the chicken. Using a knife, cut part way into the chicken in parallel lines on each side (i.e. score the meat so that it can take on more flavour from the marinade). Place the chicken thighs on a large baking tray.

In a small bowl, whisk together the five-spice powder, soy sauce and Chinese cooking wine. Pour the marinade over the chicken pieces and rub the mixture into the chicken pieces. Make sure you push the marinade into the cuts in the chicken and all around the bone. Squeeze the

juice from the lemon over the chicken. Roughly chop up the leftover lemon shell and add to the baking tray.

Cut the fennel bulbs into chunks about 4 cm in size. Add these to the baking tray. Drizzle with olive oil. Cook the chicken and fennel in the oven for 20 minutes.

While the chicken is cooking, peel the red onion and cut each into 6 wedges. Scrub the carrots and cut into 2 cm or so chunks. Trim the tips off of the beans and cut into 5-6 cm long pieces or leave whole if using small enough beans.

After the chicken has been cooking for 20 minutes, remove the baking tray from the oven. Turn each piece of chicken and fennel chunk over. Add the onion, carrots and green beans. Move them briefly and gently around in the five spice flavouring. Place the baking tray back in the oven and cook for a further 20 minutes.

Take the baking tray out of the oven. Gently remove the chicken to a plate, cover with tin foil and leave to rest for 10 minutes. Turn the vegetables over and spread them out on the baking tray, return to the oven and cook for another 10 minutes.

Remove the vegetables from the oven. Serve the chicken and vegetables together.





## Drink

### Vegan Chai Latte

#### **Chai masala** ingredients:

¾ cup green cardamom pods  
¼ cup cinnamon sticks or 2 tbsps cinnamon powder  
¼ cup cloves  
2 tbsps whole black pepper  
2 to 3 tbsps ground ginger  
½ tsp fennel seeds or star anise pods (optional)

#### *Instructions for chai masala:*

Grind all ingredients together until powdered. Store in a glass or metal airtight container. Spice mix will keep for several months.

#### **Chai Latte** ingredients:

¾ cup water  
1½ tbsp raw sugar or honey  
2 tps loose leaf tea (black, green, decaffeinated)  
¼ to ½ tsp chai masala blend (see below)  
½ to 1 tsp minced/grated fresh ginger (to taste)  
1 cup plain almond milk or coconut milk.

#### *Instructions:*

In a small deep pan at medium heat, add water, sugar, tea leaves, chai masala blend and ginger. Bring to a bubbling boil. Then turn down heat and simmer 7 to 9 minutes.

Pour in a small amount of cool water and then slowly pour in the almond milk. Simmer, stirring constantly for 4-5 minutes.

Strain into a cup and serve hot.

## Breakfast

### Pumpkin Pie Porridge

[Krista Parr]

#### *Ingredients:*

½ cup amaranth  
½ cup coconut milk  
½ cup water  
⅓ cup pumpkin puree (canned, or roast your own)  
1 tsp cinnamon  
⅛ tsp each of ground ginger, nutmeg, clove (or substitute all with pumpkin pie spice)  
Pinch of unrefined sea salt  
1 tsp pure vanilla extract (optional)  
Pure, organic, grade B or C (dark) maple syrup to taste  
2 tbsps pumpkin seeds

#### *Instructions:*

Rinse and drain amaranth in a fine mesh sieve.

Place amaranth, water, coconut milk, pumpkin puree, sea salt, spices, and vanilla in a pot.

Bring to a boil, and then reduce to a simmer, stirring often.

Simmer on lowest heat for 15 minutes with the lid on (watch to see if liquid level becomes too low. If it does, add a little extra coconut milk or water).

Turn heat off, and let sit for 5-10 minutes with the lid on to thicken.

Stir in maple syrup to taste (1-2 tbsps).

Serve with pumpkin seeds sprinkled on top.



## YIN DEFICIENCY

**Someone with a Yin deficiency may be a light sleeper. They can experience night sweats and hot flashes and have a general restlessness. Character-wise, these people tend to be quite rigid and have a hard time relaxing. A thin body, flushed cheeks and gnawing hunger also plague the Yin deficient.**

### **Ladies:**

*Signs generally include:* light volume of menstrual blood and cervical mucous.

### **Gentlemen:**

*Signs generally include:* no sperm in ejaculate, poor count morphology and volume, delayed liquefaction, thick sticky semen that may appear yellowish (if Heat is present), and may see premature ejaculation.

