

# Pulmotonia (Metal Yang)

Pulmotonia constitution has strong Lung (Large Intestine) system and has weak Liver.

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

## General Inclination

Pulmotonia having a weak liver cannot digest meat well. Similarly medications are not as effective for them as their discomfort and harm. Therefore, strengthening their liver by consuming green vegetables and seafood as listed in the regimen table is imperative for Pulmotonia.

They are introvert, very creative (artists, composers, inventions are common in Pulmotonia) but they prefer not to be popular, they enjoy singing, and they can be unrealistic.

Pulmotonia easily gets skin diseases such as atopic dermatitis. Diseases due to wrong diet for them are lung and large intestine diseases, liver disease, leukemia, nose congestion and tears, thyroid problems, hypertension, and various allergies.

However, the secret to Pulmotonia health is spending a lot of time standing (with straightening or stretching their back), avoiding sunbathing and excessive perspiration, and following their constitution regimen.

These general tendencies are not absolute.

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