

Please Note: This is a work in progress, but you can still get a lot out of this as it is now, enjoy.

NUTRITION AND LIFESTYLE THERAPY

There are three main thought processes you have to consider with nourishment and food.

1. What you eat.
2. When you eat.
3. How you eat and prepare your food.

Remember the most important thing is the actual nourishment you absorb from your food and drink. As every person is unique, there will always be variations according to individual needs. A few basic guidelines, however, are appropriate as we seek a way of eating that creates balance and harmony. Frame of mind is of utmost importance at mealtime; relax and slowly chew your food for optimal digestion and assimilation, mealtime is not the place to discuss the day's problems.

What you eat.

What you eat and drink is one of the main source of nourishment besides breathing, sleeping, and the environment around you. In general food should be in its whole form as much as possible, meaning the less refined the better. Refined foods generally equal loss of nutrients, such as vitamins, minerals, fats, fiber, and phytonutrients. The natural fiber is also taken out, including insoluble fiber, which is food for our intestinal bacteria and yeast that help us by breaking down certain foodstuff, detoxify, and even creating chemicals that influence our mental and emotional state. Phytonutrients:

<http://nutrition.ucdavis.edu/content/infosheets/fact-pro-phytochemical.pdf> You should eat a wide variety of foods for a good balance of nutrients. This does not mean that in one meal you should have three different grains, five different vegetables, legumes/beans, fish, etc. It would be better to have one grain, one legume, and one to three different vegetables at a meal and then at another meal have a different grain or, legume with one to three different vegetables or fish with rice and one to three vegetables. This is what I mean by a wide variety of foods. Another way to do this is to rotate you foods so you don't eat the same thing over and over.

Example: For a 1 week meal plan you should have 3 different breakfasts, lunches, and dinners that you can rotate throughout the week.

The long winded, important subject of fats

You can skip this section, just knowing all the fats talked about below are good for you, it's just some are better than others.

Fats come in three forms, polyunsaturated, monounsaturated fats and saturated fats. They are all good for you! Polyunsaturated Fats: Nuts, seeds, algae, leafy green vegetables, fish (esp cold water fish) and krill. Monounsaturated Fats: Red meat, whole milk products, nuts, olives and avocados. Saturated Fats: Animal fats and their products; butter, ghee, lard, cheese, cream and vegetable products: coconut oil, palm kernel oil, and cocoa butter.

There are 2 Essential Fatty Acids and 2 other very important Fatty Acids that you will want to get in you diet at least a few times a week. We can not make the first two and many people have a poor ability to convert these essential fatty acids into EPA and especially DHA.

The first is Alpha-Linolenic Acid (LNA or ALA), and it belongs to the omega-3 family of fatty acids. You can find ALA in Chia Seed, Perilla seed, Flax Seed, Hemp Seed, Walnuts, Pumpkin Seeds, Brazil Nuts, Sesame Seeds, Avocado, Dark green leafy vegetables such as Kale, Collard Greens, Swiss Chard, Mustard Greens, Purslane.

By far the highest food source of ALA is flax oil and Flax seed then Chia seeds.

These foods have not especially popular in the typical American diet, although that is changing, so it is no wonder that many people in the US population are deficient in ALA. This deficiency plays a role in practically all degenerative diseases like heart disease and cancer, arthritis, skin conditions, diabetic neuropathy, immune function, and premenstrual syndrome.

The second is Linoleic Acid (LA) belonging to the omega-6 family of fatty acids. It is found abundantly in safflower seeds, evening primrose seeds, grape seed, sunflower seeds, pumpkin seeds, sesame seeds, corn oil, soy oil, and in most nuts.

The typical American diet contains too much LA in comparison to ALA because people consume so much refined vegetable oils made of the above mentioned foods. They not only cook with these oils, but also eat margarine, crackers, cookies, and other processed foods which contain those oils.

The right ratio of linoleic acid versus alpha-linolenic acid in the diet is important. It should be between 4:1 and 1:1, meaning equal amounts of LA and ALA and up to four times as much LA as ALA, while the typically American diet can be as high as 20:1.

Some researchers believe an imbalance may lead to a variety of mental disorders, including hyperactivity, depression, brain allergies, and schizophrenia.

Besides nourishing the brain, neurological, eye and vascular system, another primary function of EFAs is the production of prostaglandins, they regulate body functions such as menstrual cycle, fertility, conception, induce labor, regulate platelets, heart rate, blood pressure, blood clotting, cell wall integrity, increase gastric mucus secretions, decrease gastric acid secretions, help regulate bronchial dilation or constriction, and play a role in immune function by regulating inflammation and encouraging the body to fight infection.

Now the so called non-essential omega-3 fatty acids.

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). The body can convert ALA to EPA, and then EPA to DHA; however, some people do not convert ALA to EPA and especially EPA to DHA efficiently so getting these oils in your diet would be a good assurance policy, especially if you are planning to get pregnant or are currently pregnant.

Infants and children need DHA for proper brain, nervous system and eye development so getting this from their diet can be extremely important. Breast milk will have all the fatty acids needed for healthy growth only if the mother has these in her diet, and the same goes for vitamins and minerals.

