

Vesicotonia (Water Yin)

Vesicotonia (Water Yin) constitution has strong Bladder (Kidney) and weak Stomach/Spleen (Pancreas) system relative to the other organs.

Order of Organs (strongest to weakest): Bladder> Gallbladder >Small Intestine > Large Intestine > Stomach

General Inclination

Vesicotonia are detail oriented and patient. They are gentle, sensitive yet realistic and reserved. Vesicotonia are calm and quiet, however if unhealthy, they tend to get negative, stubborn, closed minded, suspicious, and greedy.

Since they have weak stomach, eating cold food will cause them to have digestive tract problems and gastroptosis. Consumption of warm food, light eating throughout the day, and infrequent perspiration is best suitable for them to maintain balance and health.

These general tendencies are not absolute.

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