

## Metal Primary + Water Secondary Constitutional Type

### Meat

All meats, fish, and poultry should be as fresh as possible, without any hormones or antibiotics or excessive heavy metal contamination (fish). If you have digestive problems or a constitutionally weak digestive function like the Water constitutional type, meat should be cut into small pieces before chewing or pounded before cooking for easier digestion. Barbecue dries the meat out too much, causing more heat for the Earth and Metal constitution types (an irritant) and the charred parts are even more irritating.

**Meat:** beef, buffalo, lamb, pork, rabbit, venison. 100% grass fed Organic meat. High quality protein, fats, cartilage and much more.

**Metal:** Overall can not handle red meat, so if you have it, only eat small amounts cut up into small pieces mixed with vegetables or best is in a soup with small thin slices. No barbecue.

**Water:** Can handle all meat but only in small quantities, but often. The fattier the meat the smaller the portion size. You should not eat a whole piece of steak, it should be cut up into small or thin pieces or better yet in a stir fry or soup (best).

### Poultry

**Poultry:** chicken, duck, pheasant, quail, turkey. Organic "free range" poultry. High quality protein, fats, cartilage, and more.

Of these chicken seems to be the main problem for the Earth and Metal types. Metal has a problem with meat and poultry in general and does better with fish.

**Metal:** No poultry.

**Water:** All OK, just small amount of duck though, mostly due to the fat content. This is a general problem for Water types, they have a harder time with high fat foods from meat, poultry, fish and nuts

### Freshwater Fish, Seafood and Shellfish

Fresh whole fish will not smell "fishy" if it is fresh. Shark and skate are exceptions to this rule, as they naturally have a slight ammonia odor when fresh. The eyes will be clear, not cloudy, and the skin will be moist and shiny but never slimy. The scales should be intact and attached, instead of dry or flaking. Cuts of fish should be moist, with no fishy odor, bruises, odd-colored edges, or spots.

Frozen fish is harder to evaluate, unless you notice any discoloration or a strong odor. Look for intact packaging, recent package dates, and a piece of fish that feels frozen solid. Avoid pieces covered with a lot of ice crystals, or rips and holes in the packaging. Shellfish such as Crab and Lobster are best purchased live, or as fresh as possible. Shrimp can be frozen, preferably with shells on. Clams, Oysters and Mussels should be purchased live or as fresh as possible.

**Freshwater Fish:** bass (large and small mouth), catfish, grayling, pickerel, pike, rainbow trout, sunfish, tilapia, trout, walleye pike, whitefish. Wild caught, not farmed.

**Seafood:** ahi (yellowfin tuna), Alaska pollock, albacore tuna, anchovy, cod, flounder, fluke, grouper, haddock, halibut, hapuka grouper, herring, john dory, lingcod, mackerel, mahi-mahi, monkfish, mullet, ocean perch, orange roughy, redfish, red snapper, rock cod, salmon, sardine, sea bass, sea trout, skate, shad, shark, smelt, snapper, sole, striped bass, sturgeon, swordfish, tilefish, tuna, weakfish. Again wild caught and not farmed.

**"Shellfish":** clam, crab, crayfish, cuttlefish, lobster, mussels, octopus, oysters, prawns, scallops, shrimp, squid. Wild caught and not farmed.

**Metal:** Main source of animal protein and fat. This along with vegetables is their primary source of food.

**Water:** Does well in general. Fish is generally easier to digest than meat or poultry.

### Dairy

Dairy: It is very important to have raw 100% grass fed, organic dairy, and preferably ferments of dairy such as Kefir, Yogurt, Cottage Cheese, Cheese, and if you drink/use milk it would be best raw.

Goat and Sheep milk fermented products are more tolerant to most people, and are the preferred source of dairy products. You want these fermented dairy products because of the beneficial bacteria they contain, which pasteurized dairy does not unless they add it afterwards, usually in small amounts and less diverse strains. Of the ferments, Kefir is the best, then yogurt and buttermilk. Only soft cheeses such as Edamame Gouda, Cheddar, Feta, Edam, and Provolone have beneficial bacteria.

**Metal:** Stay away.

**Water:** Goat or Sheep fermented milk products are the best, but watch out for dampness, especially with cow's milk and its products.

### Legumes

Legumes: Aduki, Anasazi, Black, Black-eyed Peas, Black Soybeans, Bolita, Fava, Garbanzo, Great Northern, Kidney, Lentil, Lima, Mung, Navy, Peanuts, Peas, Soybean, String Beans. Organic.

Some people can handle beans better than others. You can increase the digestibility and decrease the irritants by soaking them long enough to start the sprouting process. Legumes should be soaked in water for 12 hours, then pour out the water (you can use this to water your plants) and rinse with clean water and pour out again, add new water and soak another 12 hours, rinsing them two more times, until they begin to sprout. This helps reduce the carbohydrate that produces most of the gas, and the vitamin content of the beans can increase in the sprouting process while the carbohydrates are broken down into simpler carbohydrates that are easier to digest and assimilate. This soaking can also reduce the amount of "anti nutrients" found in legumes. Before cooking, discard the final soaking water and cook until soft. If you have a foam layer, skim it off, this will also decrease the amount of starch that causes gas even more.