### **Dietary recommendations:**

- Eat more fish, root vegetables, seeds, nuts (walnuts), eggs, dark leafy greens, dates, liver, some fatty cuts of grass fed organic meat, and bone marrow (toxins are stored in fat so make sure that your meat is of excellent quality)
- Add microalgae like chlorella, spirulina and wild blue-green to your diet
- Have larger meal portions
- Cook lightly and include plenty of raw food
- Fresh vegetable juice and smoothies are recommended
- Stay hydrated by drinking lots of room temperature or slightly cooled water
- Relax, breathe, enjoy and chew your food

### **Avoid:**

- Spicy food, legumes, coffee, alcohol, sugars, shellfish, and processed foods, especially in summer and fall
- Alcohol
- Eating 'on the go' or skipping meals

### **Recipe ideas:**

- Fruit and leafy green smoothies with maple syrup and banana
- Fish dishes with coconut milk
- Omelette with mushrooms and black beans
- Asparagus and egg salads with sesame seeds
- Tacos made with kidney beans and topped with a small amount of cheese
- Baked potato stuffed with tofu, sesame seeds and soy sauce (or Bragg Liquid Aminos, a non-GMO soy liquid protein concentrate which can be used as an alternative to soy sauce)
- Pork and apple dishes
- Miso soup with udon noodles tofu and seaweed



## Recipes for Yin Deficiency

### Main/Entrée

#### **Steamed Sea Bass with Black Bean Sauce**

[Ancestral Diet]

*Ingredients:*

2 lbs sea bass, cut into 1 inch thick steaks (can substitute with other oily white fish)  
4 tbsps black bean sauce  
½ cup rice wine  
½ cup water  
2 tbsps minced garlic (roasted first is preferred)  
1 inch piece of ginger, finely julienned  
2 green onions (scallions) cut into 2 inch pieces  
fresh cilantro for garnish

*Instructions:*

Preheat oven to 325°F.

In a large steamer, bring water to a boil, add in wine and steam fish for 5 minutes until partially cooked.

Remove fish and place it in a baking dish in a single layer.

Spread black bean sauce, garlic, ginger and green onions over the fish. Bake for 10 minutes or until fish gently flakes.

Remove from baking dish, pour sauce over fish and serve garnished with cilantro.

### Snack

#### **Green Goodness Smoothie**

*Ingredients:*

3 cups kefir (fermented dairy)  
3 ripe bananas  
2 cups blueberries (fresh or thawed from frozen)  
1 kiwi fruit  
1 handful parsley or cilantro  
1 tbsp spirulina powder  
1 tbsp maca powder  
1 tsp greens powder (Barleans Greens, Innate Response Renewal Greens, etc.)  
1 tsp acai berry powder (optional)  
1 tbsp honey (or stevia, optional)

*Instructions:*

Place all ingredients into a high-powered blender. Blend on high to mix thoroughly. Pour into glasses and enjoy.





## **Soup**

### **Chicken Soup with Goji Berries**

#### *Ingredients:*

1 organic free range chicken  
1 cup onion, diced  
1 cup celery, diced  
1 cup carrots, diced  
1 tbsp olive or grapeseed oil  
1 cup goji berries  
10 cups of water  
1 tbsp apple cider vinegar  
1 vegetable marrow squash (summer squash),  
peeled and cubed  
quail or chicken eggs (optional)  
miso paste (optional)

#### *Instructions:*

Heat oil in the bottom of a large soup pot. Add onions, celery and carrots, and sauté until just soft.

Rinse the chicken under cold water and then place it in the soup pot.

Add enough water to cover and a tablespoon of apple cider vinegar. Bring to a boil over medium to high heat, remove any foamy residue that floats to the top at that time. Allow to boil over a medium heat for 15 minutes.

Add in the goji berries and vegetable marrow squash. Bring back to a slow boil, cover, and simmer for about 2-3 hours (or overnight if it is on low heat in a slow cooker).

Remove the chicken. Separate the chicken meat from the bones. Chicken meat can be eaten as is or shredded and put back into the soup to make it heartier.

For added benefit, stir in one quail's egg (or a chicken egg) or miso paste into each serving size when you serve the soup.



## YANG DEFICIENCY/COLD

Someone experiencing a Yang deficiency will find their whole body feels cold, and will have lower back pain and/or knee pain, which is relieved by the application of heat. Low libido is common, as is a puffy, pale or bright complexion, water retention, a lack of energy and a tendency towards being overweight.

### Ladies:

*Signs generally include:* heavy bleeding and copious cervical mucous of watery consistency. Painful periods with light bleeding are to be expected.

### Gentlemen:

*Signs generally include:* low sperm count and motility, rapid liquefaction, clear in appearance, premature ejaculation, weak orgasm and ejaculation. They may be tired and/or dizzy after ejaculation, have low libido and may see erectile dysfunction.



### Dietary recommendations:

- More onion, leeks, chives, garlic, scallions, black beans, brussels sprouts, sunflower seeds, sesame seeds, walnuts, pine nuts, chestnuts, cashews, fennel, cumin, cherries, dates, shellfish, chicken, beef, pepper, mustard
- Animal protein such as lean meats & fish, as well as bone broths and nuts should be a focus
- Cooked vegetables should also be plentiful to maintain optimal nutrition
- Try to take in more omega oils from fat sources such as walnuts, avocados, and fish

### Avoid:

- Raw uncooked or cold foods (straight from the fridge or freezer) especially in winter
- Avoid dairy, caffeine, sugars, and processed foods
- Alcohol, particularly cold beer

### Meal ideas:

- Shrimp fried in butter, garlic, and pepper
- Bone broth soup with leeks, potatoes, and Brussels sprouts
- Paté, made with sunflower seeds, sesame seeds, walnuts, and mushrooms.
- Roast chicken with pepper sage and thyme.
- Roasted vegetables with garlic and rosemary.
- Rice porridge with cinnamon, nutmeg and a little brown sugar.



