

Wood Primary + Water Secondary Constitutional Types

Meat

All animal foods such as 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, 100% grass fed red meat should be cut into small pieces whether cubed or thinly sliced before you start the chewing portion of digestion or pounded before cooking for easier digestion.

Barbecue can dry the meat out too much, causing more heat for the Earth and Metal constitution types (an irritant) and any charred parts are even more irritating.

Meat: beef, buffalo, lamb, pork, rabbit, venison.

100% grass fed is best or Organic meat.

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 can eat 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 ground up.

Poultry

Organic “free range” poultry such as turkey, chicken, duck, pheasant, quail.

Of these, chicken seems to be the main problem for the Earth and Metal types especially white meat, while dark meat is better overall.

Metal has a problem with meat and poultry (especially chicken white meat) in general and they do better with fish.

Eggs from free range chickens or duck eggs are best. Metal Constitutions have the most problems with eggs.

Wood: Chicken (white meat) in small amounts and infrequent. Dark meat is better but keep it minimal. Turkey is less irritating and dark meat is still better than white meat.

Water: All OK, just a 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, nuts and seeds.

Fats & Oils

Fats: Ghee and fat from grass fed animals and free range poultry are the best to cook with.

Vegetable, nut and seed oils are the worst and should be limited with the exception of olive, avocado and coconut oil.

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.

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

Seafood (wild caught not farmed): 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.

Shellfish (wild caught, not farmed) 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. Crayfish, cuttlefish, mussels, octopus, oysters, prawns, scallops, squid.

Wood: Does well with fish in general. One of the better categories for Wood Constitutions.

Water: Does well in general. One of the easier to digest animal proteins for Water Constitutions.

Dairy

Dairy: It is preferred to have raw 100% grass fed organic dairy, and preferably ferments of dairy (<https://doi.org/10.1016/j.jff.2020.104059>) such as Kefir, Yogurt, Cottage Cheese, and Cheese. If you drink/use milk it would be best raw and from an A2 cow or goat milk.

Goat and Sheep milk (Sheep and goat milk contains much less or no A1 beta-casein and A2 beta-casein is much easier to digest) fermented products are more tolerant to most people, and are the preferred source of dairy products. You want these fermented dairy products because much of the lactose and casein is broken down and the probiotics and postbiotics, which pasteurized dairy does not have unless they add it afterwards, usually in small amounts and less diverse strains. Of the ferments, Kefir is the best, then yogurt, buttermilk and cottage cheese. 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, get plain and add your own fruit or raw honey, maple syrup, green stevia or monk fruit.

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.

Beans in general are hard to digest while some people can handle beans better than others, you can increase the digestibility and decrease the natural irritants by soaking them long enough to start the sprouting process and rinsing. You can even soak longer to start the fermentation process which makes them even easier to digest.

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, or keep soaking until they begin to sprout. The soaking and rinsing process takes about 2 minutes total and then put them in a pot or pressure cooker to start the cooking process. 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, especially on the outside part of the legume, that is why you rinse them after each soaking. Before cooking, discard the final soaking water and cook in clean water until soft. If you have a foam layer, skim it off, this will also decrease the amount of starch that can cause gas. Soaked legumes will cook faster, while allowing most people to handle them in moderate amounts. If you use a pressure cooker or the Instant Pot it will be even easier to digest.

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 does well in moderate amounts, if prepared correctly.

Water: Can tolerate in small to moderate amounts again if prepared correctly as stated above.

Grains

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

Water constitutions have the most problems with gluten, so eat more Amaranth, Buckwheat, Corn, Millet, Oats, Quinoa, and Brown 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, but they can be harder to digest so soaking for 12 hours and rinsing can help for the same reasons above for legumes, water dissolves some of the outer irritant coating and starts the sprouting process and if soaked long enough a slight fermentation process can start.

Refined breads should be the smallest portions of grains. The preferred breads are made from sprouted whole grains or long fermented (24-48 hours) Sourdough Bread.

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 overnight, 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 of grains in your diet. You can replace grain starches with vegetable starches such as squashes, potatoes, and root vegetables.

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

Water: They have the most problem with gluten, so non gluten grains can be eaten, they just need to be soaked and rinsed as noted above so they will be easier to digest.

Longer cooking times and with herbs and spices can also help digestibility.

Nuts and Seeds

Nuts and Seeds: Acorns, almonds, Brazil nuts, cashews, chestnut, coconut, ginkgo, hazelnuts, macadamia, pecans, pine, pistachios, walnuts. Seeds: chia, flax, hemp, pomegranate, pumpkin/squash, sesame, sunflower seeds.

Both best if Organic and raw if possible. You can also by then sprouted which is even easier to digest.

Nuts & Seeds can be hard to digest due to their “richness”, so they 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” but they will only last 3-4 days in the refrigerator unless you dehydrate them for 12-16 hours at low heat, then they will last much longer.

I keep mine in the refrigerator to prolong their freshness.

Nuts have a short soaking time, usually 2-10 hours and are general not sprouted except for almonds*, so just the soaking and rinsing 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 effect, 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 unless you soak and rinse them. Chew well!

Fruit

The EWG website has a simple “Dirty Dozen” and “Clean Fifteen” list of the most sprayed and clean fruit.

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 is always preferred.

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.

Fruit is best eaten in its whole form, not in juice form. If you have a masticating juicer you will get a more complete nutrition profile out of it if you juice them.

Wood: Generally does well with fruit.

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

Fruit is more of a seasonal category.

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 properties 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 or slow cook as a stew, 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, 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 and only organic vegetables should be used. The fiber from juicing them could be used in cooking because the fiber is an important part of vegetables, especially as a prebiotic in the intestine, just don't overdo it. You can overfeed your gut biome.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/>

Wood: Does well with vegetables in general, just have a wide variety. Cooked and some raw vegetables.

Water: Raw vegetables can cause problems so most vegetables are best cooked and prepared with warming herbs and spices to make them easier to digest for the cold Water Constitutions weak 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 them 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 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, nutmeg, 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, Cardamom, Nutmeg and Magnolia bark can be used for digestive upset and help prevent dampness.

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