

YIN SHI

METABOLIC

Type 2 diabetes and prediabetes

Chinese dietetics protocol sheet

The thirst that consumes: what the Chinese have called Xiao Ke for two thousand years. Six faces of type 2 diabetes, six dietary plans, from the Lung's thirst to the Kidney's leak.

PROTOCOL SHEET · PROFESSIONAL DOCUMENT

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UNDERSTANDING THE CONDITION

Type 2 diabetes and prediabetes

Type 2 diabetes is a chronic metabolic disease defined by persistent hyperglycaemia: the body resists the insulin it produces, then the pancreas's beta cells run out. Diagnosis: fasting glycaemia of 1.26 g/L or more on two occasions, or HbA1c of 6.5% or more; prediabetes sits between 5.7 and 6.4%. In France, around 3.8 million people are treated, 90% of them type 2. Capital point: nutrition never replaces treatment, and metformin, sulphonylureas or insulin expose to hypoglycaemia if carbohydrates change without medical coordination.

SUGGESTIVE SIGNS

- Intense thirst and dry mouth, urinating more often than usual
- Increased hunger, persistent fatigue, sometimes blurred vision
- Abdominal overweight, waistline growing over the years
- Slow healing, recurrent infections, tingling in the feet
- Elevated fasting glycaemia or HbA1c on screening, often found by chance
- Metabolic terrain: sedentary living, chronic stress, short sleep, heredity

TONGUE & PULSE

Variable according to the picture: red dry tongue with a red tip in upper Xiao Ke; red tongue with dry yellow coating in Stomach Heat; red tongue with little coating and fine pulse in Kidney Yin deficiency; pale tongue with thick greasy coating in Dampness-Phlegm; wiry pulse in Liver stagnation; purplish tongue in Blood Stasis.

FAVOURABLE TERRAIN

The underlying terrain is metabolic: abdominal overweight, sedentary living, chronic stress and sleep debt that feed insulin resistance. The Chinese tradition describes it as a Yin retreating before internal Heat, or as a Spleen buried under Dampness and Phlegm: two opposing mechanisms that often coexist in the same consultation. Complications target the vessels: retinopathy, nephropathy, neuropathy and cardiovascular risk.

THE TCM DIFFERENTIAL

Which pattern applies?

The Chinese have described this disease since Antiquity under the name Xiao Ke, 'consumptive thirst' or 'wasting by thirst': a body losing its fluids in internal heat. The tradition distinguishes three forms according to the level reached, to which modern clinical practice adds the Dampness-Phlegm terrain of obesity, the role of stress and the Blood Stasis of complications. These six faces are what this sheet details.

TCM PATTERN	DISTINCTIVE SIGNS	TONGUE & PULSE	QUICK SIGNAL
Upper Xiao Ke, Lung Yin deficiency	Intense thirst dominating everything, dry mouth and throat, drinking without ever quenching, dry skin, possible dry cough	Red dry tongue with red tip, fine rapid pulse	***the thirst that dominates all***
Middle Xiao Ke, Stomach Heat	Excessive constant hunger, eating a lot without gaining weight, strong breath, inflamed gums, constipation, hard stools	Red tongue with dry yellow coating, slippery rapid pulse	***always hungry***
Lower Xiao Ke, Kidney Yin deficiency	Frequent abundant urination, sometimes cloudy urine, lower back pain, deep fatigue, dizziness, tinnitus, night sweats	Red tongue with little coating, deep fine rapid pulse	***unquenchable urination***
Dampness-Phlegm terrain, Spleen Qi deficiency	Abdominal overweight, heaviness, sleepiness after meals, no particular thirst, sensation of a swollen body	Pale tongue with thick greasy white coating, slippery or slow pulse	***roll and heaviness, no thirst***
Liver Qi stagnation, the diabetes of stress	Glycaemia following mood, cravings under tension or frustration, sighs, rib tension, irregular meals and snacking	Almost normal tongue, wiry pulse	***stress makes the level***
Blood Stasis, the terrain of complications	Tingling or numbness of the extremities, fixed pains, dark complexion, slow healing, vision clouding	Purplish tongue or tongue with dark spots, rough pulse	***tingling, fixed pains***