Non-essential omega-6 fatty acids include AA (arachidonic acid) and GLA (gamma-linolenic acid) which your body makes from LA (the omega-6 essential fatty acid). GLA is the only one you may want to supplement, is easy to get in foods or supplements such as Spirulina, Borage Oil, Evening Primrose, Hemp seed Oil and Black Currant Oil.

AA is very important for growing babies muscle, brain and nervous system, is easy to get in foods such as Animal Organs, Poultry, Eggs, Meat, Fish and can be converted from Linoleic Acid (LA).

GLA can convert to DGLA and then Prostaglandin PGH1 which has helps regulate the immune system and has anti inflammatory properties.

WARNING! Oil pesticides, which are very fat-soluble, tend to be concentrated in oil products. Therefore, it is a good idea to buy organic oils whenever possible. Oils especially high in pesticide residue are soy, corn, cottonseed, and canola.

All unsaturated fatty acids, polyunsaturated or monounsaturated are subject to oxidation and rancidity, (monounsaturated less so.) Protect your oils from air, light and heat, buy oils in small quantities and use before they become rancid.

Look for oil that is organic and cold pressed, not cold processed or solvent extracted. Ideally, the oil should be in an opaque bottle. Buy smaller quantities, amounts you can use, before they become rancid. Keep your oils in the refrigerator. Avoid frying at high heats, all oils will go bad with high heat, see below. Do not use margarine; this is an artificially hydrogenated product with trans-fatty acids. Butter, Coconut and Olive oil are probably the best oils to cook with low heat and longer cooking times while safflower, rice bran and peanut oil for higher heat and shorter cooking times.

TYPE OF FAT	SMOKE POINT	NEUTRAL = refined
Safflower Oil	510°F/265°C	Yes
Rice Bran Oil	490°F/260°C	Yes
Light/Refined Olive Oil	465°F/240°C	Yes
Soybean Oil	450°F/230°C	Yes
Peanut Oil	450°F/230°C	Yes
Clarified Butter	450°F/230°C	No
Corn Oil	450°F/230°C	Yes
Sunflower Oil	440°F/225°C	Yes
Vegetable Oil	400-450°F/205-230°C	Yes
Beef Tallow	400°F/250°C	No
Canola Oil	400°F/205°C	Yes
Grapeseed Oil	390°F/195°C	Yes
Lard	370°F/185°C	No
Avocado Oil (Virgin)	375-400°F/190-205°C	No
Chicken Fat (Schmaltz)	375°F/190°C	No
Duck Fat	375°F/190°C	No
Vegetable Shortening	360°F/180°C	Yes
Sesame Oil	350-410°F/175-210°C	No
Butter	350°F/175°C	No
Coconut Oil	350°F/175°C	No
Extra-Virgin Olive Oil	325-375°F/165-190°C	No

When You Eat

Since digestion is predominantly a calm, relaxed, meaning parasympathetic function, you should eat in a calm and relaxed manner to improve digestion, especially for people with naturally weak or sensitive digestion. So having a heated or excited conversation, even if it is a positive one, will inhibit the digestive process to some degree and for many to a large degree.

Do not eat late in the evening or close to bedtime. If you still have most of your undigested food in the stomach when you go to sleep, meaning lying down, your food with digestive juices can go up to the top of the stomach and irritate the lower esophageal sphincter, and over time (for some people a shorter time) this sphincter will lose its ability to keep the stomach contents away from the esophagus. As time and irritation continue it may lose this ability to a great extent and result in what is called GERD. You don't even have to be lying down to promote this, if you do lifting, bending or vigorous walking as any part of your work or daily activities, or even excessive laughing soon after eating any meal, this may be a problem, especially if it is already irritated. Once the lower esophageal sphincter is irritated enough, it will no longer prevent the food contents of the stomach from going up the esophagus and it will take a longer time to heal. Even if you changed your daily habits to eating an early dinner, in a calm manner, chew your food well, eliminate the irritating foods, reduce the amount of lifting, bending and vigorous walking after a meal, it only takes one bad day or night to reverse days of the healing process. Remember the two steps back and one step forward analogy!

Breakfast: Quinoa or whole Oat groats with walnuts, almond, sunflower seeds, (pick one) or blueberries, raisins, apples, cranberries, etc. Eggs with a bagel or toast (organic sprouted whole grain), or an omelet with grilled vegetables. Butternut or acorn squash omelet, or make a burrito with black beans and you favorite salsa or herbs and spices, or nut butter with a sour apple or celery for a lite breakfast.

If oil is desired, put it on after the food is cooked or cook at a low enough temperature so that the oil does not smoke. Even the best quality oils become hard to digest or even toxic to the body when overheated, see above.

Again, foods should be eaten in their whole form, or as minimally processed as possible.

