

Renotonia (Water Yang)

Renotonia (Water Yang) constitution has strong Kidney (Bladder) and weak Pancreas (Stomach/Spleen) relative to the other organ systems.

Order of Organs (strongest to weakest): Kidney > Lung > Liver > Heart > Spleen

General Inclination

Renotonia are generally patient and are good listeners for the thoughts and concerns of others. They tend to be perfectionists, attend to the details, are organized, and have sound finishing style. They do not trust others easily, rarely express anger, are calm and collected. They are good writers, like logical things over emotional ones.

Usually, Renotonia do not sweat, but if unhealthy they sweat frequently. They tend to get ill more during the hot summer. Renotonia may complain that they have constipation but that does not progress into severe illness.

Even though eating cold food will cause digestive complications for Renotonia, cold bath is beneficial for them. They tend to get diarrhea after eating cold food and melons. They commonly enjoy sweet food.

These general tendencies are not absolute.

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

Drinks & Beverages	Acidic Beverage, Drinking Warm Water, Ginger Tea, Ginseng Tea, Jujube Tea, Ssang Hwa Tea	Black Tea, Green Tea, Quince Tea	Alkaline Beverage, Chamomile Tea, Coffee, Drinking Cold Water , 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		
Activities	Long Inhale Exercises, Swimming (Cold), Resistance Training, Walking, Cardio, Calisthenics	Hiking (in Dense Forest)	Long Exhale Exercises, Sauna (Perspiration), Sun Tanning