## Recipes for Yang Deficiency/Cold

### Main/Entrée

#### Salmon with Sesame Sauce

[Kebobs to Curries]

##### *Ingredients:*

2 tsps cayenne pepper  
½ tsp ground turmeric  
2 tbsps desiccated, unsweetened coconut  
4 tsps ground coriander  
1 cup white sesame seeds  
2 medium onions, sliced into fine rings  
coconut oil for shallow frying  
2 tbsps unsalted, unsweetened peanut butter  
2 inch piece of fresh ginger, peeled and finely chopped  
2 cloves of garlic, finely chopped or minced  
2-3 tbsps thick tamarind paste  
1½ tsps salt, or to taste  
1 tsp whole brown mustard seeds  
1 tsp whole cumin seeds  
10-15 curry leaves or fresh basil  
2 lbs wild caught salmon fillets, skin removed  
freshly ground pepper to taste

##### *Instructions:*

For the sauce, combine cayenne pepper, turmeric, coconut, and coriander in a large bowl.

Roast the sesame seeds in a cast iron pan or frying pan over medium-high heat. Stir the seeds as they are roasting to prevent burning. The seeds are done when brown and aromatic.

Remove the pan from the heat and add the spices from the bowl. Stir the seeds until well coated in the spice mixture.

Empty the spices and seeds back into the bowl and allow them to cool

Finely grind the spices with a mortar and pestle (or use a coffee or spice grinder).

In a large frying pan, spoon in coconut oil so there is enough oil to cover the bottom of the pan. Bring to medium-high heat. When the oil is hot, put in the onions and stir fry, adjusting the heat as needed so as not to burn the onions (10-12 minutes). Remove the onions with a slotted spoon. Pat onions dry with a paper towel. Strain out the oil and reserve.

Put the fried onions, peanut butter, ginger, garlic, salt, tamarind paste (start with 2 tbsps) and 1 cup of hot water into a blender. Blend until smooth. Add the ground spices from above and another 1 cup of hot water. Stir to mix with a rubber spatula and blend again. Taste for a balance of flavours, adding more salt or tamarind paste (sour) to your preference.

Pour 3 tbsps of the reserved oil back into the frying pan and bring to medium-high heat. When the oil is hot, put in the mustard seeds and cumin seeds. Once the seeds start to pop, take the pan off of the heat and put in the curry leaves and the sauce from the blender. Add 1 cup of hot water to the blender, swish it around and pour it into the sauce in the pan. Place back on the stovetop on low heat.

Remove any remaining bones from the salmon fillets, rinse clean and then pat dry. Lightly season both sides with salt and pepper. Slip the fish into the sauce and poach on low heat. Spoon the sauce over the fish until it is cooked through.





## **Snack**

### **Vegan Applesauce Muffins**

*[How it all Vegan]*

#### *Ingredients:*

1 cup flour  
1 cup whole wheat flour  
1 tsp cinnamon  
1 tsp baking soda  
½ cup almond milk  
1 tbsp apple cider vinegar  
2 tbsps oil, coconut is suggested  
⅓ cup maple sauce  
1 cup applesauce  
¾ cup raisins, rinsed  
½ cup walnuts, broken in small pieces  
½ dried cherries, rinsed

#### *Instructions:*

Preheat oven to 375°F.

In a large bowl, sift together dry ingredients. Add the almond milk, vinegar, oil, applesauce, raisins, walnuts and cherries. Mix together gently until just mixed.

Spoon batter into lightly oiled muffin tins and bake for 15-20 minutes. Makes 12 muffins.



## **Soup**

### **Butternut Squash and Parsnip Soup**

#### *Ingredients:*

2 tbsps butter or coconut oil  
2 leeks, bottom parts only, cleaned well, coarsely chopped OR 1 large onion, chopped  
2 garlic cloves, peeled and minced  
about 6 cups peeled and seeded butternut squash, cut into 1-2 inch cubes  
2 large parsnips, peeled and coarsely chopped  
2 medium carrots, chopped  
2 celery stalks, chopped  
1 ripe pear, chopped  
2-4 tbsps fresh ginger, finely chopped  
2 tbsps fresh turmeric root (or dried)  
6-8 cups chicken, turkey, or veggie stock, preferably homemade (or use a combination of stock and water, enough to cover all the vegetables)  
Small handful fresh rosemary leaves, finely chopped  
1 tsp dried ground cumin  
1 tsp dried ground coriander  
pinch of cayenne pepper  
1 tbsp pure maple syrup  
1 can whole (not “lite”) coconut milk, optional (for an extra creamy, rich soup)  
Sea salt and freshly ground pepper, to taste

#### *Instructions:*

Heat butter or coconut oil in a large soup pot over medium heat. Add leeks and garlic and sauté, stirring frequently, for a few minutes, adding water if they start to stick to the pot.