Peel fruits or vegetables only if the peel is hard to digest or contaminated with chemical sprays that you can't remove with soap, salt water, diluted hydrogen peroxide or just washing the outside with a sponge. Good article on fiber <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/pdf/nutrients-05-01417.pdf>

Search out organically grown foods to avoid the toxic chemical residues of the commercial growing processes. Below is a link to Environmental Working Group, which has a simple list of foods and their ranking for pesticide use. As always not everything on this website or any website is completely correct, but I think this part of it is helpful. <http://www.ewg.org/foodnews/>

Keep snacks to a minimum between meals or try not to snack at all. Most snacks tend to be junk food and we tend to consume them without thought or need or even worse, emotional eating. We usually aren't hungry when we do snack, it is just something to do while we are watching TV, reading, studying or socializing. The emotional foods tend to be sugars or refined carbohydrates, and according to Chinese Medicine, the sweet flavor tends to relax you for a short period of time but the craving can come back even stronger and you end up in a sugar/carb trap. Should some people have snacks between meals? Yes, some constitutional types are fast metabolizers and need to eat more often, just so it is normal food you would eat at a regular meal.

Do not space meals too far apart or too close together, generally 2 - 5 meals per day are enough. This varies from person to person, but a regular eating schedule is helpful and less stressful to us than skipping a meal or eating at random times. This is also true for exercise, elimination, and sleep.

Have most of your fruit between meals. If fruit stays in the stomach too long, fermentation can begin, causing a fullness sensation and gas. Fruit should be eaten in small amounts because of the high amount of sugar, (esp fructose) and the lower nutrient value compared to vegetables, since most people drink juice rather than eat the whole fruit and think that counts as a serving of fruit. Most juice is processed and has very little nutritional value compared to the whole fruit. Some people are juicing the whole fresh fruit and even though this is much better than regular juice they tend to have too much. If you are going to juice, it should be a mixture of mostly vegetables with some fruit and the quantity should be a reasonable amount that you could eat at a meal.

Although fruit is a "natural" sugar it can still cause a severe fluctuation in blood sugar, especially with people that have borderline hypoglycemia. This quick increase in blood sugar levels from fruit happens because our body glucose regulatory system has become inefficient due to excessive intake of refined sugars/carbs in our everyday life. This has made fruit an extreme food for some people, when it should be a nourishing and energizing food.

You should stop eating approximately three hours before you go to bed or before 7pm if possible. Do not have a late night snack; as this will start the whole digestive process going again when you should be sleeping, and promote one of the most common disorders today, gastric reflux. This has become so common that many people think it's normal to get heart burn and taste our food again at night or the morning. This also inhibits the body's normal functions that only occur at night when we are asleep, in other words our quality of sleep goes down.

How you eat and prepare your foods

When you eat, you should be thinking about what you are eating and that the ultimate purpose to this mandatory joy or chore is to nourish our whole being!

How you eat relates to the chewing, complexity or simplicity of your meal, cutting your food, especially harder to digest foods, into small pieces and chewing each bite well before you take another bite, and how you prepared your food.

As stated above, are you sitting down and taking time to specifically eat, or quickly grabbing a bite while you are working, rushing around or driving? Your goal is to eat in a relaxed and pleasant atmosphere that promotes digestion and not when you are overly excited, angry, or emotionally charged which inhibits digestion and your ability of getting the full potential from your food and drink.

This includes our protein, fat, carbs, sugars, vitamins, minerals, phytonutrients and anything else we receive from our food that we are unaware of, and hopefully the mental and emotional enjoyment that should be a part of the nourishing function of food and drink.

Are you chewing your food thoroughly or just going through the motions so you can quickly wash it down and get the next bite in. Chewing is a major part of digestion, it tells our digestive system what it needs to do next, allows us to extract the flavors of the food, and increase the food's surface area.

This allows the digestive enzymes, amylase from the saliva to break down starches, and hydrochloric acid (HCl) and pepsin from the stomach to breakdown proteins. The Hydrochloric acid in the stomach can also destroy pathogens we may have ingested with our food, while the mucus the stomach lining produces protects the stomach lining from the extreme acid in the stomach.

Since all of our digestive juices work by surface contact the more you chew the greater the surface area and the easier it is to digest the food. Digestion, particularly of the starches, begins in the mouth, due to the enzyme in saliva called amylase, and continues in the stomach as long as the pH is mildly acidic. Once the HCL level increases amylase function decreases and pepsin increases which breaks down protein.

Foods that are difficult to masticate, such as red meat, should be cut into small pieces, or Chia and Flax seeds, which should be ground up or soaked before eating.

Digesting food takes energy, approximately 5-15% of our daily energy expenditure, with the most energy consuming being alcohol, then protein, carbohydrates and fat taking the least. (I could not specifically find the energy expenditure for sugar, but it is less than the carbohydrate energy expenditure),

<http://www.nutritionandmetabolism.com/content/1/1/5>

Drink only a minimal amount of fluids just before, during and approximately 1 hour after your meals. If you drink too much fluid with the meal the excess fluid will slow the digestive process down by diluting the hydrochloric acid and digestive enzymes. Digestion can be one of the more energy consuming processes of the body if you are eating the wrong foods let alone the wrong way. I am not saying you don't drink fluids with your meal, in fact some foods need water to help with digestion, such as animal protein, while others need very little, such as vegetables, so your fluid intake just before, during and right after meals will vary according to your constitutional dietary guidelines and the type of food you are eating. If this is done in a chronic manner, it can weaken the whole body by weakening your ability to break down and assimilate your food into the nourishment needed for your daily life.

