

Pulmotonia (Metal/Fire 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 red 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
Animal Protein	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
Vegetable Protein	Adzuki Bean, Garbanzo Bean, Green Bean, Kidney Bean, Lentil, Pea, Red Bean	Sesame Seed, Water Chestnut	Black Beans, Blackeye Bean, Cashew , Chestnut, Fermanted Soybean (Natto), Hazelnut, Lima Beans, Navy Bean, Peanut, Pecan, Pinenut, Pinto Bean, Pistachios, Soybean, Walnut
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	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
Vegetables	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
Fruits	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
Herbs & Health Supplements	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
Sea Plants	Nori	Seaweeds	
Spices	Saffron	Anise Seed	Cinnamon, Curry, Garlic, Ginger, Horseradish, Hot Pepper, Mustard, Nutmeg, Onion, Sugar (Sucrose), Turmeric, Wasabi

Oils		Canola Oil, Grapeseed Oil, Olive Oil	Corn Oil, Perilla Oil, Sesame Oil, Soy Oil
Drinks & Beverages	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
Favorites/Snacks	Ice	Chocolate, Cocoa, Pumpkin Seed, Sunflower Seed, Yogurt	Alcoholic Beverage, Ice Cream, Smoking Cigarette
Minerals	Silver, Agate, Carnelian, Amber, Turquoise, Jasper		Gold (Gold Filling), Jade
Activities	Long Exhale Exercises, Swimming (Cold), Cardio, Walking, Resistance Training, Calisthenics		Hiking (in Dense Forest), Long Inhale Exercises, Sauna (Perspiration), Sun Tanning