

# 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, herbal medicine, and chicken result anxiety disorder for Gastrotonia. Diseases common in Gastrotonia are infertility, and diabetes.

These general tendencies are not absolute.

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