Add carrots, celery, parsnips, ginger, turmeric, cumin, coriander, cayenne, and a pinch of salt and pepper and cook for another few minutes. Then add squash and pear and stir until everything is gently cooked.

Add the rosemary, stock and/or water and bring to a boil. Reduce the heat to lowest setting and simmer for 30-40 minutes or until the vegetables are very soft. Remove from heat.

Purée the soup using a hand blender or, if you do not have a hand blender, allow soup to cool a bit before transferring it in batches to process in a blender or food processor. Return puréed soup to the pot and add coconut milk and maple syrup. Heat over low temperature until warmed through.

Taste, and adjust by adding more salt, pepper, and cayenne if necessary.



## QI DEFICIENCY

**The Qi deficient person will feel fatigued, experience poor digestion including gas and bloating, loose stool, weak immune function and be filled with worry and pensiveness.**

### **Ladies:**

*Signs generally include:* heavy bleeding and copious cervical mucous of watery consistency. Menstrual cycles may be short with bleeding having heavy volume and a watery consistency. Bleeding may also happen outside regular times as in premenstrual spotting.

### **Gentlemen:**

*Signs generally include:* low sperm count, low motility, low volume, or diluted appearance (watery). They may also present with erectile dysfunction, premature ejaculation and low libido. Varicocele may also be a concern.

### **Dietary recommendations:**

- Eat more chia seeds, congee, oats, quinoa, rice, beef, chicken, herring, lamb, mussels, shrimp, sunflower seeds, sweet potato, watercress and winter squash
- Eat smaller meals throughout the day to raise metabolism
- Minimize intake of starchy carbohydrates
- Emphasize root vegetables (70% or more cooked, 30% or less raw)
- Consume more animal protein such as lean meats and fish
- Have bone broth vegetable soups
- Nuts should be eaten generously
- Room temperature or warm water

### **Avoid:**

- Large meal portions, instead eating many smaller meals throughout the day
- Business at meal time - relax, breathe, enjoy and chew your food
- Dairy, caffeine, sugars, processed foods
- Excess carbohydrates
- Alcohol, particularly cold beer

### **Meal ideas:**

- Oatmeal with dates, almond milk and maple syrup
- Sunflower seed mushroom and nutritional yeast paté
- Fried peppered shrimp and quinoa
- Steak and sweet potatoes
- Open-face sandwich with sunflower sprouts and seeds, chia, tomato and lots of pepper
- Soups and stews in general, as these are easy to digest





## Recipes for Qi Deficiency

### Main/Entrée

#### **Shrimp, Chicken, Water Chestnut and Mushroom Rice Bake**

[Prince Wen Hui's Cook]

##### *Ingredients:*

10-15 fresh or frozen shrimp or prawns (if frozen, rinse in cold water for 2-3 mins)  
1lb chicken thighs, bone removed and cut into bite sized chunks  
2 tbsps sesame oil  
1 tbsp ginger, minced  
½ cup mushrooms, diced (shiitake, oyster, morel, cremini, or portobello)  
½ can water chestnuts, drained  
1½ cups rice  
tbsp tamari sauce (wheat free soy sauce), to taste  
3 cups water

##### *Instructions:*

Preheat oven to 375°F.

In a skillet, heat 1 tbsp sesame oil and sauté ginger until just fragrant. Add in chicken and sauté until outer surface is completely cooked (about 5 minutes).

Wash the rice thoroughly, rinsing several times until water is clear. Place in a large dutch oven or lidded casserole dish that is oven safe. Add water so that rice is completely covered (about one knuckle depth).

Add all other ingredients except for the tamari. Stir and then cover and bake for 30-45 minutes, depending on type of rice used.

Remove lid, add tamari and remaining sesame oil, stir and serve.

### Appetizer/Salad

#### **Chocolate Kefir Smoothie**

[Krista Parr]

##### *Ingredients:*

2 bananas  
1 cup organic full-fat plain kefir or yogurt  
5 dates, soaked in hot water for 5 minutes or so  
2 tbsps chia seeds  
1½ tbsp sesame tahini  
1 tbsp raw, unpasteurized honey  
1 tbsp raw cacao powder or nibs  
Pinch of fine Himalayan sea salt

##### *Instructions:*

Blend with water or coconut water as needed until smooth. Makes 2 smoothies.



## **Snack**

### **Almond Butter “Superfood” Snacks**

[New Seasons]

#### *Ingredients:*

1 jar almond butter  
¾ cup coconut butter, melted  
⅓ cup cocoa butter, melted (can substitute regular butter)  
¾ cup mixed nuts and seeds (walnuts, pumpkin, sesame, sunflower, pecans)  
½ cup cacao nibs  
¾ cup shredded coconut  
1 tsp raw cane sugar (to taste)

#### *Instructions:*

Mix almond butter, coconut butter and cocoa butter until well blended.

Add remaining ingredients and mix well.

Pour out onto parchment paper lined baking pan and cool in refrigerator overnight.