In real practice the pictures combine. The most frequent profile of current type 2 diabetes is the double deficiency of Qi and Yin: the Spleen picture's fatigue associated with the thirst of the Xiao Ke pictures. Lower Xiao Ke is the most advanced form; in the elderly or long-standing diabetic it often evolves towards a joint Yin and Yang deficiency (deep fatigue, chilliness, oedema, nocturia), a colder terrain that calls for warming while supporting Yin, never drying. Beware of the classic trap: do not confuse the thin thirsty diabetic (Xiao Ke) with the overweight non-thirsty one (Dampness-Phlegm); the two mechanisms are opposite and can coexist.

DIETARY PLANS

One plan per pattern

1 Upper Xiao Ke, the Lung's thirst · *Shàng Xiāo 上消, Fèi Yīn Xū 肺阴虚*

The Lung governs and distributes fluids. When its Yin runs out, internal Heat burns it: fluids no longer nourish the tissues, hence this thirst nothing can quench. It is often the initial form of Xiao Ke. The strategy nourishes Lung Yin and engenders fluids with cool moistening foods, while gently cooling the Heat.

FOOD	NATURE	FLAVOUR	ACTION	PRACTICAL ADVICE
Pear	Cold	Sweet, Sour	Engenders fluids and cools the Lung	*Whole rather than juiced: the fibre makes the glycaemic difference.*
Asparagus	Cold	Sweet, Bitter	Nourishes Yin and clarifies Heat	*Gentle steaming, at the start of the meal for the fibre effect.*
Chard - Swiss Chard	Cool	Sweet	Moistens and quenches	*Greens and stalks gently sautéed, daily side dish.*
Chinese black mushroom / wood ear mushroom	Neutral	Sweet	Nourishes Yin and fluidifies	*Rehydrated in soups and stir-fries, beneficial mucilaginous texture.*
Almond (seed)	Neutral	Sweet	Lubricates the Lung and soothes	*A small handful as a snack cuts the craving without a glycaemic spike.*
Walnut	Neutral	Sweet	Nourishes Yin and supports the Kidney	*Three to four kernels a day, in salads.*
Yogurt	Cool	Sweet	Engenders fluids without heating	*Plain, unsweetened; fermented suits better than fresh milk here.*
Seaweed	Cold	Salty	Softens and engenders fluids	*Wakame in soup or salad, two to three times a week.*
Chicken egg	Neutral	Sweet	Nourishes Yin and Blood	*Soft-boiled or poached: morning protein stabilises the day.*
Watercress	Cool	Pungent, Bitter	Clarifies Heat and engenders fluids	*In salad or cold velouté in summer.*

TO LIMIT	NATURE	REASON
Added sugars and confectionery	Variable	The consuming Heat cannot stand fast fuel: it is the most violent glycaemic signal.
Grilled, roasted, fried foods	Hot	High-heat cooking adds Heat to an already dried organ.
Very warming spices (chilli, pepper, dried ginger)	Hot	They disperse the remaining fluids and stir up thirst.
Excess highly caffeinated drinks	Warm	Diuretic effect and agitation that increase fluid loss.

GOLDEN RULE

Nourish Lung Yin and engender fluids, never heating: cool, sweet, moist.

MODERN NUTRITION

Soluble fibre is the key tool of this picture: a meta-analysis of controlled trials (Clinical Nutrition, 2021) shows that soluble fibre supplementation improves glycaemic control in type 2 diabetics. Choosing whole fruit rather than juice preserves the fibre effect; hydration is done with water, sugary drinks being proscribed.

2 Middle Xiao Ke, the Stomach's hunger · *Zhōng Xiāo* 中消, *Wèi Rè* 胃热

Stomach Heat burns food before it is assimilated: the patient eats a lot, is constantly hungry and does not gain weight. Strong breath, inflamed gums and constipation complete the picture. The strategy clarifies Stomach Heat with cool to cold foods, rich in water and fibre, which satiate without feeding the blaze.