Soaked legumes will cook faster, while allowing most people to handle them in moderate amounts.

Fresh Edamame, Green Beans, Green Peas, Peanuts and Snow Peas are an easier way of ingesting legumes.

Herbs and spices that are traditionally used to assist digestion of beans:

Coriander, Cumin, Ginger -- Lentil, Mung, Black, Azuki/Aduki.

Sage, Thyme, Oregano -- Black, Pinto, Lentil, Kidney.

Dill, Basil -- Lentil, Garbanzo, Split Pea.

Fennel, Cumin -- Pinto, Kidney.

Mint, Garlic -- Garbanzo, Lentil.

**Metal:** Small amounts.

**Water:** Can tolerate in small to moderate amounts.

### Grains

**Grains:** Amaranth, Barley, Basmati Rice, Brown Rice, Buckwheat, Corn, Kamut, Millet, Oats, Quinoa, Rye, Sweet Rice, Wheat.

Water constitutions have the most problem with gluten, so eat more Amaranth, Buckwheat, Corn, Millet, Oats, Quinoa, and Rice.

Most of the grains should be in their whole form since they have more nourishment than refined grains, such as brown rice, barley, millet, buckwheat, triticale, oat groats, instead of white rice, pearled barley, etc. Refined breads should be the smallest portions of grains.

The preferred breads are made from sprouted whole grains. These should be the predominant forms of floured products, then whole-unprocessed spaghetti, macaroni, etc.

Also sprouted grain breads and tortillas are easier to digest and less reactive for most people.

If you have digestive problems or just have a hard time digesting grains, you should soak them for 12 hours or over night, then pour out the soaking water and rinse with clean water before cooking.

The amount of cooking water needed and cooking time will be reduced, in some instances substantially.

When you cook grains they should be soft, and if there is weakness of the digestive system, then they should be cooked until soupy, and always at low heat, just enough to simmer.

Since fully sprouted grains can be easier to digest you could continue the rinsing phase for 2-3 more days or until they are fully sprouted.

Dr.Axe's website has an excellent guide for sprouting. <http://draxe.com/sprout/>

If you still have a problem with grains or you just want to reduce the amount a grains in your diet.

You can replace grain starches with vegetable starches such as squashes, potatoes, and root vegetables.

**Metal:** Besides buckwheat most grains should be eaten in small amounts.

**Water:** Can eat in general just needs to be "prepared" more for them to digest. Longer cooking times and with herbs and spices to help digestibility.

### Nuts and Seeds

**Nuts:** acorn, almond, Brazil nuts, cashews, chestnut, coconut, ginkgo, hazelnuts, macadamia, pecans, pine, pistachios, walnuts.

Seeds: chia, flax, hemp, pomegranate, pumpkin/squash, sesame, sunflower.

Both best if Organic and raw if possible.

Nuts & Seeds can be hard to digest due to their "richness", so should be consumed in moderation for many people. You can soak them to make them easier to digest and remove some of the "anti-nutrients".

Nuts have a short soaking time, usually 2-10 hours and are general not sprouted except for almonds\*, so just the soaking process alone will improve digestibility. Remember to pour off the soaking water and rinse before you dry them and then store in the refrigerator. If you are going to eat them right away, no need to dry them.

If you have a sensitivity to any nut or seed you may have a general sensitivity to all nuts and seeds. This sensitivity may be so minimal for some that you will not notice the negative affect, so consume them sparingly and you should be OK.

If you want to sprout the seeds, this will take 2-4 days for most seeds.

\*<http://whfoods.org/genpage.php?tname=dailytip&dbid=324> and

\*<http://www.smallfootprintfamily.com/why-you-should-soak-nuts-and-seeds#comments>

**Metal:** Do not tolerate in general. It is to hard to digest for them, they are the most "allergic" to nuts and seeds.

**Water:** Limited amounts and in general hard for them to digest.

## Fruit

The EWG website has a simple “Dirty Dozen” and “Clean Fifteen” list of the most and least sprayed fruit and vegetables. <http://www.ewg.org/foodnews/>

**Fruit:** apple, apricot, avocado, banana, cherry, fig, grape, grapefruit, lemon, lime, melons (cantaloupe, crenshaw, honeydew, muskmelon, watermelon, etc), mulberry, orange, papaya, peach, pear, persimmon, pineapple, plum, pomegranate, raspberry, strawberry. Organic.

Most fruits are cooling and some are cold in property. So the Water Types should stay away from melons in general unless they are during the summer and you are feeling excessively hot, but even then don't overdo it. Eat fruit in season and ripe, so your best bet is the farmers market.

