



Diet Guidelines for Rising Liver Yang

Rising Liver Yang is a complex but commonly seen Traditional Chinese Medicine pattern. It is said that the Yin of the body (the body's structure and substance) anchors the body's Yang (the body's function and activities). Each organ needs to have a balance of Yin and Yang for health. The Liver organ network is vulnerable to a loss of Yin, leading to the pattern of rising Liver Yang.

To correct this a diet that nourishes Yin and helps to restrain the Liver network's Yang is recommended. Overly spicy foods and artificial ingredients should be avoided. Soups, stews and cooked foods in general with plenty of complex carbohydrates and vegetables should be emphasized.

The diet should include roughly equal proportions of grains, vegetables (especially green leafy vegetables) and fruit (preferably cooked or stewed). Protein should make up 10 – 20% of the diet.

Below is a list of recommended foods. You should not limit your diet to only these foods. Instead follow the guidelines above of the optimum ratios of carbohydrates, vegetables and proteins, and add recommended foods from the list below to your meals. Where ever possible choose organically grown foods.



Specific foods for Rising Liver Yang

wheat, oats, rice, millet, barley, millet
carrots, chrysanthemum leaves and flowers, oyster mushrooms, wood ear mushrooms, lily bulbs, string beans
chicken eggs, chinese blackboned chicken, tofu, black beans, black soybeans, kidney beans, clams, oysters, duck
pears, mulberries, blueberries, blackberries
seaweeds, black sesame seeds, soy milk, cow's milk



Foods to restrict or avoid

spicy foods in general, curries dishes, BBQ'd foods
chilies, cinnamon, garlic, ginger, onions, shallots, leeks, basil, cloves, wasabi
coffee, vinegar, pickles, tea
lamb, shrimp, prawns, veal, game meats
citrus fruits, melons
cigarettes, alcohol, recreational stimulants

References:

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Chinese Dietary Therapy. Liu, J. Churchill Livingstone: Edinburgh. 1995.

The Healing Cuisine of China. Zhao & Ellis. Healing Arts Press: Vermont. 1998.

Disclaimer

This factsheet is not intended to diagnose or assess. The information provided is not to be considered a substitute for consultation with a qualified health care practitioner.

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