



# Amber Goddess Top Tips

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## WHAT IS YANG?

Yang is the duality of yin. Yang is our heat and outward energy. The Amber Goddess needs to maintain a strong digestive system to process food by strengthening the 'digestive fire' Symptoms such as tiredness, feeling cold, loose bowel movements, bloating & tiredness after eating are due to a weak fire.



## TIP 1

**Keeping warm** is a big priority to regain energy. Dress in layers. Consider purchasing a haramaki for colder months. Wear proper footwear even inside the house. Avoid running around barefoot. There is an important acupuncture point on the bottom of your foot which needs to be kept warm.



## TIP 2

### **Reduce or cut out cold & raw food.**

The digestive system has to work hard to heat up food or drink under 10°C to your internal body temperature which is about 37.5°C. Drink water at room temperature.



## TIP 3

### **Eat your way to nourishment & energy!**

Choose warmer foods in temperature and select foods which have a warming effect. (e.g cinnamon). Plan meals which are stews, soups, roasts, stir fry's. Crave a salad, just add something warm to it.

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