



You are:

The Weak Lung Type

You have weak lungs, feel tired and get winded easily. You are prone to frequent colds, flu, tonsillitis, bronchitis, asthma or pneumonia.

Possible Symptoms:

- weak or quiet voice
- weak or shallow breathing
- pale complexion
- weak cough
- lack of desire to talk
- fatigue or exhaustion
- shortness of breath
- daytime sweating
- recurring colds, flu, tonsillitis, bronchitis, asthma or pneumonia

Causes:

- common cold
- congenital weakness or premature birth
- smoking
- prolonged sadness or unresolved grief
- excessive sitting with shoulders tensed and hunched over

Helpful Tips:

- Eliminate dairy and cold foods from your diet.
- Take breaks from sitting and stretch regularly.
- Do qi gong exercises.
- Ask your Chinese herbalist about taking herbs to strengthen your immune system.



Food as Medicine: The Weak Lung Type

Best Foods to Eat	
Meat:	beef, chicken, duck
Seafood:	tuna
Vegetables:	asparagus, carrots, cauliflower, daikon, leeks, onions, mushrooms, mustard greens, olives, radishes, sweet potato, water chestnuts, yams
Starches/grains:	oats, rice, sweet rice
Fruit:	grapes, pears, peaches, tangerines
Nuts/seeds:	almonds, almond butter, almond milk, walnuts
Beans/legumes:	black beans, garbanzo beans
Herbs/spices	garlic, ginger, thyme
Beverages:	room-temperature or hot/warm water, ginger tea

Foods to AVOID
all dairy products
sugar & sweets
citrus fruit
cold foods, smoothies, ice cream, ice water
raw vegetables/salads
tofu
wheat
fatty, greasy/oily foods
alcohol
coffee



Recipes to Strengthen Your Lungs:

Breathe Easy Chicken & Turnip Soup

(gluten-free, dairy-free)

Ingredients:

- 1.5 lbs organic skinless, boneless chicken thighs
- 2 ½ cups organic chicken broth
- 4 turnips, peeled and ends trimmed, diced
- 1 cup radishes, diced
- 1 onion, diced
- 5 cloves garlic, minced
- ½ tsp dried ginger
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp dried thyme
- 1 tsp sea salt
- 1/8 tsp white pepper
- 1/8 tsp cayenne pepper
- 1/8 cup horseradish
- 1 TBSP arrowroot starch
- ¼ cup water



Directions:

Add all ingredients (except last 3) into instant pot and set on manual for 13 minutes. Let pressure release naturally for 10 minutes before releasing the valve.

Take the chicken out, shred with two forks or an electric mixer, and add back to the pot. Turn the instant pot on saute mode.

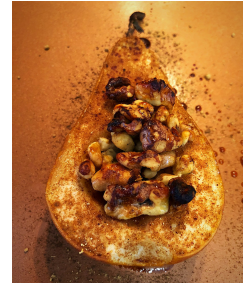
Stir water and arrowroot together and slowly add into the pot. Cook until bubbling and the broth has thickened. Stir in horseradish and serve.

Baked Spiced Pears

(gluten-free, dairy-free, vegan, vegetarian)

Ingredients:

- 2 organic pears, halved and cored
- 1/4 cup chopped walnuts
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1 TBSP organic, local honey



Directions:

Preheat the oven to 350 degrees. Cut two pears in half lengthwise and use a measuring spoon to scoop out the core and seeds. Create a flat surface on the outer part of the pear by slicing a small piece straight. Place pears on a baking sheet, core side facing up. Sprinkle with cinnamon, ginger and cloves. Top with walnuts and drizzle with honey. Bake for 30 minutes and enjoy as a breakfast, snack or healthy dessert!

Roasted Radishes for Respiratory Health

(gluten-free, dairy-free, vegan)

Ingredients:

- 1 lb radishes, rinsed, ends trimmed, sliced lengthwise
- Avocado oil spray
- 1 tsp dried thyme
- 1/2 tsp sea salt
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- pinch of white pepper



Directions:

Preheat the oven to 425 degrees. Put cut radishes in a large bowl. Spray lightly with avocado oil spray and add thyme, salt, garlic powder, onion powder and white pepper. Mix to combine. Spread out radishes onto a large baking sheet. Bake for 10 minutes, toss, then cook an additional 10-15 minutes. Serve.



Beef Up the Chest

(gluten-free, dairy-free)

Ingredients:

- 1 can organic chick peas, drained and rinsed with liquid reserved
- 1 lb organic grass-fed lean ground beef
- 1 cup organic cooked white rice
- 2 cloves garlic, minced
- 2 tsp cumin
- 1 tsp chili powder
- 1/8 tsp cinnamon
- 2 scallions, diced
- fresh parsley, diced
- himalayan salt
- black pepper



Directions:

In a deep frying pan or wok on high heat, add the ground beef. Break up the beef, start to brown and add in chick peas. Cook for 10 minutes until chick peas are slightly browned. Add in garlic, cumin, chili powder, and cinnamon and cook for 1 minute. Add in reserved liquid from chick peas and rice. Season with salt and pepper. Reduce heat to low and simmer for 1 minute until liquid is absorbed. Divide into bowls and garnish with scallions and parsley.