

FOODS FOR YOUR KIDNEY/ADRENAL SYSTEM

Generally protect the kidney/adrenal system by avoiding caffeine and other stimulants including alcohol. Avoid too much external stimulation at work or in relationships. Avoid excessive socialization, and sexual activity. Take time each day for rest and relaxation including moderate exercise and meditation.

• *Kidney Yin Def.*

FOODS TO EAT: millet, barley, tofu, string beans, black beans, black soybeans, mung beans and sprouts, kidney and most other beans, kudzu root, melons, blackberry, mulberry, blueberry, huckleberry, water chestnut, wheat germ, potato, seaweeds, spirulina, chlorella, black sesame seeds, sardines, crab, clam, eggs, pork and cheese.

FOODS TO AVOID: Warming food such as spices, coffee, alcohol, tobacco, lamb, cinnamon, cloves, ginger and over eating which taxes the liver and leads to the formation of heat.

• *Kidney Yang Def.*

FOODS TO EAT: oats, spelt, sweet brown rice, quinoa, cloves, fenugreek seeds, fennel seeds, anise seeds, black peppercorn, ginger (dried), cinnamon bark, walnuts, black beans, adzuki beans, lentils, leeks, kale, parsnips, parsley, winter squash, cabbage, onions, garlic, chives, scallions, leeks, quinoa, chicken, lobster, trout, animal kidney, lamb, shrimp and salmon. Food should be warm generally,

FOODS TO AVOID: avoid cold, raw foods that weaken the spleen (see spleen qi and yang deficiency)

• *Kidney Qi. Def.*

FOODS TO EAT: parsley, wheat berry, sweet rice, raspberry and blackberry leaves and foods related to kidney yin or yang deficiency as appropriate

• *Damp Heat*

FOODS TO EAT: adzuki beans, lima beans, celery, carrots, winter squash, potatoes with skins, asparagus, mushrooms, lemon, cranberry juice, huckleberries, flax seed, cool foods with a bitter flavor

FOODS TO AVOID: refined or concentrated sweeteners, excess meat, greasy or oily foods, excess starch, overeating, hot or spicy foods.

• *Jing Deficiency*

FOOD TO EAT: build the yin, and yang of the kidneys as needed, micro-algae, fish, liver, kidney, brain, bone and marrow of organically raised animals, placenta, wheat or barley grass, almonds, milk (goat is best) clarified butter, royal jelly, beans and dark foods with a salty flavor.