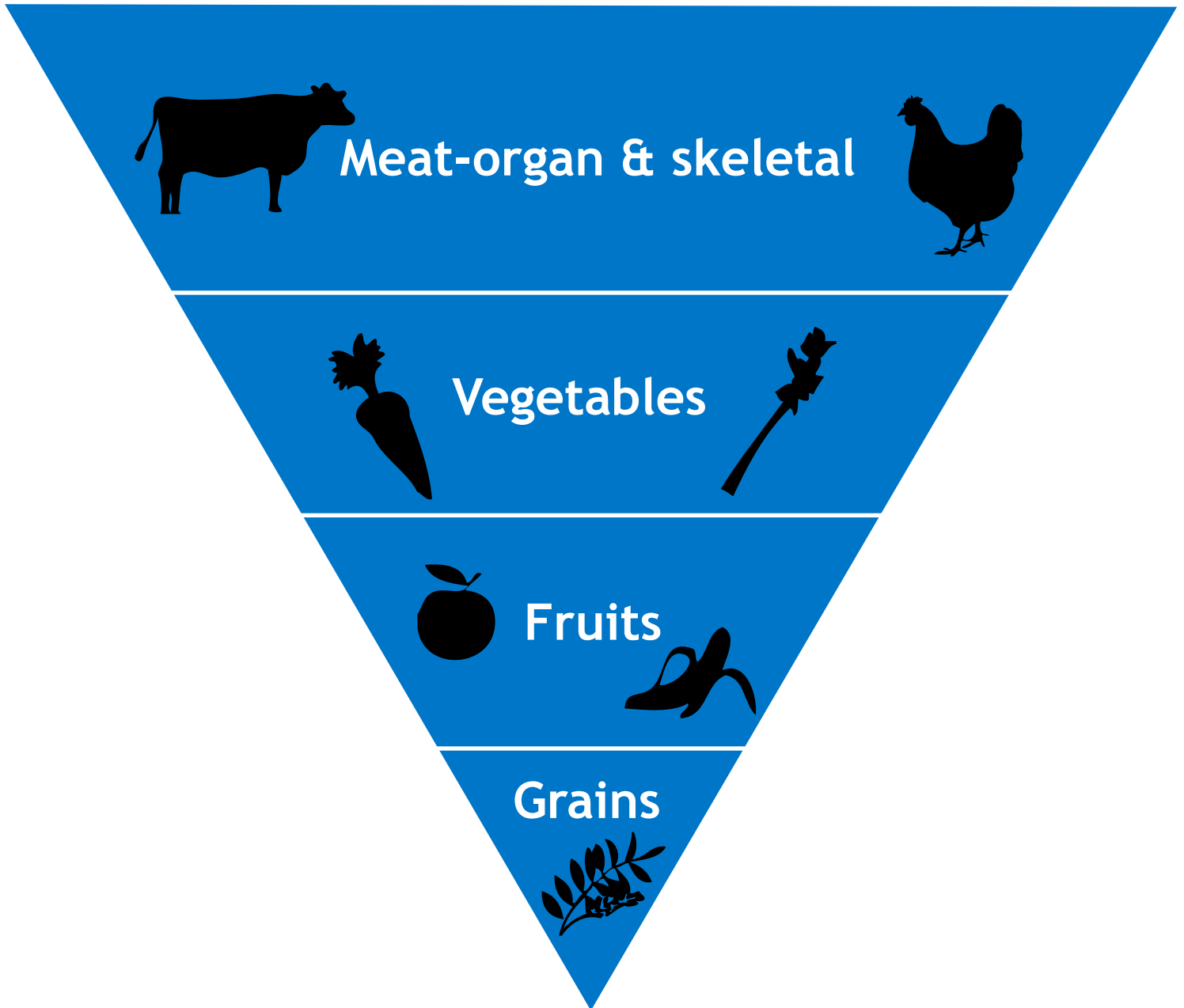




FOOD ENERGETICS CHARTS



FOOD PYRAMID FOR DOGS



FOOD ENERGETICS CHARTS

Neutral Food

Generally neutral foods will tonify Qi & Blood and harmonize Yin and Yang. They can be used in combination with other types of foods to add variety and choice or to decrease the harshness of a very cold or very hot diet.

Meat	Fish	Vegetable	Fruits	Grains	Etc.
Beef Beef Liver Goose Pork Pork Liver Pork Kidneys Pork Feet Pork liver Quail Tripe	Carp Catfish Herring Mackerel Salmon Sardines Sturgeon Tuna	Black Soy Beans Kidney Beans Beet Root Broad Beans Cabbage Carrots Cauliflower Green beans Peas Red Beans Aduki Beans String Beans Pumpkin Potato Shitake Mushroom Yams	Papaya Pineapple Pomegranate Raspberry	White Rice Brown Rice Rye Lentils Corn	Cheese Milk Peanut Oil Flax Seed Sesame Seeds Chicken Eggs Peanut

Yin Tonic Cold/Cooling Foods

Yin is qualities of inward, quiet, nighttime, maternal, cool and fluids. Yin tonics are foods which tonify the coolness and fluids of the body. Signs of Yang excess include seeking cool places, panting, thirst, red eyes, panting at night, dry skin, dry cough and restlessness.

