

# Transforming the Fire Element

Mend melancholy or manic moods  
by connecting with self-love and  
emotional maturity for warm  
expressions of joy, enthusiasm and  
celebration of life



**Jyllin**

Holistic Liberation

## Dietary Focus

- **Enjoy bitter foods** such as endives, rocket, chicory, dandelion, parsley, cilantro, celery, Chinese greens, asparagus, brussel sprouts, and bitter whole grains such as rye and buckwheat.
- **Avoid saturated fats and oils** (all animal products) and fried foods. Instead **use seeds and their oils** for omega 3, 6 and 9. Grind seeds for increased nutrient absorption and use to make flatbreads, as egg replacer in baked foods, in salads and as toppers for stir-fries.
- **Enjoy red foods** such as beet root, red bell pepper, red cabbage, tomato, watermelon, cherries, red berries, goji, etc.
- **Avoid stimulants, coffee, alcohol, chilis, sugar, and burnt food.** They strain the heart and mental-emotional health and the liver that directly supports the heart.
- **Remove all processed foods and hydrogenated oils.** These are toxic and stressful on every level, harming heart, mental-emotional health and the liver. They are used in most restaurants — so limit and/or be mindful about where and what you eat out.
- **Enjoy warming foods if/when running cold physically or emotionally** such as almonds, quinoa, ginger, garlic, fennel, basil, rosemary, leeks, and onion.
- **Enjoy cooling foods if/when running hot physically or emotionally** such as apple, pear, melon, cucumber, lettuce, spinach, cabbage, broccoli, cauliflower, and coconut water.

**Gut  
Microbiome  
Focus**

- **Identify food intolerances and remove from diet** until gut is entirely healed. The most common offenders are sugar, alcohol, gluten, dairy, eggs, corn, and soy. See a functional doctor for help and request testing for intolerances, especially gluten, at [cyrexlabs.com](http://cyrexlabs.com).
- *Unless you have histamine intolerance*, include daily consumption of **prebiotics** in legumes, Jerusalem artichokes, flax seeds, almonds, onion, garlic, berries, oats. Consume **probiotics** daily with any fermented food or drink — ensuring none include ingredients you're intolerant to.

**Herbs  
&  
Spices**

- **Enjoy roasted drinks** such as roasted chicory, dandelion, barley, brown rice, kukicha, oolong, and green teas. The more roasted the tea leaves — or dark roast of arabica coffee beans if you can't skip the coffee — the less caffeine and thus the more stabilizing for the fire element.
- **Raw cacao** (rather than roasted that loses its quality) warms and opens the heart. Be mindful that it contains caffeine.
- **Add warming herbs to foods and drinks if/when running cold** such as turmeric, anise, cumin, cinnamon, cardamom, cloves, mustard seeds, cayenne and black pepper.
- **Add cooling herbs to foods and drinks if/when running hot** such as mint, majoram, licorice, chamomile, nettles, coriander seeds, and hibiscus.