

## Out of Balance

Feeling Unworthy/Poor Sense Of Self  
Heartache, No Sense of Humor  
Unable To Let Love Into The Heart  
Loss Of Life's Spark  
Attempts To Control Self Or Others  
Loss Of Spiritual Connection/Superstitious  
Hateful/Cruel/Mocking

## In Balance

High Self-worth/Self-Image  
Happy, Joyful, Playful, Freedom  
Able To Give And Receive Love  
Enthusiasm/High Spirited  
Communicate Clearly & Resolve Conflicts  
Spiritual/Centered In Ones Knowing  
Warm/Virtuous/Loving

## Heart/Small Intestines

**Yin Tissue:** Heart (11am – 1pm)

**Yang Tissue:** Small intestine (1pm – 3pm)

**Heart Nutrients:** Omega 3 Fatty Acids, Quercetin, Vitamin B12, Folate, Co-Q-10, Magnesium, L-Carnitine, Lycopene, Resveratrol

**Small Intestine Nutrients:** Fiber, Digestive Enzymes, Probiotics

**Herbs:** Hawthorn Berry, Garlic, Butcher's Broom, Cayenne Pepper, Ginkgo Biloba, Psyllium, Aloe Vera, Marshmallow Root

**Food:** Avocado, Tomatoes, Dark Chocolate, Organic Red Wine, Pineapple, Papaya, Dark Leafy Greens, Spirulina, Wild Blue-Green Algae, Barley Grass, Wheat Grass, Lentils, Pinto Beans, Hummus, Asparagus. Sunflower Seeds, Almonds, Olives, Kiwi

**Taste:** Bitter