Meat	Fish	Vegetables	Fruit	Grains	Miscellaneous
Rabbit Duck	Clam Cod Crab Scallop	Tomatoes Yellow Soy Bean Bamboo Broccoli Celery Cucumber Eggplant Kelp Lettuce Mushroom Seaweed	Apple Banana Cranberry Kiwi Lemon Mango Orange Pear Strawberry Tangerine Watermelon	Barley Buckwheat Job's Tears Millet Mung Bean Wheat Wild Rice	Eggs (Duck) Flax Seed Oil Marjoram Peppermint Salt Sesame Oil Tofu Yogurt Chicken Egg Whites

Foods That Transform Phlegm

Signs of phlegm include Stinky greasy dog coat, “Dog smell”, goopy eyes, ear discharges, hot spots, gooey cough.

Fish	Vegetables	Fruit	Nuts/Seeds	Etc
Clam Crab Lobster Shrimp Prawn	Pepper Radish Seaweed Shitake mushroom Water Chestnut Olive	Apple Grapefruit Peel Lemon Peel Orange Peel Pear	Almond Walnut	Basil Caraway Cardamon Fennel Seed Ginger Kelp Marjoram Pepper Peppermint Rosemary Seaweed Thyme

Yin Tonifying Foods

Signs of Yin deficiency include seeking cool places, panting, thirst, red eyes, panting at night, dry skin, dry cough, and restlessness.

Meat	Fish	Vegetables	Fruit	Grains	Etc
Duck Rabbit Pork Pork Feet Pork Kidney Beef	Whitefish Clam Cod Crab Oyster Sardnie	Black Beans Kidney Beans Mung Beans Beets String Beans Asparagus Peas Tomatoes	Blackberry Raspberr Mulberry Banana Watermelon Apple Lemon Mango Pear Pineapple	Millet Barley Wheat Germ Wheat Rice Quinoa	Chlorella Spirulina Tofu Goat’s Milk Yogurt Cheese Chicken Eggs Cow’s Milk Duck Eggs Honey

Qi Tonic Warming Foods

Qi tonic foods are foods that warm the body allowing the body to develop and maintain warmth. Qi deficiency is seen as general weakness, fatigue, exercise intolerance, poor appetite, chronic diarrhea, loss of body weight, muscle atrophy, shortness of breath, asthma and/or urinary or fecal incontinence.

Meat	Fish	Vegetables	Fruit	Grains	Nut/Seed	Miscellaneous
Turkey Chicken Chicken Liver Pheasant Ham	Sturgeon Lobster Mussel Shrimp Prawn Anchovy	Black Bean Squash Sweet Potato	Cassio Fruit Cherry Date Peach Longan	Oats Sorghum Sweet Rice	Chestnut Coconut Pine Nut Walnut	Bay Leaves Brown sugar Cinnamon Ginger Molasses Goat Milk Turmeric Vinegar Basil Clove Dill Seed Dried Ginger Fennel Seed Nutmeg Rosemary Sage Thyme

Yang Tonic Hot Foods

Yang is the opposite of yin. Yang qualities include outward, active, male, daytime, heat and inflammation. Yang tonic foods are the hottest or most heat generating foods. Yang deficiency animals are heat seeking, i.e. lie in front of fires or under bedcovers, have coldness to ears, nose, back and limbs.

Meat	Fish	Miscellaneous
Lamb Mutton Sheep Kidney Venison	Trout	Cayenne

Blood Tonic Foods

Signs of blood deficiency include History of blood loss/anemia, pale white gums, dry flakey dandruff coat, dry cracked paw pads, lack of stamina

Meat	Fish	Vegetables	Fruit	Grains	Etc.
Beef Bone Marrow Heart Liver Pork Pork Skin	Oyster Sardines	Aduki Bean Alfalfa Sprouts Artichoke Beet Root Carrot Dark leafy vegetables Kelp Kidney Beans Parsley Spinach Watercress	Figs Date Longan	Barley Corn Oats Rice Sweet Rice Wheat Bran	Black Seame Eggs Parsley Molasses Soy Milk

Foods That Drain Dampness

Signs of dampness include stiffness (worse in damp weather), obesity, weepy lesions without heat, and loose stool. Some examples of foods that form dampness are sugar, yeast, wheat, saturated fats, roasted peanuts, dairy products, bread, pork, bananas, and concentrated juices.

Fish	Vegetables	Fruit	Grains	Etc.
Anchovy Marckerel Sardine	Aduki Bean Alfalfa Sprouts Asparagus Celery Seaweed Kidney Bean Lentil Lettuce Mushroom Pumpkin Radish Turnip	Cranberry Lemon Papaya	Job's Tears Barley Buckwheat Corn Rye	Green Tea Horseradish Jasmine Tea Marjoram Parsley Pepper

Foods to Avoid

Foods that are toxic to animals and should not be fed are:

Chocolate

Onions

Garlic

Scallions

Grapes/Raisins

Plum

Persimmons

Macadamia Nuts

Alcohol

Apricot Pits

Cherry Pits

Mustard Leaf

Mustard Seed

Avocado

Raw Yeast/Dough