

When we eat large quantities of more yin foods (sugar, honey, spices, fruit juices and alcohol), this causes expansion and weakening in the body. Quite often, the intestines become loose and expanded causing conditions such as chronic diarrhoea or constipation, the growth of diverticula, colitis and enteritis. Other organs such as the tonsils, adenoids and lymph glands become inflamed. Expansion of the cells and blood vessels of the brain brings on certain forms of headache and migraine, which in many people's experience are triggered by wine, chocolate or other yang foods.

Let us look at the range of complaints which can be brought on by consuming an imbalanced diet in greater detail.

Predominantly *More* Yang diet can cause:

- duodenal ulcers
- hepatitis
- appendicitis
- jaundice
- gout
- liver cancer
- head pains at the back of the head

Predominantly *More* Yin diet can cause:

- colitis
- enteritis
- hernia
- diabetes
- asthma
- pleurisy
- leukaemia
- meningitis
- detached retina
- varicose veins
- gingivitis
- stomach ulcers
- cystitis
- nose bleeds
- eye problems
- headaches at the front of the head

Combination diet of the more extreme Yin and Yang foods can cause:

- arteriosclerosis
- gall stones
- kidney problems
- arthritis
- breast cysts
- breast cancer
- lung cancer
- cataracts
- pneumonia



**TUTOR TALK:** When we eat a balanced diet consisting of the more balanced foods, it is possible for us to avoid suffering from all these types of dis-ease. If we keep eating a balanced diet, a corresponding balance is created at deeper levels of the body.

Let us see how this comes about.

- a. Initially the food is absorbed by the blood, so it is here that the balance occurs first between acid and alkaline, sodium and potassium and many other chemicals
- b. The body cells are fed by the blood, so the cells are the next level to come into balance
- c. After this, various hormones with opposite effects, and the nervous system are brought into balance

As this balance channels too much deeper levels of the body systems over weeks, months and years, we begin to enjoy greater and greater health benefits.

For Example:

1. the level of vitality and energy increases
2. sleep becomes deeper, more restful and shorter
3. body weight returns to its natural level
4. the body becomes more flexible
5. greater stamina is forthcoming

In addition to the above, minor health complaints such as poor circulation, frequent colds and infections, blocked sinuses and ears, headaches and sore throats disappear.



**TUTOR TALK:** Students should also appreciate that there are many health benefits to be experienced on an emotional and mental level; for as a person functions as a whole, any dis-harmony at the physical level will also manifest itself in his or her moods and emotions and vice-versa.

A diet which incorporates predominantly more yang foods causes energy to concentrate deep in the body, which is often experienced by the person concerned as deep tension. This can have the effect of producing states wherein:

- a. the person feels the need to be always busy or working
- b. the person feels that it is impossible to relax

Such individuals can be identified by the fact that:

- they often appear to be ‘uptight’
- they often repress or deny feelings and emotions
- they often have outbursts of impatience, irritability or anger



**FACT FILE:** In the extreme, the over-consumption of yang foods can cause severe emotional dis-orders including paranoia.

Incorporating predominantly more yin foods into the diet brings about the opposite types of moods and emotions. Expansion of the body moves energy to the surface of the body, which can be experienced as surface tension or nervousness, anxiety, over-excitability and over-emotional behaviour.

This can have the effect of producing states wherein:

- a. the person frequently feels fearful
- b. the person worries overduly
- c. the person is subject to extreme self-pity
- d. the person maintains a cynical and suspicious outlook



**FACT FILE:** In the extreme, this can lead to the development of problems such as schizophrenia.

Incorporating a combination of the more extreme yin and yang foods into a diet can lead to a combination of the extreme yang and yin moods and emotions and frequent swings between these opposites.



**TUTOR TALK:** There is currently one school of thought that attribute the dis-order known as ‘manic depression’ to a diet which is made up of the more extreme yin and yang foods.

Just as the benefits of a balanced diet seep deeper physically, they also are channelled to deeper levels of a person’s moods and emotions. When a person’s condition has become overly yin or yang, that person can be trapped in certain feeling states which they find it difficult to get out of by conscious effort. As a person becomes more physically balanced, old habitual moods and emotions are often effortlessly stripped away.

Students should appreciate that this is not because food is the only factor that gives rise to change, but that creating balance and smooth functioning of the body create a sound bedrock for a well-balanced, positive and happy emotional life - especially when accompanied by a positive commitment to make changes for the better.

Let us look at some of the more common emotional changes that can result from eating macrobiotically. We shall outline them in the familiar ‘before’ and ‘after’ manner.

Before	After
Deep tension, uptight	Inner calm, purposeful use of energy
Fear, worry, anxiety	Courage and confidence
Self-pitying, critical, cynical	Constructive energy, positive feelings
Depression, loneliness, isolation	Underlying joyfulness, social enjoyment
Anger, impatience, irritability	Patience and good sense of humour
Over-excited	Calm and relaxed mood
Apathy, lack of motivation	Self-motivation, energetic, self-directed
Fast mood and emotional swings	Steady, natural rhythm in mood changes

When our condition becomes overly yang or yin, our expression and thinking are also affected.

For Example:

- a. An overly yang condition is characterised by hardness and inflexibility.

Persons with an overly yang condition demonstrate:

- rigidity
- stubbornness
- signs of superiority
- over confidence
- dominant qualities
- self-centredness

- b. An overly yin condition is characterised by a loose or 'laid-back' mentality:

Persons with an overly yin condition demonstrate:

- difficulty in concentrating
- lack of direction
- lack of motivation
- inability to achieve goals
- vague, impractical thinking



**TUTOR TALK:** If we elaborate on the above, then the student will have a clearer appreciation of what we mean. Think of yourself or of family members and/or friends and try to fit them into the following categories.

	Overly Yang	Overly Yin
Expression:	domineering insensitive aggressive over-confident over-assertive excludes others	submissive oversensitive defensive lacking in confidence 'people-pleasing' dependent on others
Attitudes/Thinking:	materialistic inability to appreciate other's views obsessed by order 'lives in the past'	impractical easily impressed lack of order 'lives for the future'