

PERI TO PAUSE GUIDE YANG DEFICIENT TYPE



About

Yin & Yang are two polarities occurring in the body which mutually support one another in health. When a woman enters perimenopause yin and yang can become out sync along with our hormone levels. Yin refers to our coolant and inward energy and yang reflects our heat and outward energy. Yang patterns are slightly different to yin, but there will be an overlap of symptoms which reflect the mutual relationship of yin & yang. One doesn't exist without the other. *The key to knowing if you are more yang is feeling cold, not having a lot of energy, slow digestion and lack of drive.*

For yang types the main focus to rebuild energy is focused on *supporting your 'digestive fire'*.

Imagine a little cooking fire underneath your digestive organs (stomach & spleen). The fire has a really important job of transforming & transporting all food & drink you consume. To keep your fire going, eating warm food & drink is very supportive. Eating cold raw foods extinguishes digestive fire. This is the main cause of many of the symptoms a yang peri to pause woman experiences. This guide provides lifestyle steps to rebalance your yang. However, please see your doctor if you have concerns about your health.

Symptoms of a yang peri to pause:

Some symptoms may seem familiar and others won't, not all women with this pattern will have every one of these:

- Hot flushes, but hands & feet may feel cold
- Night sweats early in the morning (4 am)
- Face appears pale
- Feeling down or depressed
- You really feel chilly and don't warm up easily
- Ankles might be swollen
- Lower back ache observed sometimes or might be a regular thing
- Low levels of energy
- Feel like you have lost your drive
- Low libido
- Weight gain
- Digestion may feel 'slow'
- Might feel really tired which seems unusual
- Noticed you need to go wee more often
- Energy drop after eating, esp. after dinner

These might be some lifestyle patterns which might seem familiar:

- Lack of libido or drive to be intimate.
- Struggling to get the energy to be consistent with an exercise routine.
- Feeling really low, possibly depressed.
- Might have that 'Monday morning' feeling everyday.
- Nothing seems that exciting anymore, even things you used to look forward to in the past.
- You seem to get a decent night sleep but don't really feel energetic.



'I get a goodnight's sleep but I still feel I have no energy.'

Lifestyle tips:

Take an afternoon nap!

- You may have to take stock on how many activities you do each day, it is likely you are exhausted by late afternoon. Have you been relying on sugar to get through the afternoon energy drop?
- **Here's how you might change this pattern, can you plan a nap in the afternoon?** In many Asian countries and Europe a nap or siesta is a part of life. There is a lot of research suggesting a quick nap for around 20 minutes is very beneficial. Try not to sleep over this amount as you may feel groggy when you start to get on with afternoon activities. This idea is becoming so popular many big corporations have sleep pods in the office.
- Another interesting part of the research suggests doing harder tasks in the morning when the brain is the most able to handle analytic tasks. In Chinese medicine terms this makes a lot of sense as the digestive (linked to the intellect) is the strongest in the morning.
- **Watch your energy reserves:** if you feel tired and have a lot of social commitments happening, it might be time to reconsider. Learn to say 'NO', don't feel guilty. Better to feel rested to enjoy the next social occasion.



Nap or have a 20 minute rest after lunch, this helps you digest your food and build energy for the afternoon.

Keep warm...

- **What does empty or deficient mean?**

If you are generally chilly but have flashes of heat this is an 'empty pattern'. Empty relates to a deficiency of yin and/ or yang in menopause patterns. Here are a few tips:

- **Always wear socks or slippers at home,** being barefoot can allow cold to enter the body through an acupuncture point on the bottom of the foot.

- **What to wear?** Keep an eye on the weather when you leave the house, it's always easier to remove a jacket or jumper instead of getting to cold. If you have bursts of heat look at trying our natural breathable fibres that vent heat quickly. (cottons, merino wool, linens)

- **Why don't you want to get a chill?** With an imbalance of often feeling cold with a flash of heat relying on your body to heat up in cold conditions will only deplete your energy further. Always wear a scarf on windy days around your neck, even if it is summer!

- **Air con.** If you work in an office with air conditioning don't sit underneath the breeze of air. This is not only very drying, but it also risks maintaining a warm core temperature.

- **Dry Your Hair!** My grandmother always warned me about running around with wet hair, turns out she was correct! Dry your hair in the colder months.

- **Buy a Haramaki** Protect and support your lower back, kidneys & lower abdomen. These are a common piece of kit worn in Japan by everyone. If your kidney energy is warmed it has a knock in effect in supporting the ever important digestive fire!



**Consider wearing
natural fibres to help
balance bursts of heat.**

Get moving to boost yang!

- For some of you this will be hard, especially if your constantly tired and don't have drive to get out. However in order to feel better, exercise is integral to striking a balance for your yang.
- **For yang patterns you need to consider exercise which is gentle but active!**
- Here are a few suggestions:
 - Walking
 - Light weight bearing exercises
 - Yin style yoga
 - Qi gong
 - Tai Qi
 - Hatha yoga
 - Stretching
- **At a minimum 150 minutes of exercise per week is suggested.**
- It might be a great idea to schedule active time for yourself starting with a 30 minutes per day.
- Becoming active is a brilliant choice for lots of reasons.
- Moving our energy activates metabolism, rebuilds energy (qi) and boosts our mental state. A win win self care solution!



Try gentle exercise to
boosts your heart rate.
This boosts yang
energy.

Food & cooking styles to boost yang

- The main focus is **boost your 'digestive fire'**. To keep the fire strong, eat warming foods & drink is important as well as choosing foods which have an energetic warming effect.
- **Reduce or stop:** raw cold foods are not great if your yang deficient. The digestive system has to work very hard to heat up food/ drink going in at under 10°C to an environment that's about 37.5°C
- Hopefully this may help you visualise the energy it takes to process everything you consume?



Foods to to build your Yang:

- **Grains:** quinoa, sweet (glutinous) rice, oats, porridge, wheat germ
- **Beans:** black beans
- **Vegetables:** leek, mustard greens, onion, parsnip, radish, scallion, squash, sweet potato, turnip, watercress
- **Fruit:** cherry, litchi, logan, peach, raspberry, strawberry stewed fruit
- **Nuts and seeds:** chestnuts, pine-nuts, pistachio, walnuts
- **Fish:** anchovy, lobster, mussel, prawn, salmon, shrimp, trout
- **Meat:** chicken, lamb, venison, kidneys (both beef and lamb), stocks and broths
- **Herbs and spices:** basil, black pepper, caper, cayenne, chive seed, cinnamon (+bark), clove, dill seed, fennel seed, fenugreek seed, garlic, ginger, horseradish, nutmeg, peppermint, rosemary, sage, savory, spearmint, star anise, turmeric, thyme, white pepper
- **Beverages:** chai tea, jasmine tea
- **Common supplements:** Algae, brown sugar, Korean ginseng, malt sugar, vinegar



Combine these foods to boost your yang in daily meals.

Food & cooking styles to boost yang

- **Preferred cooking methods:** soups, stews, slow roasted foods. When you use the spices suggested they encourage metabolism and support digestion. It's all about balance, use spices but don't use them too excess or they may dry you out.
- **Avoid:** raw fruits & vegetables, sprouts & salads, spinach, tomato, soya bean, tofu, glutinous rice, millet, kelp, excessive salt, sweet food, dairy products, vinegar, soy milk, refrigerated or iced drinks



**Avoid cold & raw foods,
instead stir fry & steam
lightly to heat up
veggies.**