FOOD	NATURE	FLAVOUR	ACTION	PRACTICAL ADVICE
Cucumber	Cold	Sweet	Cools the Stomach and engenders fluids	*As a starter, in sticks or salad.*
Courgette	Fresh	Sweet	Clarifies Heat without hurting the Spleen	*Gently pan-fried or in soup, satiating volume for little glycaemia.*
Spinach	Cold	Sweet	Cools the Blood and moistens the Intestines	*Gentle pan-wilting or raw young leaves.*
Tomato	Cool	Sweet, Sour	Engenders fluids and cools	*In season raw; acidity tempers the sweet craving.*
Tofu (soy cheese)	Cold	Sweet	Clarifies Heat and nourishes without weighing	*In soups or gently pan-fried, satiating evening protein.*
Barley	Warm	Sweet	Harmonises the centre and quenches	*In soup or kasha; its beta-glucan fibre is the glycaemic asset, measured portion.*
Celery	Cool	Sweet, Bitter	Clarifies Heat and soothes nervous hunger	*Crunchy stalks as a snack or braised stalk.*
Lettuce	Cold	Bitter, Sweet	Cools and calms	*Large salad at the start of the meal to dampen glycaemia.*
Vinegar	Warm	Sour, Sweet	Astringes and guides digestion	*A vinaigrette at the start of the meal: a tiny gesture with measurable effect.*
Bok choy (Pak choi)	Cool	Sweet	Gently clarifies Heat	*Quick stir-fry with garlic, crunch kept.*

TO LIMIT	NATURE	REASON
Fast sugars and sugary drinks	Variable	Throwing sugar on the Stomach's ember: amplified spike and return of hunger.
Grilled meats and barbecues	Hot	The grill concentrates Heat; prefer braising, stewing, steaming.
Excess red meat	Warm	Loaded with flavour and Heat, it feeds the Stomach's blaze.
Strong hot spices	Hot	Chilli and pepper stir a Fire already full.

GOLDEN RULE

Clarify Stomach Heat: cool, aqueous, fibrous, satiating without glycaemia.

MODERN NUTRITION

Vinegar at the start of a meal has a documented effect on postprandial glycaemia (Johnston trial, J Am Diet Assoc, 2005) and barley beta-glucan attenuates the glucose-insulin response (meta-analysis, Eur J Clin Nutr, 2021). Low-glycaemic-index habits improve glycaemic control and the cardiometabolic profile (meta-analysis, BMJ, 2023).

3 Lower Xiao Ke, the Kidney's leak · *Xià Xiāo* 下消, *Shèn Yīn Xū* 肾阴虚

The Kidneys govern fluids and urination. When their Yin runs out, Heat descends and fluids escape in excess: polyuria, weak lower back, deep fatigue, night sweats. It is the most advanced form of Xiao Ke, the one where diabetes touches the kidney. The strategy nourishes Kidney Yin with deep, sweet-salty and nutritious foods, while protecting what remains.

FOOD	NATURE	FLAVOUR	ACTION	PRACTICAL ADVICE
Black Sesame	Neutral	Sweet	Nourishes Kidney and Fluid Yin	*Ground on vegetables or soups; the corpus salutes it as the food benefiting the Large Intestine.*
Sesame oil	Cold	Sweet	Lubricates and nourishes Yin	*A few drops at the end of cooking, never for frying.*
Avocado	Cool	Sweet	Nourishes Yin and good fats	*Half an avocado at lunch, lasting satiety effect.*
Oyster	Warm	Sweet, Salty	Nourishes Kidney Yin and consolidates	*In season, plain; its zinc is remarkable.*
Mussel	Warm	Sweet, Salty	Tonifies the Kidney and nourishes Yin	*Marinière or steamed, evening dish.*
Duck (meat)	Cold	Sweet, Salty	Nourishes Yin and quenches	*Braised or in soup; the corpus cites it for consumptive thirst.*
Pork	Cool	Sweet, Salty	Nourishes Yin and organic Fluids	*Lean stew; the corpus praises pork that nourishes liver Yin and stops thirst.*
Chicken egg	Neutral	Sweet	Nourishes Yin and Blood	*Soft-boiled or poached, easy and nutritious.*
Chicken liver	Warm	Sweet, Bitter	Nourishes Blood and supports the Kidney	*Once a week, gently pan-fried.*
Okra	Cold	Sweet	Engenders fluids and protects mucosae	*Braised or in soup; its mucilage accompanies Yin.*
Seaweed	Cold	Salty	Nourishes Yin and softens	*In broths, two to three times a week.*

