

Hepatonia (Wood/Wind Yang)

Relative order of excess to deficient organ:

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

General Inclination (tendencies, not absolute):

Hepatonia are usually quiet and reserved. They easily understand and embrace or forgive people. They tend to be pragmatic and realistic yet overly ambitious about achieving results rather than appreciating the process of working.

A healthy meat diet will cause this individual to sweat more frequently and fall asleep easily which is a sign of good health for them. Also, activities that cause sweating, such as competitive sports and sauna, help them in relaxing themselves and their naturally excited liver.

A higher blood pressure is naturally common for Hepatonia; therefore, they must be cautious when taking medication for high blood pressure. It is recommended that Hepatonia patients with gastrointestinal issues, arthritis, skin diseases, depression, or high cholesterol, to avoid seafood and increase their pasture raised healthy meat intake. It should be noted that drinking wine is harmful to Hepatonia.

Food Group	Beneficial	Moderate/Better Avoid	Harmful
Animal Protein	Grass Fed: Beef, Butter, Cheese, Sour Cream, Yogurt; Chicken, Duck, Egg White, Egg Yolk, Fresh Water Fish, Goat, Goat Cheese, Lamb, Turkey, Quail Eggs	Milk, Wild Salmon	Shellfish, Ocean Fish (except wild salmon), Saltwater Fish, Pork
Vegetarian 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	Beets, Burdock Root, Carrot, Daikon, Radishes, Lotus Root, Parsnip, Potato, Sweet Potato/ Yam, Taro, Turnip		
Grains	Non-GMO: Amaranth, Brown Rice, Crusted Rice, Job's Tears, Oat, Quinoa, Spelt, Sweet Rice, Wheat (Bran, Germ), White Rice	Barley, Millet, Mung Bean, Rye	Buckwheat
Vegetables	Avocado, Chive, Corn, Eggplant, Fennel, Garlic, Green Onion, Leek, Mushrooms, Onion, Pumpkins, Scallion, Shiitake Mushroom, Spinach, Tomato, Zucchini	Alfalfa, Bamboo Shoots, Bell Pepper, Bok choy, Broccoli, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Cucumber Endive, Kale, Lettuce, Radicchio	Artichoke, Asparagus,
Fruits	Apple, Asian Pear, Blueberry, Coconut, Dates, Figs, Grapefruit, Lemon, Lime, Lychee, Mango, Melons, Mulberry, Orange, Pomegranate, Tangerine	Apricot, Blackberry, Boysenberry, Cherry, Kiwi, Papaya, Peach, Plum, Tart Cherry	Banana, Cranberry, Grapes, Persimmon, Pineapple, Plantain, Raspberry, Strawberry
Herbs	Arrow Root, Basil, Chia seed, Jujube, Dill, Flax Seed, Ginseng, Honey, Mint, Schisandra Berry	Cilantro, Dandelion, Parsley, Watercress	Aloe Vera, Cornelian Cherry, Dextrose, Goji Berry, Quince, Reishi Mushroom
Sea Plants		Nori, Seaweeds	
Spices	Anise Seed, Cardamom, Cinnamon, Curry, Ginger, Horseradish, Lavender, Mustard, Nutmeg, Oregano, Rosemary, Saffron, Thyme, Turmeric, Wasabi, Hot Pepper	Black Pepper	
Oils	Coconut, Grass Fed Butter/Ghee, Sesame	Olive	Grapeseed Oil, Avocado Oil, Canola, Corn, Soy, Safflower, Sunflower

Beverages	Chamomile Tea, Citrus Tea, Coffee (1 cup/day), Coconut Water, Warm Water, Ginger Tea, Ginseng Tea, Jujube Tea		Alcoholic Beverage, Black Tea, Cold Water, Green Tea, Quince Tea, Sodas
Favorites/Snacks	Grass Fed Yogurt, Nuts/Seeds/Fruits that are good for you.		Chocolate, Cocoa, Ice, Smoking
Minerals	Amber, Carnelian/Agate, Turquoise		
Activities	Walking, Calisthenics, Cardio, Resistance Training		Swimming in Cold water