



## Foods to Eat and Foods to Avoid By Blueprint

Blueprint	Foods to avoid	They may cause	Which may lead to
<b>Sensitive</b>	Cold Raw Dry like rice cakes Astringent Gas-producing Overly bitter Stimulants like caffeine, alcohol Pungent	Gas Bloating Pain Mood or energy swings	Chronic pain Arthritis Memory loss Excess anxiety Fear Panic attacks PTSD
<b>Passionate</b>	Sour Aged Fermented Salty Stimulants Like Caffeine, alcohol, fried foods Excessive oils like Peanuts, Spicy/pungent Example: spicy curry	Belching Acid indigestion Yellow skin	Inflammation Skin Problems Hot Flashes Cardio-Vascular Problems Indigestion Hemorrhoid Vision Problems Excess anger Jealousy, frustration Cancer
<b>Stable</b>	Cold Raw Heavy Sour Salty Sweet Oily Example: ice cream	Sluggishness Cold Congestion Lack of appetite	Lipomas Colds Pneumonia Asthma Depression Sluggishness Laziness Tumors