TO LIMIT	NATURE	REASON
Excess salt and very salty products	Variable	Salt overloads the already solicited renal work; the picture demands the strictest moderation.
Excess concentrated proteins	Variable	In proven renal involvement, protein intake is calibrated with the doctor; more is not better.
Very warming foods	Hot	Exhausted Yin cannot stand the Heat consuming what fluid remains.
Refined starches in large portions	Neutral	Direct glycaemic load on an already exhausted terrain.

GOLDEN RULE

Nourish Kidney Yin in depth: sweet-salty, nutritious, protective, avoiding any renal overload.

MODERN NUTRITION

Kidney protection passes first through blood pressure and salt, whose restriction is the best-established nutritional measure in nephropathy. Cardiovascular risk, the leading cause of mortality in diabetics, justifies oily fish and nuts. Yam, the classic Xiao Ke starch in the tradition, is eaten as a substitute for part of the grain.

4 The Dampness-Phlegm terrain, the diabetes of overweight · *Tán Shī* 痰湿, *Pí Qì Xū* 脾气虚

It is the most frequent face of contemporary type 2 diabetes: the tired Spleen no longer transforms fluids, which pile up as Dampness and Phlegm. Abdominal overweight, heaviness, sleepiness, and often no thirst: the mechanism is the inverse of Xiao Ke, though the two readily coexist. The strategy tonifies the Spleen and dries the Dampness.

FOOD	NATURE	FLAVOUR	ACTION	PRACTICAL ADVICE
Carrot	Neutral	Sweet	Tonifies the Spleen and guides digestion	*Cooked rather than raw here, in soup or steamed.*
Button Mushroom	Cool	Sweet	Tonifies without weighing	*Pan-fried or in soups, volume for few calories.*
Cauliflower	Neutral	Sweet, Bitter	Supports the Spleen and dries	*Gently roasted or puréed, clever starch substitute.*
Cabbage	Warm	Sweet, Pungent	Gently warms the centre and mobilises	*Braised or in pot-au-feu, gentle cooking is the terrain's rule.*
Fenugreek	Warm	Sweet, Bitter	Warms and tonifies the Spleen	*Soaked or ground seeds in curries and lentil soups.*
Mackerel	Neutral	Sweet	Nourishes without engendering Phlegm	*Grilled or in salad, the oily fish of the metabolic terrain.*
Herring	Neutral	Sweet	Nourishes and supports	*In salad, beware overly sweet commercial preparations.*
Rabbit	Cool	Sweet	Lightly tonifies, clean protein	*Mustard stew, weekday dish.*
Cardamom	Warm	Pungent	Warms the centre and mobilises Dampness	*As infusion or in porridges.*
Adzuki	Neutral	Sweet, Sour	Drains Dampness and nourishes	*In crunchy vegetable salad; measured portion as it remains a starch.*
Beef	Warm	Sweet	Tonifies the Spleen and the Qi	*Boiled or lean stew; the corpus compares it to the Qi tonic par excellence.*

TO LIMIT	NATURE	REASON
Refined sugars and fizzy drinks	Variable	They engender Phlegm directly: first gesture of the terrain.
Fried foods and cooked fats	Hot	Heavy and fatty, they sink the Spleen into Dampness.
Very fatty dairy and creams	Neutral	Phlegm producers par excellence on this terrain; lean fermented portions pass better.
Excess refined starches	Neutral	White bread, white pasta, white rice: the glycaemic load feeding the vicious circle.

GOLDEN RULE

Tonify the Spleen and dry the Dampness: cooked, simple, regular, without overload.