You should drink most of your fluids (water) between meals. A good general guideline to determine if you are drinking too much or too little water is to count the number of times you urinate in twenty-four hours.

In general you should urinate five or more times a day and the urine after the 1st urine in the morning (which tends to be a darker yellow and can have a slight odor) should be straw yellow to clear, not cloudy, or odorous, and the flow good and with a "normal" volume. If the urine is always clear with copious amounts and no odor you are probably drinking too much water and if it is darker yellow, slightly cloudy and/or odorous you are probably not drinking enough water.

The foods you eat should not only nourish you but also nourish your good gut flora which can help you digest your food, make vitamins, detoxify, and promote a healthy mucosa lining in the bowel. Speaking of good bacteria: any fermented food you buy like Yogurt, Kefir or Sauerkraut, must state on the label: "with active cultures," "living cultures," or "contains active cultures." If the label doesn't say this, then assume that the bacteria in that product are dead. Of course we are talking about the good bacteria and yeast in fermented foods that promote our health and not the bad bacteria that will make you sick! One of the best ways to ingest and promote good bowel flora is to eat fermented foods, such as Sauerkraut and other fermented vegetables, Kefir, Water Kefir, Kombucha, Natto, and Miso, and remember they must say they have live cultures in them.

This website has excellent videos and free ebooks that teach you how to make almost any kind of fermented food. <http://www.culturesforhealth.com/>

Food preparation

Cooking Methods: Baking, Broiling, Oil Stir-frying, Pressure Cooking, Raw, Sauté, Sprouted, Steaming, and Stewing (light boiling, as in soups). Each of these methods has their time and place for each constitution type. You can use herbs and spices to influence the property of foods for good or bad depending on your type.

Cookware: Glass, stainless steel, earthenware or ceramic coated are the best utensils for cooking. Aluminum and copper are the worst because these metals can easily leach into the food. Cast iron can leach too much iron into your food if used too often.

Under each food category I will talk about specific food preparations that will improve digestion and nourishment you can get from these foods.

Just to get this out of the way!

According to botanists a fruit is the part of the plant that develops from a flower and the part of the plant that contains the seeds. The other parts of plants are considered vegetables. These include the stems, leaves, roots, and the flower bud.

The following are technically fruits: avocado, beans, pea pods, corn kernels, cucumbers, grains, nuts, olives, peppers, pumpkin, squash, sunflower seeds and tomatoes. Vegetables include celery (stem), lettuce (leaves), cauliflower and broccoli (buds), and beets, carrots and potatoes (roots). OK done.

All food should be Organic if possible, and wild caught fish over farm raised fish. There is a yes and no list (you can download these from the same place you got this pdf from) for each category and constitutional type are very broad in general. Some foods will be a big no for some and only mildly aggravating for others. You can use warming spices for cool or cold property foods to help balance them out for the Water constitution, but this is not the best way to do it.

Below are food lists and under each type of food I have given general suggestions that I think are the most important for each constitutional type. Some of the foods are really bad in general for a constitution, these should be the easiest to find yourself for your constitution, while others are only a minor irritant so you should have them less often. This is that individuality part you have to figure out for yourself by paying attention to how you feel, physically, mentally and emotionally when you eat and directly after eating.

Below is a discussion of the foods and how they applied for each constitutional type.