Cut into squares or bars. 3 cm squared is sufficient as these are packed with energy.

## **Breakfast**

### **Healthy Homemade Granola**

#### *Ingredients:*

⅓ cup raw pumpkin seeds  
⅓ cup raw sunflower seeds  
⅓ cup raw sesame seeds  
2 cups organic rolled oats  
2 tsps ground cinnamon  
1 tsp ground cloves  
1 tsp ground ginger  
¼ tsp ground nutmeg  
3 tbsps pure maple syrup  
3 tbsps organic coconut oil, melted  
1 tsp pure vanilla extract  
½ cup organic raisins  
½ cup organic, unsweetened dried cranberries  
Optional: ¼ cup raw cacao nibs or 1½ tbsps raw cacao powder

#### *Instructions:*

Preheat oven to 250°F.

Pour all ingredients except raisins, dried cranberries, and cacao nibs or powder in a large bowl and stir well.

Spread the mixture evenly onto a baking sheet in a thin layer (if you are doubling this recipe, spread mixture over two pans).

Place the baking pan in the oven and bake for 15 minutes.

Remove pan from oven, toss granola around, rotate the pan, and bake for another 15 minutes. Repeat until granola is completely dry and light golden brown (about one hour total).

Allow to cool and then stir in raisins, dried cranberries, and cacao nibs or powder. Store in an airtight container.

Enjoy for breakfast with organic, plain, full-fat yogurt and some fresh berries.



## BLOOD DEFICIENCY

Someone with a blood deficiency will have a pale complexion and nails, together with overall dryness in their skin, nose, throat, eyes, hair and nails. This person can be excessively emotional and have poor digestion. This results in not enough blood being produced, which can cause anemia.

### Ladies:

*Signs generally include:* a menstrual cycle that comes late and is scanty, pale or diluted in colour, with a watery consistency.

### Gentlemen:

*Signs generally include:* low sperm count, low motility, low volume, and sperm may appear diluted or watery in appearance. They may present with erectile dysfunction, premature ejaculation, low libido and varicocele.

### Dietary recommendations:

- Eat more aduki and kidney beans, beef, beets, bone marrow, eggs, dark leafy greens, apricots, dates, figs, grapes, liver, microalgae, nettle leaf, avocados, oysters, sardines
- Place more emphasis on eating root vegetables (75% or more cooked, 25% or less raw)
- Eat animal protein such as red meats and organs (liver)
- Have bone broth vegetable soups and stews
- Nuts and whole grains should be eaten generously
- Drink room temperature or warm water

### Avoid:

- Dairy, caffeine, sugars, processed foods
- Excessive legume intake

### Meal ideas:

- Hard boiled eggs with avocados
- Beef bone broth and root vegetable soup
- Liver and onions
- Nuts and dates
- Oil and vinegar-fried spinach
- Roasted root vegetables (beets & yams) with rosemary and dill





## Recipes for Blood Deficiency

### Main/Entrée

#### Autumn Lentil Stew

[modified from Krista Parr]

##### *Ingredients:*

- 1 tbsp butter or ghee
- 1 large onion, diced
- 4 cloves garlic, roasted and minced
- 2 large carrots, chopped
- 3 celery stalks, chopped
- 1 small butternut squash (or half of a large one), peeled and diced
- 5 large leaves of kale, shredded
- ½ cup French lentils, rinsed well in cold water and strained
- 1 large strip kombu seaweed, torn or chopped into small pieces
- 1 bay leaf
- Pinch cayenne pepper (or ½ tsp of paprika if no spice is desired)
- 1 tbsp each of fresh rosemary, oregano, and thyme, chopped very fine (or ½ tsp each dried herbs)
- 1½ litres chicken, turkey, beef, or vegetable broth, ideally homemade
- Sea salt and fresh ground pepper to taste
- shredded parmesan cheese (optional)
- fresh parsley



##### *Instructions:*

Melt butter in a large soup pot over medium heat. Add onion and sauté for 3-5 minutes, adding a splash of water if onions stick to the pan.

Add carrots, celery, kombu, fresh herbs, roasted garlic, cayenne (or paprika), and a couple of pinches of sea salt and freshly ground pepper. Sauté until the carrots and celery start to become soft (about 2-3 minutes) and then add the squash, mixing well and sautéing for another couple of minutes.

Add the bay leaf, lentils, and broth. If there isn't enough broth to fully cover the vegetables by one inch, add some more broth or water. Bring to a boil, and then reduce heat to low and simmer, covered, for 45 minutes, stirring occasionally.

Garnish with fresh parmesan and parsley if desired.



## **Appetizer/Salad**

### **Braised Kale**

*[Returning to an Ancestral Diet]*

#### *Ingredients:*

2 large bunches of kale (any variety)  
1 cup dried seaweed (Arame is best)  
2 tbsp coconut oil  
2 tbsp roasted sesame seed oil  
2 tbsp ginger, peeled and minced  
2 tbsp garlic, minced  
2 tbsp tamari  
¼ cup red wine vinegar  
1 tbsp fish sauce  
¼ cup chicken stock  
1 tbsp arrowroot powder, flour or cornstarch (for thickening)  
¼ cup toasted sesame seeds  
sea salt and black pepper to taste  
10 cups water  
1 lime cut into wedges for garnish

#### *Instructions:*

Rinse the seaweed in warm water and let soak in recently boiled, hot water for 20 minutes. Rinse and then cut into small pieces.

