

Cholecystonia (Wood Yin)

Cholecystonia Constitution (Wood Yin) has a strong gall bladder (liver) and weak large intestine (lung) comparatively to the other organs. Cholecystonia also has considerably strong small intestine (heart) and a relatively weak bladder (kidney).

Order of Organs (Strongest to Weakest): Gall Bladder > Small Intestine > Stomach > Bladder > Large Intestine

General Inclination

Cholecystonias are often naturally charitable and sociable. They have overall a soft characteristic and a gentleness to them. They are generally decisive, and adaptable which enables them to maintain a large network of relationships and to easily adapt to various social environments. Their natural athleticism and developed muscles, especially enhanced with a meat diet, permit them to be excellent athletes. When healthy, Cholecystonias require plenty of sleep, and they feel good after sweating.

Cholecystonias who do not follow their proper regimen tend to get hypersensitive large intestine problems, several bowel movement a day, discomfort around belly area, sometimes feel that they have heavy legs, suffer from insomnia, or have sleeping problems if the location is changed, and have tendency to become alcoholic and get depressed.

They tend to get sleepy after eating green vegetables, and easily have diarrhea after eating melons, raw fish or sea food. Sometimes running to bathroom right after eating food is also common in Cholecystonias. Inflammation and ulcer of the stomach, duodenal ulcer, rheumatoid arthritis, inflammation of the liver, and easily having gallstones are resulted from improper food intake for Cholecystonia.

It should be noted that seafood suppresses their already weak large intestine and stimulates naturally-excited gall bladder and liver and cause illness. Consumption of seafood may also cause high cholesterol, arthritis, skin problems, and obesity. When ill, Cholecystonias tend to lose their charitable nature, grow negative and anxious.

These general tendencies are not absolute.

Food Group	Good for You	Better to Avoid	Bad for You
Animal Protein	Beef, Butter, Cheese, Egg White, Egg Yolk, Fresh Water Fish, Quail Eggs, Sour Cream	Chicken, Duck, Goat, Lamb, Milk, Pork, Turkey	Calamari, Clams, Fish without Scales, Ocean Fish with Scales, Ocean Fish without Scales, Oyster, Salt Water Fish, Shell Fish, Shrimp, SwellFish (MonkFish)
Vegetable Protein	Adzuki Bean, 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, Red Bean, Sesame Seed, Soybean, Walnut	Water Chestnut	
Root Vegetables	Beet, Burdock Root, Carrot, Daikon Radish/White Carrot, Discorea Opposita (Shanyao), Lotus Root, Parsnip, Potato, Radish, Sweet Potato/Yam, Taro, Turnip		
Carbohydrates: Grains	Amaranth, Corn, Job's Tears, Oat, Quinoa, Spelt, Wheat(Bran,Germ), White Rice	Barley, Brown Rice, Crusted Rice (Boiled), Millet, Mung Bean, Rye, Sweet Rice	Buckwheat
Vegetables	Avocado, Chive, Eggplant, Endive, Fennel, Green Onion, Leek, Mushroom, Pumpkin, Scallion, Shiitake Mushroom, Spinach, Zucchini	Alfalfa, Bamboo Shoots, Bell Pepper, Bokchoy, Broccoli, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Kale, Lettuce, Romaine Lettuce, Shoot of a fatsia, Stems of Radish, Tomato	Artichoke, Asparagus, Cucumber
Fruits	Apple, Asian Pear, Coconut, Figs, Litchi(Lychee), Mango, Melons, Mulberry, Pear, Pomegranate	Apricot, Blackberry, Boysenberry, Cherry, Citrus, Grapefruit, Kiwi, Lemon, Lime, Orange, Papaya, Peach, Plum, Tangerine	Banana, Blueberry, Cranberry, Grapes, Persimmon, Pineapple, Plantain, Raspberry, Strawberry
Herbs & Health Supplements	Aoshima Mushroom, Arrow Root, Basil, Citrus Tea, Deer Antler, Dill, Flax Seed, Honey, Mint, Schisandra (wu wei zi), Squalene/Shark Liver Oil, Tarragon, Vitamin A,D	Aloe Vera, Cilantro, Dandelion, Parsley, Vitamin B, Vitamin C, Vitamin E, Watercress	Cornelian Cherry/Shan Zhu Yu, Dates, Jujube, Dextrose Injection, Dextrose Powder, Ginseng, Goji Berry, Quince, Reishi Mushroom(Ling Zhi)
Sea Plants		Nori, Seaweeds	
Spices	Anise Seed, Cinnamon, Curry, Garlic, Ginger, Mustard, Nutmeg, Onion, Saffron, Turmeric, Wasabi	Horseradish, Hot Pepper, Sugar (Sucrose)	
Oils	Canola Oil, Corn Oil, Perilla Oil, Soy Oil	Olive Oil, Sesame Oil	Grapeseed Oil
Drinks & Beverages	Alkaline Beverage, Chamomile Tea, Coffee, Drinking Warm Water	Ginger Tea, Ssang Hwa Tea	Acidic Beverage, Black Tea, Drinking Cold Water, Ginseng Tea, Green Tea, Jujube Tea, Quince Tea, Soda(Coke, Pepsi,...)
Favorites/Snacks	Pumpkin Seed, Sunflower Seed, Yogurt	Icecream	Alcoholic Beverage, Chocolate, Cocoa, Ice, Smoking Cigarette
Minerals	Gold (Gold Filling), Jade		Silver
Activities	Hiking (in Dense Forest), Long Inhale Exercises, Sauna (Perspiration), Sun Tanning		Long Exhale Exercises, Swimming (Cold)