Wood or Green relates to Tai Yin

Metal or White relates to Tai Yang

Water or Blue relates to Shao Yin

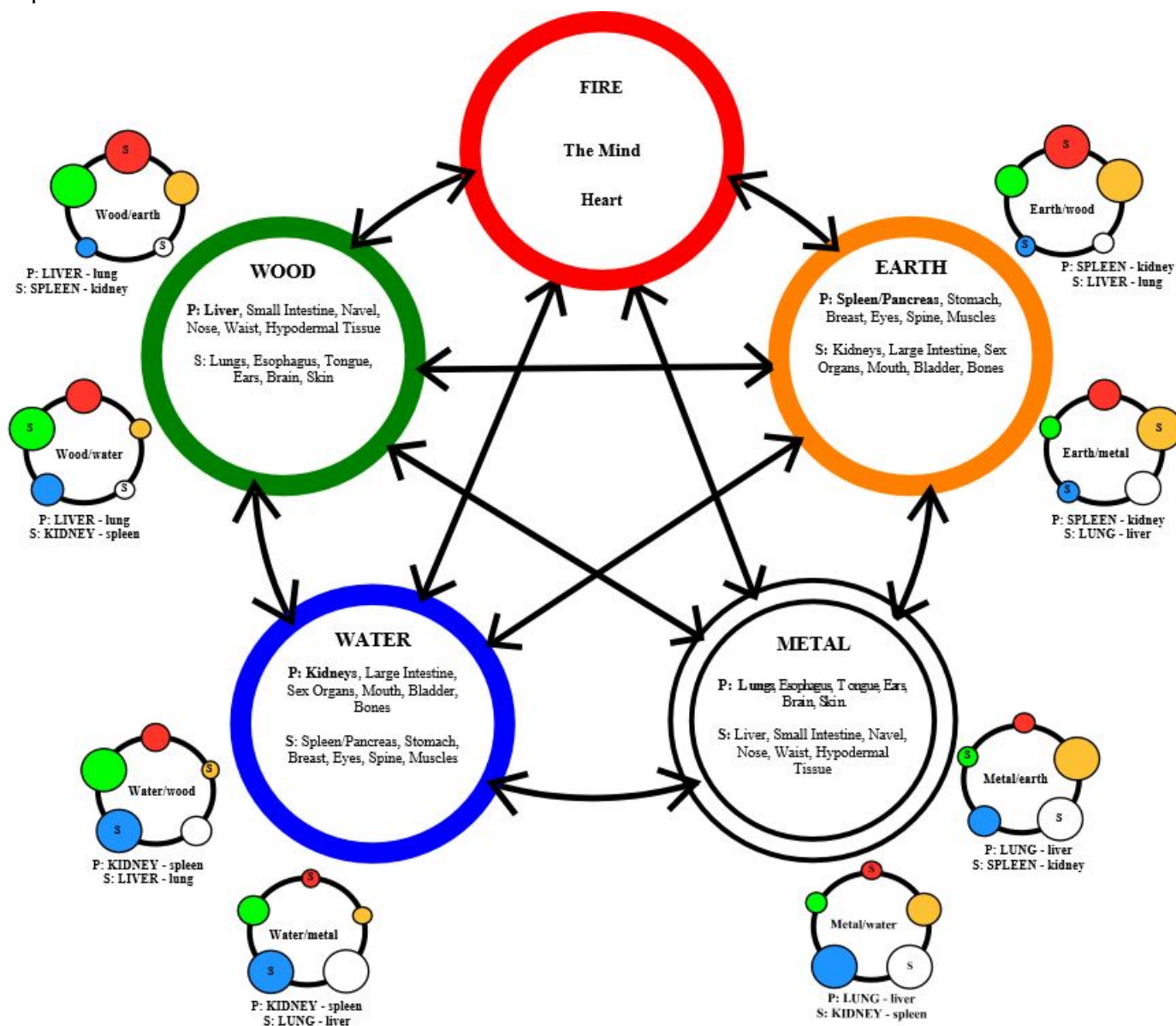
Earth or Yellow/Orange relates to Shao Yang

Each of these constitutions have a “Big group that tends towards over activity” and “small group that tends towards under activity” part to it.

For example: Wood constitution has a well developed/nourished Wood system which includes the Liver, small intestine, subcutaneous tissue, waist, navel, and nose as part of its physical and physiological system. It also

means is has a less developed pair, the Metal system which includes the Lungs, esophagus, tongue, ear, skin and brain as part of its physical and physiological system.

A simple example to illustrate what this means is that the Wood constitutions liver is well developed and can handle rich foods, drugs, and toxin much better than the other constitutions while their respiratory system is less developed/nourished and they can get respiratory diseases or infections that last longer than normal compared to other constitutions.



Each constitution has a primary and secondary constitution to it, such as Wood having Earth or Water as a secondary constitution to the primary Wood constitution.

Earth = Wood primary and Earth secondary

Wood can be divided into two constitutions; Wood +

Water = Wood primary and Water secondary

What you want to get out of this is that each constitution has two food list, one for the primary constitution, which will be the dominant food choices and one for the secondary constitution which will expand and add variety to the primary food choices.

The shortened constitutional paired names will be:

Wood/Earth and Wood/Water
Earth/Metal and Earth/Wood
Water/Wood and Water/Metal
Metal/Earth and Metal/Water.

Thus we have 8 constitutional types.

For example; Wood + Earth constitution will look at both food list and combine them with emphasis on the Wood list over the Earth list. The Wood + Water diet will be different in the fact that they will handle warming foods and spices better than the Wood + Earth constitution and the Wood + Earth constitution will be able to handle salads and raw foods better than the Wood + Water constitution but they will both be able to handle rich, fatty foods better than the other constitutions.

Your main goal is to reduce the most harmful or irritating foods from your constitutional pair while still having enough variety to be well nourished. This is preferred to increasing the best foods for your constitutional pair while ignoring or only partially limiting the worst foods. The irritating foods cause more health problems then the good foods can compensate for, this is no different than any other aspect of our lives, continuing the bad habits cause more grief than adding a good habit on top of the bad habit, it just doesn't work in the long run.

All body types seem to do well with chlorella and especially spirulina, which are excellent sources of protein with complete amino acids. Barley grass and wheat grass are also tolerated well, and are considered cleansing along with nourishing for the whole body.

The concept of nourishing, cleansing and detoxifying with food, drink, herbs and spices.

Nourishing: The ability to promote growth, development and repair from the smallest cells to the largest organs. Spirulina and Chlorella are an example of this nourishing more than cleansing.

Cleansing: Many foods are nourishing and cleansing at the same time just in different degrees. Cleansing is when a food helps promote the elimination of waste from our bodies beyond our normal ability. The grasses, such as Barley and Wheat Grass are more cleansing than nourishing.

