

Pancreotonia (Earth Yang)

Pancreotonia constitution has a strong Spleen (Pancreas, Stomach) and have weak Kidney (Bladder) system relative to their other organs.

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

General Inclination

Pancreotonia are generally impatient, restless, highly curious, and can be temperamental or misspeak. They tend to get offended easily but overcome it quickly. Their health is directly related to their self-possession or coolness. Therefore, their health practice should be to always maintain calmness and to not hurry, rush, or get restless within. Pancreotonia are positive, straightforward, active, and sociable. They like to help others even for the cost of not finishing their own task, are passionate, have strong sense of justice, and are usually good painters because of their exceptional sense of color.

Pancreotonia have strong digestive power and appetite, nevertheless they must avoid the food group that is harmful for their constitution. They have the tendency to get diarrhea when they consume spicy food. Consuming foods such as chicken, herbal medicine, apples, and spicy food add heat to their pancreas which may cause them to be susceptible to diabetes and more impatient symptoms. Alcohol and cold baths are detrimental for them. Diseases common in Pancreotonia are infertility, vitiligo, diabetes, and heart disease. Pancreotonia generally have a low blood pressure.

These general tendencies are not absolute.

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