MODERN NUTRITION

The strongest evidence in the whole sheet lives here: the DiRECT trial (Lancet, 2018; 5-year follow-up, Lancet Diabetes Endocrinol, 2024) showed that substantial weight loss in primary care can lead to remission of type 2 diabetes in nearly half of participants. Low-carbohydrate diets improve glycaemic control; the Mediterranean pattern has the longest track record.

5 Liver Qi stagnation, the diabetes of stress · *Gān Qì Yù Jié* 肝气郁结

The Liver governs the free circulation of Qi. Under stress and frustration, Qi tangles: glycaemia becomes unstable, cravings surge under tension, snacking answers emotions more than hunger. The strategy unties the Qi through aromatic pungent flavours and soothing routines, for no dietary plan holds if the terrain remains tense.

FOOD	NATURE	FLAVOUR	ACTION	PRACTICAL ADVICE
Mint	Cool	Pungent	Unties Liver Qi and cools	*Infusion after the meal or chopped on salads.*
Vervain	Cool	Bitter	Soothes and gently unties	*The stressed person's evening tea, decompression ritual.*
Chamomile	Cool	Sweet	Soothes the Liver and calms	*Evening infusion, ally of the sleep that regulates appetite.*
Fennel bulb	Neutral	Sweet, Pungent	Unties Qi and harmonises the centre	*Raw in salad or braised, end-of-meal anti-craving.*
Chicory, Frisée, Escarole	Cold	Bitter	Bitter and descending, drains Liver excess	*Bitter salad as a starter, the lunch's untying gesture.*
Daikon : Chinese Radish	Warm	Pungent, Sweet	Descends Qi and unties	*The corpus gives it for consumptive thirst; grated or braised.*
Avocado	Cool	Sweet	Nourishes Liver Blood and satiates	*The fatty satiety that disarms emotional snacking.*
Hazelnut	Neutral	Sweet	Nourishes and soothes hunger	*The strategic snack that short-circuits stress craving.*
Basil (Aromatic)	Warm	Sweet, Pungent	Unties Qi and harmonises	*Generous on dishes, the flavour of freed Liver.*
Saffron	Neutral	Bitter	Unties Qi and soothes the Heart	*A few threads in stews, the spice of Liver and mood.*

TO LIMIT	NATURE	REASON
Excess caffeine	Warm	On an already tense nervous system, it bands the Qi further and worsens the spikes.
Irregular meals and improvised fasts	Variable	Irregularity feeds stagnation as much as the level; clock-time regularity is a lever.
Emotional snacking concentrated on sugar	Variable	The answer to stagnation creates the spike then the crash, and the cycle closes.
Meals taken standing or while working	Variable	Qi does not descend without the pause: the manner counts as much as the content.

GOLDEN RULE

Untie the Qi before disciplining the plate: aromatics, regularity, seated meals.

MODERN NUTRITION

The stress-glycaemia link is documented: a controlled stress-management trial improved glycaemic control in diabetic patients (Diabetes Res Clin Pract, 2016), and cortisol research confirms the bidirectional link between depression and type 2 diabetes (Diabetes Obes Metab, 2024). The nutritional strategy treats the terrain, not just the numbers.

6 Blood Stasis, the terrain of complications · *Xuè Yū* 血瘀

When Xiao Ke lasts, Heat thickens the Blood and Deficiency weakens its circulation: Blood stases. Tingling of the extremities, fixed pains, slow healing, clouding vision: it is the MTC language of the neuropathies and retinopathies of advanced diabetes. The strategy gently animates the Blood through circulating spices and alliums, without force on a worn terrain.

