

# Gastrotonia (Earth Yin)

Gastrotonia (Earth Yin) constitution has a strong Stomach (Spleen/Pancreas) system and has weak Bladder and relatively weak Gallbladder as well.

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

## General Inclination

Gastrotonia constitutions are rare. They usually have allergic reaction to antibiotic, and penicillin shock is common for their constitution. They should be careful with medications and herbal medicine in general due to the severe side effects for them. Alcohol and cold baths are detrimental for Gastrotonia.

Generally, they are not quite sociable, are sensitive but frank and strict with others, and are meticulous and devoted workers. Gastrotonia are impatient yet cheerful, positive, and honest. They have a good sense of aesthetics.

Their strong and overexcited stomach causes them indigestion. Digestive problem in Gastrotonia usually accompanies headaches and pain throughout the body. Consuming spicy food, apple, pharmaceuticals, and chicken result anxiety disorder for Gastrotonia. Diseases common in Gastrotonia are infertility, and diabetes.

These general tendencies are not absolute.

Food Group	Beneficial	Moderate/Better Avoid	Harmful
<b>Animal Protein</b>	Grass Fed: Beef, Butter, Cheese, Sour cream, Yogurt; Egg White, Egg Yolk, Fresh Water Fish, Goat Cheese, Ocean Fish with Scales, Quail Eggs, Saltwater Fish, Shellfish (Clams, Oyster...)	Milk, Shrimp	Chicken, Duck, Goat, Lamb, Pork, Turkey
<b>Vegetarian Protein</b>	Adzuki Bean, Black Beans, Blackeye Bean, Chestnut, Fermented Soybean (Natto), Garbanzo Bean, Green Bean, Hazelnut, Kidney Bean, Lentil, Lima Beans, Navy Bean, Pea, Pinto Bean, Red Bean, Soybean, Walnut, Water Chestnut	Cashew, Peanut, Pistachios, Sesame Seed	Pecan, Pinenut,
<b>Root Vegetables</b>	Beets, Burdock Root, Carrot, Daikon, Lotus Root, Radish, Turnip	Parsnip	Potato, Sweet Potato/Yam, Taro
<b>Grains</b>	Non-GMO: Barley, Buckwheat, Millet, Mung Bean, Wheat (Bran, Germ), White Rice	Amaranth, Job's Tears, Oat, Rye, Quinoa, Spelt	Brown Rice, Crusted Rice, Glutinous Rice
<b>Vegetables</b>	Alfalfa, Artichoke, Asparagus, Avocado, Bamboo Shoots, Bok choy, Broccoli, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Corn, Cucumber, Endive,, Kale, Lettuce, Mushrooms, Pumpkins, Radicchio, Shiitake Mushroom, Watercress, Zucchini	Arugula, Bell Pepper, Eggplant, Fennel, Garlic, Onion(cooked), Spinach	Chive, Green Onion, Onion(raw), Leek, Scallion, Tomato
<b>Fruits</b>	Asian Pear, Banana, Blackberry, Blueberry, Boysenberry, Cornelian Cherry, Cranberry, Figs, Grapes, Kiwi, Melons, Persimmon, Plantain, Pomegranate, Raspberry, Strawberry	Apricot, Cherry, Coconut, Dates, Mulberry, Papaya, Peach, Pineapple, Plum, Tart Cherry	Apple, Grapefruit, Lemon, Lychee, Mango, Orange, Tangerine
<b>Herbs</b>	Aloe Vera, Cilantro, Cornelian Cherry herb, Dandelion, Dill Honey, Parsley, Reishi Mushroom, Watercress	Basil, Flax Seed, Goji Berry, Mint, Quince, Tarragon	Arrow Root, Citrus Tea, Jujube, Ginseng, Schisandra Berry
<b>Sea Plants</b>	Seaweeds	Nori	

<b>Spices</b>	Lavender, Nutmeg, Oregano, Rosemary, Saffron, Thyme	Anise Seed	Cardamom, Cinnamon, Curry, Ginger, Horseradish, Hot Pepper, Mustard, Turmeric, Wasabi
<b>Oils</b>	Olive Oil, Grass fed Butter/Ghee	Avocado, Grapeseed, Coconut	Sesame, Safflower, Soy, Sunflower, Canola, Corn
<b>Beverages</b>	Coffee (1 cup/day), Coconut Water, Cold Water	Chamomile Tea, Quince Tea	Alcoholic Beverage, Black Tea, Warm Water, Ginger Tea, Ginseng Tea, Green tea, Jujube Tea, Sodas
<b>Favorites/ Snacks</b>	Grass fed yogurt, Nuts/Seeds/Fruits that are beneficial for you.	Cocoa	Smoking
<b>Minerals</b>	Agate/Carnelian, Amber, Turquoise		
<b>Activities</b>	Walking, Cardio, Calisthenics, Resistance Training		Excessive Sweating