

PERI TO PAUSE GUIDE YIN DEFICIENT TYPE



About

Yin and Yang are two polarities occurring in the body which mutually support one another in health. When women start the journey of perimenopause, yin & yang can become out sync along with hormonal fluctuations.

What is YIN? Yin relates to water and fluids in our body. Think of your yin as a well, it has an abundant spring to support it's levels and ability to hydrate. Try to relate this to your internal well or fountain of youth, this may provide an understanding of how important yin is to our health. Yin deficiency doesn't happen over night, it's a long term depletion pattern. Women spend a good part of their life caring for others in many roles (responsible mother, partner, daughter & friend). Overtime, this role and the natural decline of kidney energy causes yin depletion. However, rebuilding yin is possible with some lifestyle tips provided in this guide!

What does it mean when a pattern is 'empty or deficient'? Empty relates to a deficiency of substances in chinese medicine theory, they are: yin, yang, blood or qi. Acupuncturists & chinese herbalists often think in terms of replenishing energy during the peri to pause journey. Replenishment may involve acupuncture treatment, chinese herbs and lifestyle suggestions.

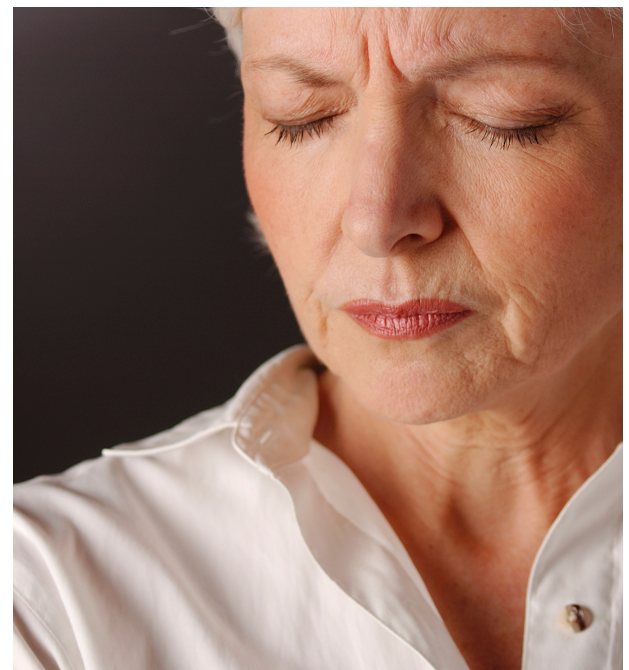
Symptoms of a yin type of peri to pause

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

- Dizziness (feeling light headed) the getting up to quickly
- Cheeks feeling or looking at little red (maybe in the late afternoon)
- Night sweats
- Hot flushes (day heat)
- Sore lower achey back
- Dry mouth
- Dry hair
- Dry garden
- Dry skin
- Feeling a bit itchy on the skin
- Tends to fall on the side of constipation
- Neck & shoulder tension
- Tension headaches
- Feel thirsty in the afternoon
- Fluctuating libido
- Waking in the night to go to the loo, then unable to fall back to sleep

These might be some lifestyle patterns which might seem familiar:

- Always feeling rushed even when it's calm time.
- Often days include a slight feeling of anxiety which you can't relate to a source.
- The calendar tends to be overbooked with too many events.
- There might be a work hard play hard mind set.
- You might overthink or replay events.
- Feelings of frustration often arise and may not resolve easily.
- Feeling of guilt may arise when you prioritise time for yourself over caring for others.



'I often have a slight feeling of anxiety which I can't relate to a source.'

Lifestyle tips:

• ALCOHOL - THE FACTS

- For some this will be a tough suggestion, for many alcohol provides a calming end to the day.
- As women enter peri to pause, alcohol (especially wine) is harder to tolerate because of hormone fluctuations. This is why you may experience a worsening of symptoms on some occasions and then a normal reaction.
- Alcohol is broken down by our stomach initially. Prior to the age of 40 oestrogen suppresses an enzyme called 'alcohol dehydrogenase' (ADH) When oestrogen declines so does our ability to process a glass of wine.
- NHS guidelines suggest a maximum of 14 units per week for women.
- Example: a 125ml glass of wine (size small) with a ABV of 12% is 1.5 units, one can of lager at 440 ml, 5.5% is 2 units.
- Sugar content in drinks can cause as many issues as the alcohol. Suggested daily sugar allowance is 30 grams.

• SUGAR LEVELS IN DRINKS:

- Dry white wine is 188 calories with 1.5 g of sugar in a 250 ml glass =**3 units**
- Medium white wine is 188 calories with 7.5 grams of sugar in a 250 ml glass =**3 units**
- Rose is 198 calories with 6.25 grams of sugar in 250 ml glass =**3 units**
- Proseco is 69 calories, 4.2 grams of sugar in a serving of 101 ml = **1 unit**
- Champagne is 106 calories in a serving of 120ml, 2 grams of sugar =**1.5 units**
- Gin (1shot) & tonic is 175 calories in a serving of 280 ml, 18 grams of sugar! = **1 unit**
- **The winner:** Vodka (1 shot), soda & fresh lime , 106 calories in a 280 ml serving = **1 unit**

Chinese medicine view: a little bit of alcohol is beneficial for women who feel cold or struggle to get their energy to move. A small 'dose' of alcohol boosts yang & moves qi. However it is energetically heating, if you experience hot flushes alcohol may intensify this symptom.