FOOD	NATURE	FLAVOUR	ACTION	PRACTICAL ADVICE
Cinnamon	Hot	Pungent, Sweet	Warms and animates the Blood	*A daily pinch on yoghurt, compote or porridge; it is the spice of this picture.*
Onion	Warm	Sweet, Pungent	Animates the Blood and opens	*Gently stewed or in dishes, the basic circulation allium.*
Chives	Warm	Pungent	Gently animates	*Generous on eggs, soups, potatoes.*
Eggplant, Aubergine	Cold	Sweet	Frees stasis and cools	*In curry or confit; the tradition uses it for congestion.*
Adzuki	Neutral	Sweet, Sour	Nourishes Blood and drains	*The legume that tonifies without stagnating, measured portion.*
Chard - Swiss Chard	Cool	Sweet	Nourishes and fluidifies the Blood	*Greens gently sautéed with sesame.*
Bolete : Cep (mushroom)	Warm	Sweet	Tonifies and gently animates	*In barley soup, the alliance of mushroom and beta-glucan.*
Prawn	Warm	Sweet	Animates and tonifies	*Garlic stir-fried, the evening's animating protein.*
Basil (Aromatic)	Warm	Sweet, Pungent	Animates Qi and Blood	*Fresh at the end of the dish, the simple circulating gesture.*
Daikon : Chinese Radish	Warm	Pungent, Sweet	Circulates and descends	*Braised or marinated, the vegetable of free circulation.*

TO LIMIT	NATURE	REASON
Tobacco	Warm	It congeals the Blood and directly worsens vascular complications: non-negotiable cessation.
Whole cane sugar and concentrated sugars	Variable	Chronic hyperglycaemia is the very cause of stasis; no sugar is neutral here.
Industrial and trans fats	Variable	They thicken an already congested terrain and worsen vascular risk.
Excess papaya and very sweet fruits	Neutral	High glycaemic index on a terrain demanding the strictest stability.

GOLDEN RULE

Gently animate the Blood: circulating spices, alliums, never force on a worn terrain.

MODERN NUTRITION

Cinnamon has been the subject of several meta-analyses showing a modest but real effect on fasting glycaemia (Ann Fam Med, 2013; Diabetes Res Clin Pract, 2019): it is the best-documented spice of diabetes. Nuts improve glycaemic control (meta-analysis, PLoS One, 2014) and low-glycaemic-index habits stabilise the terrain.

CROSS-CUTTING ADVICE

Valid whatever the pattern

Whatever the picture, diabetes is played first in the regularity and structure of the meal. These tips hold for all terrains and are shared with the client.

- The order of the meal matters: vegetables and proteins first, starches at the end of the plate. The same carbohydrate ration rises less when fibre precedes it.
- Half the plate in vegetables, cooked or raw according to the picture, remains the simplest and most effective rule to pass on.
- The vinaigrette or pickled gherkin at the start of the meal is a tiny gesture with measurable effect on postprandial glycaemia.
- Whole fruit rather than juice, wholegrain starch rather than refined, measured portion rather than forbidden: three substitutions that change the terrain durably.
- Regular mealtimes regulate the level as much as the content: the diabetes of stress hates improvisation.
- Drink water; every sugary drink is a guaranteed spike, including fruit juices with no added sugar.
- Glycaemic monitoring remains the compass: any significant dietary change is checked in the numbers, with the doctor for hypoglycaemic medication.

GESTURE No.1: THE POST-MEAL WALK

Ten to fifteen minutes of walking within thirty minutes of the main meal mobilise incoming glucose through the muscles, without insulin. The effect on the postprandial peak is measurable, immediate, free and cumulative day after day: it is the cheapest advice on the sheet, to be written first on the client's plan before any dietary substitution. In TCM, gentle movement circulates Spleen Qi, exactly the deficient mechanism of the Dampness-Phlegm terrain.

IN THE KITCHEN

Adapted recipes

The everyday French table, basic dishes

Cepe and Barley Soup — France

Barley's beta-glucan in a seasonal dish: the most glycaemically intelligent alliance in the repertoire.

Bok Choy, Tofu and Shiitake Mushroom Soup — China

Coolness, light protein and Yin mushroom: the typical soup of middle Xiao Ke.

Smoked Mackerel Fillet, Caraway Foam and Melting Potato — France

The oily fish of the Dampness terrain, omega-3 included.

Red Lentil Dal with Dill — India

Legume, sweet spice and fibre: the complete dish of the metabolic terrain, with documented low GI.