Blanch kale in lightly salted water for 3 minutes and then drain.

In a large skillet, heat the sesame and coconut oil over medium to high heat. Add 2 tbsp of chicken stock, and then the vinegar, garlic and ginger. Sauté for 3 minutes.

Add thickening agent to remaining chicken stock and stir until free of clumps. Set aside.

Add the kale, tamari and seaweed to the skillet and continue to simmer over low heat stirring frequently to wilt kale.

Add thickening sauce and stir until desired thickness has been achieved.

Taste and season as needed with salt and pepper. Garnish with sesame seeds and the juice of one lime wedge.



## **Soup**

### **Babcia's Beet Greens Soup**

*[Krista Parr]*

#### *Ingredients:*

1 bunch young beets with greens (5 to 6 beets)  
2 tbsps butter  
1 large onion, peeled and chopped  
3 cloves garlic (or more if you prefer), minced or chopped  
1 large carrot, chopped  
2 stalks celery, chopped  
1 bay leaf  
4 to 5 cups chicken or vegetable broth  
1 cup fresh dill, chopped roughly  
approx. 2 tbsps apple cider vinegar or lemon juice (enough to offset the sweetness of the beets and make the soup tangy)  
salt and pepper to taste  
sour cream (for garnish, optional)



#### *Instructions:*

Cut beets off at stems.

Wash beets and slice into julienne strips. No need to peel fresh, young beets.

Wash greens and stems and chop and set aside.

In a soup pot, heat butter over medium heat. Add onion and garlic and sauté until golden, adding a splash of water if they start to stick to the pan.

Add carrots and celery and sauté a few more minutes.

Add broth, bay leaf, salt & pepper, and julienned beets.

Bring to a boil, and then simmer for about 15 minutes until the beets are almost tender.

Add beet greens, stems, and apple cider vinegar and cook for another 5 minutes.

Add dill. Taste and adjust seasoning. You may need to add more salt, pepper, and apple cider vinegar or lemon juice to achieve your desired tanginess.

Serve with a dollop of sour cream in each bowl (optional).





## BLOOD STASIS

**Blood Stasis is almost always the result of other patterns of disharmony that have been present for an extended period. If left untreated, the condition of Blood Stasis typically leads to heat and/or blood deficiency. Common manifestations are fixed, stabbing or severe pain, spider veins, a dusky complexion, darkening patches of skin.**

### Ladies:

*Signs generally include:* clotted menstrual bleeding that is brown, purple, or black. Periods will often be severely painful.

### Gentlemen:

*Signs generally include:* low sperm count, motility and volume. Poor morphology, the presence of antisperm antibodies, and red blood cells in semen may also be present, as will erectile dysfunction, pain with ejaculation, pain in the testis or scrotum, and varicocele.

### Dietary recommendations:

- Eat more turmeric, scallions, nutmeg, chives, garlic, vinegar, basil, ginger, chestnuts, rosemary and cayenne
- 50-75% of food intake should consist of colorful (particularly green) vegetables (50% raw, 50% cooked)
- Consume fish and nuts as primary sources of protein
- A little spicy food can be beneficial but use caution if there are prominent Heat signs
- Stay well hydrated, drinking water at room temperature

### Avoid:

- Dairy, sugar, processed foods
- Excessively sour-flavoured foods
- Deep fried greasy food and saturated fats
- Large portions
- Excessive amounts of spicy foods if signs of Heat are present (see above)

### Meal ideas:

- Roasted onions, garlic and yam with rosemary and cayenne
- Chicken rice noodle soup with scallions, chives and ginger
- Pickled jalapenos or banana peppers
- Spicy curried eggplant
- Peppered roasted chestnuts
- Korean short ribs and kimchi



## Recipes for Blood Stasis

### Main/Entrée

#### **Warm Watercress Salad with Stir-Fried Beef and Kimchi**

*[modified from Emeril Lagasse, Food Network]*

##### *Ingredients:*

2 tbsp soy sauce or tamari  
2 tbsp garlic, chopped  
1 tbsp sesame oil  
1 tbsp cane sugar  
2 tsp ginger, minced  
½ tsp freshly ground black pepper  
½ pound flank steak, sliced into ¼ inch thick,  
2 inch long strips  
1 tbsp olive or grapeseed oil  
1 bunch green onions, cut into 2 inch pieces  
1 cup shiitake mushrooms, stems removed and  
thinly sliced  
1 cup mung bean sprouts  
4 cups fresh watercress, rinsed and patted dry  
1 cup kimchi (spicy pickled cabbage)  
¼ cup chopped fresh cilantro to garnish

##### *Instructions:*

To make the marinade, whisk together the soy sauce, garlic, sesame oil, sugar, ginger, and black pepper in a large bowl.

