

# Hepatonia (Wood Yang)

Hepatonia constitution has a strong liver (gall bladder) and weak lungs (large intestine) comparatively to the other organs. Hepatonia also has relatively strong kidney (bladder) and weak pancreas (stomach).

Order of Organs (Strongest to Weakest): Liver > Kidney > Heart > Pancreas > Lung

## General Inclination

Hepatonias are usually quiet and reserved. They easily understand and embrace or forgive people. They tend to be realistic yet overly ambitious about achieving results rather than appreciating the process of working.

A meat diet will cause this individual to sweat more frequently and fall asleep easily which is a sign of good health for them. Also activities that cause sweating, such as competitive sports and sauna, help them in relaxing themselves and their naturally too excited liver.

High blood pressure is naturally common for a Hepatonia, therefore, they must be cautious when taking medication for high blood pressure. It is recommended that Hepatonia patients with lower abdominal indigestion, arthritis, skin diseases, depression, or high cholesterol, to avoid seafood and increase their pasture raised meat intake. It should be noted that drinking wine is harmful to Hepatonia.

These general tendencies are not absolute.

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