



# Center for Acupuncture and Herbal Medicine, P.A.

## EASTERN NUTRITION FOODS AND THEIR PROPERTIES

### THERAPEUTIC USES OF THE FIVE FLAVORS

In the diet of a healthy person the flavors should be balanced, with the sweet flavor predominating, because the Earth Element and its associated flavor, sweetness, are considered the most central aspect of the body and its nourishment. It means that each day the sweet flavor – the primary flavor of most carbs such as grains, vegetables, legumes, nuts, seeds and fruit – should be accompanied by small amounts of bitter, salty, pungent (spicy) and sour foods. When health is poor and during acute disease conditions, it is usually helpful to change just two flavors, emphasizing one obviously important flavor and restricting a contraindicated one. However, be aware of the quantity of a flavor. If a flavor is generally helpful for an organ function, too much of that flavor has an opposite & weakening effect.

#### **PUNGENT (acid, spicy, hot & aromatic)** – Lung/Large Intestine; Yang flavor

- Stimulates circulation of qi and blood; Moves energy upwards and outwards (disperses) to the periphery of the body
- Stimulates digestion and disperses mucus cause by mucus-forming foods (diary, meats); protects against mucus conditions (colds etc)
- Diaphoretic/Promotes Sweating during common colds or exterior conditions (mint, cayenne, elder flower, scallion, garlic, chamomile)
- **BEST FOR** individuals who are sluggish, lethargic or excessively heavy or who are inclined toward damp/mucous conditions of the Lungs or Large Intestine; individuals with cold signs. Those who are overweight from overeating should use *cooling* pungents.
- **CAUTIONS:** some pungent flavors worsen the conditions of *dry, windy, nervous* or thin individuals (eg. sage, raw onion, and *all* hot peppers, especially cayenne)
- **Warming pungents:** spearmint, rosemary, scallion, garlic, all onion family, cinnamon, cloves, ginger root, black pepper, hot peppers, cayenne, fennel, anise, dill, mustard greens, horseradish, basil, nutmeg.
- **Cooling pungents:** peppermint, marjoram, elder flowers, white pepper, radish and its leaves
- **Neutral pungents:** taro, turnip, kohlrabi

#### **SALTY** – Kidney/Urinary Bladder – Yin/Cooling

- Tends to move energy downward & inward; has a "centering" effect
- Moistens Dryness, softens hardened lumps and stiffness (lymph nodes, cataracts, masses)
- Improves digestion, increases appetite, detoxifies the body; can purge bowels and promote emesis (constipation, abdominal swelling/pain)
- Can be used externally for impure blood conditions with *heat signs* (skin discharges, sore throat, pyorrhea)
- Also fortifies a weak heart-mind and improves mental concentration
- **BEST FOR** moistening and calming the dry, nervous person
- **CAUTIONS:** salt must be greatly restricted with *damp, overweight, lethargic* or edemic conditions or by those with high blood pressure. (*Seaweeds are the exception because their iodine and trace minerals speed metabolism*). Use sparingly with blood conditions.
- **Salty foods:** salt, seaweed, barley and millet have some salty quality although primarily sweet; soy sauce, miso, pickles, umeboshi, gomaiso (sesame salt).

**SOUR** – Liver/Gallbladder – Yin, cooling

- Causes contraction; astringent effects prevent or reverse abnormal leakage of fluids (urinary dripping, excessive perspiration, hemorrhage, diarrhea and weak sagging tissues including flaccid skin, hemorrhoids and uterine prolapse)
- Counteracts the effects of rich, greasy foods as a solvent; breaks down fats and protein; helps to dissolve mineral & improve assimilation
- Helps organize *scattered* mental problems.
- BEST FOR holding together the dispersed, capriciously changing personality.
- CAUTIONS: those with dampness, heaviness of mind or body, constipation and constrictions should use sour flavor sparingly
- **Sour foods:** hawthorne berry, lemon, lime, pickles, rose hip, sauerkraut, sour apple, sour plum, vinegar (also bitter), leek (also pungent)
- **Sour & Sweet:** aduki bean, apple, blackberry, cheese, grape, huckleberry, mango, olive, raspberry, sourdough bread, tangerine, tomato, yogurt

**BITTER** – Heart/Small Intestine – Yin, cooling

- Causes contraction and encourages the energy of the body to descend; Reduces the *excessive person*
- Bitterness is antipyretic (reduces fever) and also dries fluids and drains dampness. Some foods also induce bowel movements \*increases intestinal muscle contractions.
- Clears heat and cleans arteries of damp mucoid deposits of cholesterol & fats, in general tending toward lower blood pressure (celery \*\*).
- Drains damp-associated conditions: candida, yeast overgrowth, parasites, mucus, swellings, skin eruptions, tumors, cysts, obesity, edema.
- Kidneys & lungs are said to be tonified & vitalized by bitter flavors; especially good for yellow discharges from the lungs.
- BEST FOR slow, overweight, lethargic damp individuals; also overheated, aggressive people.
- CAUTIONS: persons who are deficient, cold, weak, thin, nervous and *dry* should limit bitter foods. Also "those with bone diseases should not eat much bitter food" – *Inner Classic*.
- **Bitter foods:** alfalfa, bitter melon, romaine lettuce, rye, vinegar (also sour)
- **Bitter & Sweet:** amaranth, asparagus, celery, lettuce, papaya, quinoa
- **Bitter & Pungent:** citrus peel (also sweet), radish leaf, scallion, turnip (also sweet), white pepper