Add the steak and toss to coat with the marinade. Cover with a lid or plastic wrap and marinate in the refrigerator for a minimum of 24 hours.

Heat the oil in a wok or large skillet over high heat. Add the beef and green onions, and cook until the meat is no longer pink, stirring

frequently to prevent sticking, 2 to 3 minutes. Add the mushrooms and mung beans and continue to stir, until wilted and warmed through (30 seconds to 1 minute).

Place the watercress in a large bowl and toss with the beef mixture and kimchi. Divide among 4 plates and garnish with the cilantro. Serve immediately.

### Appetizer/Salad

#### **Chickpeas in Coconut Milk**

*[Extending the Table]*

##### *Ingredients:*

2 cups (500ml can), cooked or canned chickpeas (garbanzo beans), drained  
1 tomato, chopped  
4 whole cloves or ½ tsp ground cloves  
2-3 cloves of garlic, minced  
1½ cups coconut milk  
1½ tsps ground turmeric  
½ tsp salt

##### *Instructions:*

Combine all of the above ingredients in a saucepan and bring to a boil over medium high heat.

Reduce the heat and simmer for at least 20 minutes or until chickpeas are soft and flavours have combined.



## **Soup**

### **Black Bean Tortilla Soup**

*[Minimalist Baker]*

#### *Ingredients:*

2 tbsp avocado, grapeseed or coconut oil  
½ white or yellow onion, diced  
3 cloves garlic, minced  
½ red or orange pepper, diced  
1½ tsp ground cumin  
1 tsp chili powder  
1½ cups chipotle salsa (or any spicy salsa of your choice)  
4 cups vegetable stock  
2 tbsp coconut sugar or maple syrup (optional)  
3 cups (2 cans) cooked organic black beans (if using canned beans, they should be drained and washed)  
1½ cups (1 can) cooked whole kernel corn (if using canned corn, they should be drained and washed)  
a pinch each of salt and pepper

#### ***For garnish:***

lime juice  
fresh cilantro, chopped  
diced red onion  
ripe avocado  
corn tortilla chips  
hot sauce of your choice

#### *Instructions:*

Heat a large pot over medium heat. Once hot, add oil, garlic, onion, red/orange pepper, and salt and pepper. Cook for 4-5 minutes, stirring frequently, until onions are translucent and the peppers have a bit of color.

Add cumin and chili powder, stir to coat. Then add salsa, vegetable stock and coconut sugar. Stir to combine, then increase heat to medium heat and bring to a low boil.

Once it's boiling, add black beans and corn. Reduce heat to low and simmer, covered, for 30 minutes or more, stirring occasionally. The longer it simmers, the more the flavor will develop.

Serve in large bowls, garnish with avocado, red onions, tortilla chips, cilantro, hot sauce and lime juice.





## QI STAGNATION

**Someone experiencing Qi stagnation will feel emotionally stuck, irritable, angry, impatient, frustrated, stressed out and unfulfilled. They will have an irregular menstrual cycle, period bleeding that starts and stops, and also hold tension in their neck.**

### Ladies:

*Signs generally include:* the length of menstrual cycle will often be irregular, fluctuating between periods that come early or late, with mild to moderate pain. PMS symptoms such as moodiness, breast tenderness, nausea, bloating are prominent.

### Gentlemen:

*Signs generally include:* low sperm count, low motility, poor morphology, low volume, delayed liquefaction. They may also experience erectile dysfunction, difficult and/or premature ejaculation, difficulty achieving orgasm, or low libido.

### Dietary recommendations:

- Eat more green apples, peppermint and spearmint, orange peel tea, rosemary, scallions, onion, fennel, anise, dill, mustard and dandelion greens, basil, nutmeg, marjoram, elder flowers, radish and its leaves, taro and turnip
- 50-75% of food intake should consist of colourful (particularly green) vegetables (50% raw, 50% cooked)
- Consume fish and nuts as a primary protein source
- Stay hydrated by drinking lots of room temperature or slightly cooled water
- Relax, breathe, enjoy and chew your food

### Avoid:

- Excessive sour foods like vinegar or pickles
- Alcohol
- Dairy, caffeine, sugars, processed foods
- Too many comfort foods (i.e. carbohydrates) to ease emotional stagnation, as this will lead to digestive upset (gas, bloating)
- Business at meal times; instead relax, breathe, enjoy and chew your food

### Meal ideas:

- Mustard greens salad with peppermint and radish
- Pickled fennel
- Green apples and pistachios
- Fried radish leaves and onions in vinegar and oil with dill



## Recipes for Qi Stagnation

### Main/Entrée

#### Lemon Quinoa Spectacular

##### *Ingredients:*

¼ cup raw slivered almonds  
1 cup uncooked organic quinoa  
2 cups water or low-sodium vegetable broth  
sea salt to taste  
¼ cup fresh lemon juice  
2 stalks celery, chopped  
¼ red onion, chopped  
¼ tsp cayenne pepper (increases nutrient absorption as it aids circulation)  
2 cups baby spinach (folate)  
1 bunch Italian parsley, chopped

##### *Instructions:*

Toast almonds in a dry skillet over medium heat for a few minutes only. Flip constantly to avoid burning. Set aside to cool.

