

Out of Balance

Grief/Sadness
Unable To Let Go
Lack of Inspiration
Emotional Withdrawal
Low Self-Esteem
Self-Righteous
Hopeless

In Balance

Feeling Of Excitement
Forgiveness
Fully Inspired
Seeking Connection
High Self-Esteem
Humbled & Understanding
Hopeful

Lung/ Large Intestines

Yin Organ: Lungs (3am – 5am)

Yang Organ: Large Intestine (5am – 7am)

Lung Nutrients: Vitamin A, Vitamin B6, Vitamin C, Glutathione, Vitamin D, Vitamin E, Zinc, Lycopene, N-acetyl Cysteine,

Large Intestine Nutrients: Water, Fiber, Omega 3 Fatty Aids, L-Glutamine, Probiotics, Vitamin K

Herbs: Mullein, Osha, Myrrh, Lauracidin, Psyllium, Cordyceps, Turmeric, Licorice Root, Astragalus Root

Foods: Carrots, Spinach, Sweet Potatoes, Kale, Cantaloupe, *Swiss Chard*, *Brussel Sprouts*, Organic Grass Fed Beef, Lamb, Sesame Seeds, Shrimp, Pumpkin Seeds, Green Peas, Avocados, Wild Caught Salmon, Sardines

Taste: Hot & Spicy



METAL