**Metal:** Does very well with fruit. eat sprayed fruit and vegetables. <http://www.ewg.org/foodnews/>

**Water:** Melons and bananas can be a problem, baked or cooked fruit is more tolerant. Fruit is a minor category overall.

## Vegetables

Vegetables: Arrowroot, Asparagus, Bamboo Shoots, Beet, Bell Peppers, Broccoli, Cabbage, Carrot, Celery, Chives, Cucumber, Eggplant, Jerusalem Artichoke, Kale, Kohlrabi, Leek, Lettuce, Mushrooms (Chanterelle, Oyster, Portobello, Porcino, Shiitake, White Button), Mustard Greens, Onion,, Parsley, Parsnip, Potato, Pumpkin, Radish, Scallion, Spinach, Squash, Sweet Potato, Swiss Chard, Taro Potato, Turnip, Watercress, Yam.

The property of vegetables in general are cold or cooling in their raw state, but can be changed to a degree by the cooking methods, although the easiest way is with herbs and spices. One of the most common ways to do this is with ginger, garlic or green onion, when you stir-fry, this will add a warming property to the vegetable you are cooking.

As a general rule for many people vegetables should be cooked to some extent, (at least 25 to 75% of the time depending on the time of year and the person's overall condition), such as soups, steamed (you can drink the water), baked or stir-fried. The decrease in nourishment of some vegetables from cooking (although the availability of some nutrients are increased in some vegetables) is more than made-up by their increased digestibility.

If you have a juicer, preferably a masticating juicer, you can juice some of your vegetables. Green leafy vegetables are the most desirable and only organic vegetables should be used. The fiber from them could be used in cooking because the fiber is an important part of vegetables, especially as a prebiotic in the intestine. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/>

**Metal:** This is the best category or Metal Types, the lighter (less dense) the foods the better for them especially greens.

**Water:** Raw vegetables can cause problems so most vegetables are best cooked or prepared with warming herbs and spices to make them easier to digest for the cold Water Type digestive system.

## Sprouts

**Sprouts:** aduki beans, alfalfa seeds, , black beans, fenugreek seeds, garbanzos, lentils, mung beans, mustard seed, oats, radish seeds, red clover seeds, rice, spelt, soy, sunflower kernels, wheat.

Sprouts have a higher nutritional profile and are easier to digest for most people.

You can fully sprout seeds, grains and legumes within 2-5 days.

Soaking guidelines: This is a simple 12 hour initial soak, then rinse, soak, rinse, soak, rinse then soak overnight again. The number of times you rinse during the day depends on what you are soaking and how hot and humid/dry it is.

## Seaweeds

Seaweeds: Agar-Agar, Arame, Dulse, Hijiki, Kelp, Kombu, Nori, Wakame.

Seaweed is a vegetable that most people don't eat or don't know how to prepare, and is extremely nourishing. You can just soak them and then put in a salad or use them in a soup or added to beans when you cook them to increase the mineral content of the beans.

Seaweeds are generally classified as cooling or cold so Water types cold/weak digestive systems can have problems unless warming herbs and spices are prepared with it. Wood types tends to do well with it, Earth and Metal types can tolerate them in moderate amounts, while some may be OK with them daily in moderate amounts.

## Herbs and Spices

Herbs and Spices: Anise, black pepper, cardamom, chives, cilantro, cinnamon, clove, coriander, fennel, garlic, ginger, green onions, horseradish, jalapenos, mint family ( catnip, bee balm, lemon balm, lavender, marjoram, oregano, perilla leaf, peppermint, rosemary, sage, thyme), mustard seed, onions, parsley, shallots, turmeric, wasabi..

Water types do best with herbs and spices because most of them are warming and help with digestion. Earth types need to stay away the most due to their overactive "hot" digestive system.

Herbs and spices that are traditionally used in Ayurvedic Medicine to assist digestion of beans:

Coriander, Cumin, Ginger -- Lentil, Mung, Black, Azuki/Azuki.

Sage, Thyme, Oregano -- Black, Pinto, Lentil, Kidney.

Dill, Basil -- Lentil, Garbanzo, Split Pea.

Fennel, Cumin -- Pinto, Kidney.

Mint, Garlic -- Garbanzo, Lentil.

**Metal:** Only in small amounts to help promote digestion, the spicier the worse for them so moderate herbs and spices and in small amounts except mint, and the mint family is well tolerated well.

**Water:** Needs the warming herbs and spices to help digestion and warm their cold constitutional tendency. Perilla leaf with ginger root is good for all kinds of digestive problems.

## **Exercise**

Metal + Water has a much better chance to be a more balanced athlete. They can have the endurance for longer distance running/skiing/ biking and swimming. They can have the explosive upper body power along with the leg endurance, so in cross country skiing they can use the upper body for climbing hills, or using the upper body in the last lap of a swimming match to finish first.