Detoxifying: The ability to protect from and eliminate harmful toxins, such as heavy metals, pesticide, bacteria, virus and parasites beyond our own bodies normal detoxifying abilities. Sometimes one of these are more important than the others, such as an infection that we can't get rid of in a timely manner, pesticide accumulation, or stored mercury, lead, etc.

Some foods have the ability to promote and support our healthy environment inside, such as our blood, organs, glands, tissue, and cells, and outside, such as our symbiotic gut flora and gut lining. While some other foods and especially herbs have a strong antibacterial, fungal, or anti-parasitic function to them and helps take some of the pathogenic burden off our system to a point where we can take over and complete the job.

Wood: Can eat or drink almost anything which is good and bad. They can easily overindulge in food and drink which will make their digestive system sluggish and then they as a whole will become more sluggish and overweight. Alcohol, sweets, desserts, snacking between meals and especially after dinner are all common problems with Wood Types. A Lower carbohydrate diet, possibly gluten free, with most of their carbs coming from vegetable sources, limited alcohol, eat at regular intervals without snacking in between, regular exercise for the whole body to the point of sweating, and a “complete” bowel movement every day is the best way for them to stay healthy.

Metal: Eating light meals of mostly vegetables, fish, and fruit. Exercises that strengthens to core and lower body while calming the mind is best for them, running, sprinting, squats, lunges, Tai Chi Chuan, standing Qi Gong and Grounding are a few examples. These work because they are opposite of what you want to do, move around in different directions both physically and mentally all the time, socially over active, always thinking and don't know how to stop. Take time to relax, and focus on slowing down your excessive desires.

Water: Digestive system is their weakest aspect to have smaller meals and more often, 4 meals per day, add warming and stimulating herbs and spices to your food to promote digestion. Drink a warming or aromatic tea with meals to help digestion. Cold property foods or cold temperature foods are not your friends, they will cause bloating, food retention, loose stool, and a general sluggishness. Water Types are the most prone to gluten sensitivity. Excessive thinking, worrying, and anxiousness greatly affect their ability to digest, this more than any other constitutional type. They also tend to have the most developed taste for foods and should eat slowly, and enjoy their meals. Exercise often but with moderate intensity and duration, if you sweat too much you tend to feel weaker or more exhausted than when you started exercising. In general you should feel more energetic after you exercise than before. Since their lower body is the strongest part, most of their exercise routine should emphasize the upper body, be intensive for short durations of time and make you think quickly such as basketball, volleyball, ping pong, boxing, and interval training, basically any sport that you can be interactive with, have fun, and laugh.

Earth: Have a strong digestive system but can get in trouble with overeating or eating too many warming or spicy foods that will irritate their already overactive digestive system. Vegetables, especially green leafy vegetables, are their friend, they help calm the digestive system and bowels. They need to sit down and focus on their meal, chew slowly and calm their overactive mind. Because digestion tends to be overactive they can get GERD from eating too much too quickly and too late in the evening. They can have constipation or loose stool depending on their degree of bowel irritation or dryness. Any meat or poultry barbecued is a potential problem, especially if it's chicken. If the meat is cooked with vegetables or at the very least eaten with green leafy vegetables it will help counter some of the heat irritation from any warming food. All stimulants should be avoided, they will increase their anxiousness, insomnia, palpitations and acid reflux. Exercise should be less intense but with emphasis on strengthening their weak lower back and knees, while also calming their minds. Tai Chi Chuan, Qi Gong, Yoga, running, biking, swimming or aerobic exercises like running up stairs and walking down gently to strengthen the knees, squats for the back and knees, even walking in a relaxed manner with natural arm swinging will help.

Water Primary + Woods Secondary Constitutional Types

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.

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).

Wood: Overall can handle red meat without any problems except maybe pork, so eat in small amounts.

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 (especially with chicken) in general they do better with fish.

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.

Wood: Chicken in small amounts and infrequent, otherwise OK, just small to moderate amounts.

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.

Water: Does well in general.

Wood: Does well with fish in general.

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.

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

Wood: Does OK with dairy in general, although it can cause dampness which is a problem for Wood Types, so pay attention to mucus production when and after eating dairy and stay away from ice cream and fruit sweetened yogurt or kefir.

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 by Ayurvedic Medicine 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.

Water: Can tolerate in small to moderate amounts.

Wood: Generally do well in moderate amounts if prepared correctly.

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, pearly 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.

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.

Wood: Generally do well with grains just watch for gluten sensitivity.

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>

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

Wood: One of the better categories for Wood Types. They can actually help increase bowel movements, since constipation can be a common problem for them.

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.

Wood: Generally does well with fruit

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/>

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.

Wood: Does well with vegetables in general, just have a wide variety.

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 Waters 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/Aduki.

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

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

Fennel, Cumin -- Pinto, Kidney.

Mint, Garlic -- Garbanzo, Lentil.

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.

Wood: Generally tolerates them in small to moderate amounts regularly to help relieve sluggish digestion, especially if you overeat. Best is not to overeat and still use them to prevent dampness. Perilla leaf with Magnolia bark can be used for digestive upset.

Water Primary + Metal Secondary Constitutional Types

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 organs.

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).

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.

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 (especially with chicken) in general they do better with fish.

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.

Metal: No poultry.