Aubergine and Chickpea Curry — India

The animating aubergine and satiating chickpeas, dish of the stagnated terrain.

Furofuki Daikon — Japan

Daikon braised in miso, the free-circulation dish the corpus already recommended.

Around the world, simple gestures

Savory Oat Congee with Mushrooms and Ginger — China

The morning beta-glucan porridge, in the spirit of traditional congee.

Barley Kasha with Mushrooms and Onions — Eastern Europe

Barley and allium, rustic dish of circulation and glycaemic control.

Sesame-Sautéed Chard with Soy Sauce (Ohitashi Chard) — Japan

Bitter green and nourishing sesame, the accompaniment of Yin.

Sildesalat (Herring Salad) — Sweden

Nordic herring in salad, omega-3 and freshness for the metabolic terrain.

Lentil Soup with Fenugreek — Middle East

The traditional spice of the level in the legume that stabilises.

Azuki Bean Salad, Crunchy Vegetables and Sesame Vinaigrette — Japan

The draining legume in salad, key portion for the Dampness terrain.

PRACTICAL

Cooking & hygiene tips

1. Stew, braise, steam: gentle cooking nourishes Yin and avoids the Heat of the grill.
2. Let cooked starches cool before reheating: retrograded starch raises glycaemia less than the same starch freshly cooked hot.
3. Open the meal with something vinegared: a vinaigrette, a pickled gherkin, lacto-fermented vegetables.
4. Season freely with cinnamon, fenugreek, turmeric, alliums: spices work for the terrain.
5. Compote onions gently rather than burning them: the allium animates without the bitterness of carbonisation.
6. Always offer whole fruit instead of juice; the pulp is the difference.
7. Prepare the strategic snack in advance (nuts, egg, crunchy vegetable) to cut short the stress craving.

THROUGH THE YEAR

Seasonal advice

Spring

The bitter greens return: chicory, watercress, young shoots. It is Liver season, the moment to work on the stagnation that worsens the level.

Summer

Cucumber, tomato, courgette and hydration calm the Heat of upper and middle Xiao Ke. Beware iced and sweet temptations.

Autumn

Mushrooms, pears and blackberries nourish Yin before winter; the season of barley soups and stews that prepare the Spleen.

Winter

Nourishing stews take over: fenugreek lentils, oily fish, hot porridges. Kidney Yin is spared in this season.

NOTES FOR THE PRACTITIONER

- This sheet accompanies dietary work and in no way replaces medical follow-up of diabetes. Any change in carbohydrate intake in a patient on sulphonylureas, insulin or glinides exposes to hypoglycaemia and is coordinated with the treating doctor.
- Consult urgently: intense thirst with rapid weight loss, persistently very high glycaemia, signs of hypoglycaemia, a foot wound that does not heal, sudden vision disturbance, nausea with acetone breath.
- The ancient corpus has named this disease for two millennia: mulberry is said to 'nourish liver and kidneys, stop consumptive thirst', barley 'soothe consumptive thirst and eliminate heat', millet 'relieve stomach heat and consumptive thirst', the clam 'clarify heat and stop thirst', and white radish 'for consumptive thirst, cook often with pork'. Five texts, one diagnosis.
- The most frequent clinical profile is the Qi and Yin combination: work first on the Spleen terrain (weight loss, regularity) while sparing Yin, without nourishing one at the expense of the other.
- Yam is the classic Xiao Ke starch in the tradition, but its glycaemic index is moderate: it is eaten as a substitute for part of the grain, never as an addition.
- Phased strategy: in the obese non-thirsty diabetic, the Dampness-Phlegm terrain takes priority; when thirst and fatigue settle in, Yin joins Qi in the work; the Stasis picture calls for medical vigilance as much as the plate.

To go further: the "Type 2 diabetes in TCM: Xiao Ke and its clinical variants", "Detailed dietary prescriptions: Xiao Ke and Yin deficiency", and "The complete metabolic syndrome in TCM" courses at the Yin Shi Academy (formation.yinshi.app).

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Professional document to hand out or adapt in consultation.