In a medium sized saucepan (we recommend cast-iron, as it adds natural iron to your foods), combine the quinoa, water or broth and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed (about 10–12 minutes). Cool slightly, then fluff with a fork.

Transfer the quinoa to a serving bowl and stir in the almonds, raw spinach, lemon juice, celery, onion, cayenne pepper and parsley.

Serve warm or cold. Serves 6

### Appetizer/Salad

#### Watercress and Endive Salad

##### *Ingredients:*

1 bunch watercress  
2 heads endive, thinly sliced crosswise  
1 small shallot, thinly sliced  
1 pomegranate, peeled and seeds separated  
1 lemon, juiced and zested  
6 tbsps olive oil, or to taste  
salt and pepper to taste

##### *Instructions:*

Spread the watercress on a platter. Arrange the endive and shallots evenly over the watercress. Scatter the pomegranate seeds over the mixture.

Whisk the lemon juice, lemon zest, olive oil, salt, and pepper in a small bowl. Drizzle over the salad immediately before serving.



## **Soup**

### **Vegetarian Pho**

[Food.com]

*Ingredients:*

#### **for the broth:**

1 small unpeeled onion, quartered  
2 unpeeled shallots, halved  
8 garlic cloves, halved  
2 inch piece ginger, coarsely sliced  
2 (3 inch) cinnamon sticks  
2 star anise pods crushed  
4 cloves  
8 cups clear vegetable stock  
3 tbsps tamari sauce (or Bragg Liquid Aminos)  
salt (to taste)

#### **add to bulk up soup**

1 pkg medium width rice noodles  
1 cup seitan or fried tofu, sliced  
6 green onions, thinly sliced (both green and white parts)

#### **for garnish**

1½ cups bean sprouts (approximately)  
basil (a big handful, to taste)  
mint (1-2 sprigs)  
cilantro leaf, left whole (to taste)  
1 lime, cut into wedges (to taste)  
hoisin sauce (to taste)  
sriracha chili paste (to taste)

*Instructions:*

To make the broth, heat a large pot over medium-high heat. Add the onion, shallots, garlic, ginger, cinnamon sticks, star anise, and cloves. Dry-roast, stirring occasionally, until the onions and shallots begin to char.

Add the stock and tamari sauce and bring to a boil over high heat. Turn the heat down to medium-low, cover, and simmer for about 25 minutes.

Strain into a clean pot and discard the solids. Taste the broth and add salt if necessary. Keep warm over low heat.

While the broth is simmering, prepare the rice noodles. Place the noodles in a large bowl. Pour boiling water over the noodles to cover and soak for 20 minutes.

When you are ready to assemble the soup, add the seitan or tofu to the warm broth and allow to heat through. Drain the soaked rice noodles and divide evenly among 4 to 6 large bowls. Using a slotted spoon, scoop the seitan or tofu out of the broth and distribute among the bowls. Ladle the hot broth over the noodles.

Serve the garnish of scallions, bean sprouts, herbs, lime wedges, hoisin sauce and chili sauce on a separate platter so that everyone can season their own soup as they wish.





# WEEKLY REVIEW

Use the list below as a guide when reviewing your accomplishments over the course of a week. Consider where you might improve, and use your reflections to make even more empowering 'self-full' choices in the following week:

diet & nutrition  
exercise  
supplements  
herbal medicine  
avoiding toxins  
emotions & spirit

self-care  
acupuncture  
meditation  
time in nature  
sleep  
joy & happiness

love & connection  
volunteering  
reading  
writing  
deep breathing  
avoiding distraction

prioritizing self  
cultivating faith  
acceptance  
hobbies

## Week 1

Accomplishments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Areas to improve: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

## Week 2

Accomplishments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Areas to improve: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10



### Week 3

Accomplishments: \_\_\_\_\_

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Areas to improve: \_\_\_\_\_

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Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

### Week 4

Accomplishments: \_\_\_\_\_

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Areas to improve: \_\_\_\_\_

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Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

### Week 5

Accomplishments: \_\_\_\_\_

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Areas to improve: \_\_\_\_\_

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Rate your overall commitment to yourself this week \_\_\_\_\_ / 10



## Week 6

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

## Week 7

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

## Week 8

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10





## Week 9

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

## Week 10

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

## Week 11

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10

## Week 12

Accomplishments: \_\_\_\_\_

\_\_\_\_\_

Areas to improve: \_\_\_\_\_

\_\_\_\_\_

Rate your overall commitment to yourself this week \_\_\_\_\_ / 10





**Dr Spence Pentland & Dr Harris Fisher**

3523 Main St, Vancouver, BC V5V 3N4

15300 - 105 Avenue, Suite 31, Surrey, BC V3R 6A7

T: 604.873.9355

E: [office@yinstill.com](mailto:office@yinstill.com)

**[yinstill.com](http://yinstill.com)**