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.

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

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

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.

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

Metal: Stay away.

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 in Ayurvedic Medicine 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.

Water: Can tolerate in small to moderate amounts.

Metal: Small 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.

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.

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

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>

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

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

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.

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

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

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/>

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.

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

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's cold/weak digestive systems can have a problem unless warming herbs and spices are mixed 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 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.

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.

Metal: Have them 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.

Wood Primary + Water Secondary Constitutional Types

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.

Wood: Overall can handle red meat without any problems except maybe pork, so eat in small amounts.

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 (especially with chicken) in general they do better with fish.

Wood: Chicken in small amounts and infrequent, otherwise OK, just small to moderate amounts.

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.

Wood: Does well with fish in general.

Water: Does well in general.

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.

Wood: Does OK with dairy in general, although it can cause dampness which is a problem for Wood Types, so pay attention to mucus production when and after eating dairy and stay away from ice cream and fruit sweetened yogurt or kefir.

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.

Wood: Generally do well in moderate amounts if prepared correctly.

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.

Wood: Generally do well with grains just watch for gluten sensitivity.

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>

Wood: One of the better categories for Wood Types. They can actually help increase bowel movements, since constipation can be a common problem for them.

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

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.

Wood: Generally does well with fruit

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/>

Wood: Does well with vegetables in general, just have a wide variety.

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 over night 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's cold/weak digestive systems can have a problem unless warming herbs and spices are mixed 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 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.

Wood: Generally tolerates them in small to moderate amounts regularly to help relieve sluggish digestion, especially if you overeat. Best is not to overeat and still use them to prevent dampness. Perilla leaf with Magnolia bark can be used for digestive upset.

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.

Wood Primary + Earth Secondary Constitutional Types

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.

Wood: Overall can handle red meat without any problems except maybe pork, so eat in small amounts.

Earth: Red meat is OK in small amounts and pork is the best, but no barbecue.

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 (especially with chicken) in general they do better with fish.

Wood: Chicken in small amounts and infrequent, otherwise OK, just small to moderate amounts.

Earth: No chicken because it causes the most heat of all animal products. Turkey dark meat is better if you want poultry, otherwise small amounts and duck is the best, and no barbecue.

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.

Wood: Does well with fish in general.

Earth: All OK, the preferred source of animal protein and fat.

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.

Wood: Does OK with dairy in general, although it can cause dampness which is a problem for Wood Types, so pay attention to mucus production when and after eating dairy and stay away from ice cream and fruit sweetened yogurt or kefir.

Earth: Keep to a minimum and use goat or sheep fermented products such as kefir, yogurt, and cheese.

Legumes

Legumes: Aduki, Anasazi, Black, Black-eyed Peas, Black Soybeans, Bolita, Fava, Garbanzo, Great Norther, 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. Soaking can also reduce the amount of "anti nutrients such as phytates, lectins, tannins, protease inhibitors and calcium oxalate) 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 in Ayurvedic Medicine 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.

Wood: Generally do well in moderate amounts if prepared correctly.

Earth: Does well in general with properly prepared legumes.

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.

Wood: Generally do well with grains just watch for gluten sensitivity.

Earth: Can eat in general just in moderate amounts.

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>

Wood: One of the better categories for Wood Types. They can actually help increase bowel movements, since constipation can be a common problem for them.

Earth: Can tolerate in general just don't overdo it.

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.

Wood: Generally does well with fruit.

Earth: Does well with fruit. Fruit can help elimination and cool their digestive fire, just don't overdo it.

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/>

Wood: Does well with vegetables in general, just have a wide variety.

Earth: Does well with vegetables in general and unlike the Water Types, can handle salads and greens in general.

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's cold/weak digestive systems can have a problem unless warming herbs and spices are mixed 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 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.

Wood: Generally tolerates them in small to moderate amounts regularly to help relieve sluggish digestion, especially if you overeat. Best is not to overeat and still use them to prevent dampness. Perilla leaf with Magnolia bark can be used for digestive upset.

Earth: Very limited amounts and infrequently. Mint and the mint family is more tolerated.

Earth Primary + Wood Secondary Constitutional Types

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.

Earth: Red meat is OK in small amounts and pork is the best, but no barbecue.

Wood: Overall can handle red meat without any problems except maybe pork, so eat in small amounts.

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 (especially with chicken) in general they do better with fish.

Earth: No chicken because it causes the most heat of all animal products. Turkey dark meat is better if you want poultry, otherwise small amounts and duck is the best, and no barbecue.

Wood: Chicken in small amounts and infrequent, otherwise OK, just small to moderate amounts. Again turkey dark meat is better.

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.

Earth: All OK, the preferred source of animal protein and fat.

Wood: Does well with fish in general.

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.

Earth: Keep to a minimum and use goat or sheep fermented products such as kefir, yogurt, and cheese.

Wood: Does OK with dairy in general, goat and sheep fermented products are the best. Dairy can cause dampness which is a problem for Wood Types, so pay attention to mucus production during and after eating dairy and stay away from ice cream and fruit sweetened yogurt or kefir.