**Reducing alcohol will
reduce the intensity of
hot flushes & night
sweats.**

Lifestyle tips:

- **REDUCE STIMULANTS & CAFFEINE**

For this 'type' caffeine will contribute significantly to patterns of anxiety, mental restlessness and insomnia. Reduce or stop coffee, tea or other caffeine based drinks. For those who love coffee reduce consumption slowly, withdrawal symptoms can be awful. Decaf is an option. Choose the best quality. To strip coffee of caffeine there are a lot of chemicals involved. Look for Swiss water process.

All food and drink have an energetic action in terms of Chinese dietary medicine. Coffee is warming and drying, this might be one reason hot flushes and night sweats become more intense or frequent. Coffee takes about six hours to completely leave the body.

- **HOT FLUSHES**

Often women explain hot flushes seem to worsen around 5:00 pm. If this is a pattern you experience check in with how much activity you are doing after lunch? Are you running around picking up kids or grandchildren, weeding the garden or taking on too many meetings in the afternoon? Take a look at a more slowed down approach which works for your life at this point. Heat flaring in late afternoon is a clear sign Yin energy is weak.

- **DAILY CALMING PRACTICE**

This can represent many activities, but the most important thing is to take time each day for this type of self care practice:

Meditation, Mindfulness, Qi Gong, Walking in nature, Stretching & Yin yoga are few good practices.

- **SLEEP HEALTH**

Struggling to shut down at night? This is due deficient Yin. Take a close look at bedtime rituals.

- One hour before bed stop screen use. Turn off the mobile, TV or tablet.
- Find a calming practice, this signals to the body the day is over and to get ready for sleep.
- If you are a list maker, jot down notes in the afternoon so nothing is on your mind.
- Bedrooms are for sleep & sex.



Research has shown a clutter free bedroom makes for a better quality sleep.

Lifestyle tips:

- **EXERCISE**

150 minutes of exercise per week is the minimum guideline. Becoming active is a brilliant choice for lots of reasons. Moving our energy activates metabolism, rebuilds energy and boosts our mental state. A win win self care solution.

For yin woman exercise is important but, remember to work at 70% of what your capable of. The tendency for a yin type is to overdue levels of exercise. This only depletes your energy further. Mix cardio activities with a calming style of activity (yoga)

- Here are a few suggestions:
- Walking
- Light weight bearing exercises
- Yin style yoga
- Qi gong
- Tai Qi
- Hatha yoga
- Stretching

- **JOURNALING**

Journaling is a powerful self care practice. Why? It reduces stress, improves immune function, keeps the memory sharp, boosts mood and strengthens emotional functions.

What do I journal about?

Journal about anything on your mind, your thoughts about your peri to pause journey and any emotional worries. Instead of overthinking about an issue pour it into a page. Notice if the expression of your thoughts on paper settle any anxieties.

Gratitude journaling is another great option, The 6 Minute Journal is wonderful and literally takes 3 minutes in the morning and 3 minutes at night.



**Vary exercise with
cardio activities &
calming activities such
as yoga.**

Food & cooking styles for yin types

- The main focus is **boosting yin**.. Keep in mind the replenishment of fluids and the fountain idea.

Reduce or stop:

- Warming drying pungent such as: chillies, curry, garlic, ginger, onion, shallots (scallion), leeks
- Spices: cinnamon, basil, clove, wasabi
- Drinks: coffee, tea
- Meats: lamb, veal, pigeon, prawns, game birds
- Other: lemons, vinegar, pickles
- Cigarettes, alcohol, vitamin B, corticosteroids, non steroidal anti inflammatories
- Recreational drugs: amphetamines, cocaine, ecstasy

Foods to to build your Yin:

- **Grains:** wheat, barley, oats, rice, spelt
- **Beans:** aduki beans, black beans, black soya beans, black sesame seeds, kidney bean, mung bean, tofu, tempeh
- **Seeds:** black sesame seeds, flax seed, sesame
- **Vegetables:** avocado, asparagus, beetroot, wood ear mushrooms, courgette, kelp, nettle, pea, potato, spinach, string bean, sweet potato, squash, tomato, yam
- **Fruit:** apple, banana, blueberry, black berry, watermelon, mango, pea, pineapple, pomegranate, coconut, melon, mulberry
- **Fish:** clam, crab, cuttlefish, mussel, oyster, sardine, mackerel, squid
- **Meat:** bone marrow, chicken, duck, frog, pork, pork kidney, rabbit
- **Dairy:** butter, cheese, eggs, milk, yoghurt
- **Oils:** almond, flax seed, olive
- **Common supplements:** honey, malt, royal jelly, spirulina



Think replenishment of fluids when choosing foods.

Food & cooking styles for yin types

- **Preferred cooking methods:** Steaming (keeps in fluids), stir frying, use lots of water in soups and stews. Try not to roast often, it pulls out moisture in foods.
- **If you have a 'Damp condition':** you may need to consume less dairy, banana, cheese and pineapple.
- ***A word about dairy:** when the notes refer to dairy products these should be consumed in small amounts. They should be good quality (organic only) and can be from cow or goat. Dairy is helpful with dryness symptoms.
- **Other tips to noursh Yin:** Take a blood tonic: Spa Tone with apple (you need to have Vit c for iron to absorb into the blood stream)
- Drink bone broth every day - Not enough time to make it? Try Paleo Bone Broth



**Steaming & stir fries
are great for fluid
nourishment.**