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. Soaking can also reduce the amount of “anti nutrients such as phytates, lectins, tannins, protease inhibitors and calcium oxalate) 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 in Ayurvedic Medicine 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.

Earth: Does well in general with properly prepared legumes.

Wood: Generally do well with moderate amounts if prepared correctly.

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, white flour from any grain, pearled barley, pressed oats, 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 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.

Earth: Can eat in general just in moderate amounts.

Wood: Generally do well in moderate amounts if prepared correctly.

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, 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>

Earth: Can tolerate in general just don't overdo it.

Wood: One of the better categories for Wood Types. They can actually help increase bowel movements, since constipation can be a common problem for them.

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.

Earth: Does well with fruit. Fruit can help elimination and cool their digestive fire, just don't overdo it.

Wood: Generally does well with fruit

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.

Note: Earth types do not need to worry about warming herbs/spices and cooked vegetables, in fact warming herbs and spices can irritate their digestive system. They tend to handle raw vegetables well and these can be 50% or more of their vegetable portions.

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/>

Earth: Does well with vegetables in general and unlike the Water Types, can handle salads and greens in general.

Wood: Does well with vegetables in general, have a wide variety.

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.

Wood and especially Earth does well with sprouts.

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's cold/weak digestive systems can have a problem unless warming herbs and spices are mixed 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, except the "mint" family, due to their overactive "hot" digestive system.

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.

Earth: Very limited amounts and infrequently. Mint and the mint family is more tolerated.

Catnip, bee balm, lemon balm, lavender, marjoram, oregano, perilla leaf, peppermint, rosemary, sage, thyme.

Wood: Generally tolerates them in small to moderate amounts regularly to help relieve sluggish digestion, especially if you overeat. Best is not to overeat and still use them to prevent dampness. Perilla leaf with Magnolia bark can be used for digestive upset as a herbal tea.

Earth Primary + Metal 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.

Earth: Red meat is OK in small amounts and pork is the best, but no barbecue.

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.

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 (especially with chicken) in general they do better with fish.

Earth: No chicken because it causes the most heat of all animal products. Turkey dark meat is better if you want poultry, otherwise small amounts and duck is the best, and no barbecue.

Metal: No poultry.

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.

Earth: All OK, the preferred source of animal protein and fat.

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

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.

Earth: Keep to a minimum and use goat or sheep fermented products such as kefir, yogurt, and cheese.

Metal: Stay away.

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.

Earth: Does well in general with properly prepared legumes.

Metal: Small amounts if prepared properly.

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.

Earth: Can eat in general just in moderate amounts properly prepared.

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

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>

Earth: Can tolerate in general just don't overdo it.

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

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.

Earth: Does well with fruit. Fruit can help elimination and cool their digestive fire, just don't overdo it.

Metal: Does very well with fruit. <http://www.ewg.org/foodnews/>

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/>

Earth: Does well with vegetables in general and unlike the Water Types, can handle salads and greens in general.

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

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/Aduki.

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

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

Fennel, Cumin -- Pinto, Kidney.

Mint, Garlic -- Garbanzo, Lentil.

Earth: Very limited amounts and infrequently. Mint and the mint family is more tolerated.

Metal: Have them 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.

Metal Primary + Earth Secondary Constitutional Types

Meat

All meats, fish, and poultry should be as fresh as possible, without any hormones or antibiotics or excessive heavy metal contamination (especially fish). If you have digestive problems, meat should be cut into small pieces before chewing or pounded before cooking for easier digestion.

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

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.

Earth: Red meat is OK in small amounts and pork is the best, but no barbecue.

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 (especially with chicken) in general they do better with fish.

Metal: No poultry.

Earth: No chicken because it causes the most heat of all animal products, otherwise small amounts and duck is the best, and no barbecue.

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.

Earth: All OK, the preferred source of animal protein and fat.

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.

Earth: Keep to a minimum and use goat or sheep fermented products such as kefir, yogurt, and cheese.

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. Soaking can also reduce the amount of “anti nutrients such as phytates, lectins, tannins, protease inhibitors and calcium oxalate) 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 in Ayurvedic Medicine 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.

Earth: Does well in general with properly prepared legumes.

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.

Earth: Can eat in general just in moderate amounts.

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.

Earth: Can tolerate in general just don't overdo it.

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/>

Earth: Does well with fruit. Fruit can help elimination and cool their digestive fire, just don't overdo it.

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.

Earth: Does well with vegetables in general and unlike the Water Types, can handle salads and greens in general.

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's cold/weak digestive systems can have a problem unless warming herbs and spices are mixed 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 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: Have them 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.

Earth: Very limited amounts and infrequently. Mint and the mint family is more tolerated.

Exercise

Both Metal and Earth are quick and competitive in nature, they will tend to be the leader in team sports. They tend to have strong upper bodies and weaker lower bodies such as a boxer compared to a well rounded mixed martial arts athlete. Track and field such as pole vault, Javelin, and Gymnastics. They need to work on their lower bodies to strengthen their weakness and create a more balanced Metal + Earth person.

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 tend 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/Aduki.

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

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

Fennel, Cumin -- Pinto, Kidney.

Mint, Garlic -- Garbanzo, Lentil.

Metal: Have them 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.