**SWEET** – Spleen/Stomach – Yang; subdivided into full sweet (more tonifying) and empty sweet (more cleansing/cooling; eg fruits)

- Helps energy expand upward & outward, especially in warming food. Harmonizes with a slowing, relaxing effect; energizes yet relaxes the body, nerves & brain.
- Tonify the *yin* of the body (tissues, fluids) and tonify thin, dry individuals
- BEST FOR dry, cold, nervous, thin, weak or scattered individuals; aggressive individuals can also benefit from the soothing effects. When sweet flavor is used in the form of grains, then wheat, rice and oats often benefit both these individuals.
- CAUTIONS: sluggish, overweight individuals with damp signs, including mucoid conditions should use sweet foods sparingly. Chewing well makes them less mucus & dampness-forming. Too much sweet food damages Kidneys & Spleen, weakens bones, causes hair loss.
- **Sweet foods:** apple, apricot, cherry, date, fig, grape, grapefruit, olive, papaya, peach, pear, strawberry, tomato, beet, cabbage (b), carrot, button mushroom, celery (b), chard, cucumber, eggplant, kuzu, lettuce (b), potato, shitake, spearmint (p), squash, sweet potato, yam, almond, chestnut, coconut, sesame seed, sunflower seed, walnut, amasake, barley malt, honey, molasses, rice syrup, whole sugar

GRAINS		
RICE	Sweet, Neutral SP, ST	<p><b>Tonifies Qi, Strengthens Spleen, Soothes Stomach</b> : spontaneous sweating, general weakness</p> <p><b>Astringes the Spleen and Stomach:</b> diarrhea</p> <p><b>Benefits all 5 organs</b></p> <p><b>Harmonizes/modifies &amp; Expels Toxins</b></p>

		*brown rice more minerals – harder to digest (B vitamins)
BROWN RICE		<b>Tonifies Body &amp; Mind; beneficial for those w/deficiency:</b> loose stools, palor, weakness, depression
SWEET RICE	Sweet, Warm (stickier) SP, ST	<b>More Strongly Tonifies Qi:</b> weaker patients with spontaneous sweating, etc. <b>Calms restless fetus:</b> mostly from Qi not controlling blood (make congee w/powdered lu jiao) <b>Mildly Astringent:</b> treats long-term diarrhea; spontaneous sweating; excessive urination *use with Fu Xiao Mai to stop sweating *with chicken (2:1 – sweet rice: chicken) to tonify and astringe Qi and stop bleeding
WILD RICE	Sweet, Cool, Bitter	<b>Benefits Kidneys &amp; Bladder:</b> diuretic <b>Cools superficial tissues &amp; concentrates warmth in interior and lower body:</b> rich in minerals, B vitamins
CONGEE (porridge)		<b>Tonifies Blood &amp; Qi</b> <b>Harmonizes Digestion :</b> soothing, cooling and nourishing <b>Soothes Irritated Mucus Membranes</b> *cook rice and water in covered pot 4-6 hours on warm, or use the lowest flame possible. Better to use too much water than too little, as the longer congee cooks, the more powerful it becomes.
MOCHI		<b>Good for anemia, strengthens weakness, aids breastfeeding</b>
WHEAT Huai Xiao Mai (Fu Xiao Mai)	Sweet, Cool, Salty SP, HT, KI	<b>Benefits the Spleen:</b> diarrhea <b>Nourishes and Calms Shen:</b> depression; restless organ syndrome; palpitations, insomnia, irritability, menopausal difficulty, emotional instability <b>Encourages Growth, Weight Gain and Fat Formation:</b> especially good for children and frail person <b>Treat Lin Syndrome:</b> UTIs, difficult painful urination, esp in elderly <b>Clears Heat:</b> mammary abscesses (make paste & apply topically); can also use potato slices. <b>Tonifies Kidneys &amp; Builds the Yin</b> <b>Mildly Astringent:</b> juvenile bed-wetting; spontaneous and night sweats, diarrhea <b>Quenches Thirst &amp; Moistens Dry Mouth and Throat</b> *good for burns when charred
BUCKWHEAT	Sweet, Neutral	<b>Cleans and Strengthens Intestines and Improves Appetite:</b> treats dysentery and chronic diarrhea <b>Used externally for skin inflammations, eruptions and burns:</b> apply as poultice made from roasted buckwheat flour and vinegar * kasha = toasted buckwheat; one of the few alkalizing grains. <i>*Rutin – a bioflavonoid that strengthens capillaries and blood vessels, inhibits hemorrhages, reduces blood pressure an increases circulation to the hands and feet. Also and antidote against x-rays and other forms of radiation.</i> CI: not recommended for those with heat signs or for wind conditions.
SEITAN		<b>Produces strength and vitality:</b> Made from the gluten in wheat flour. High in protein

<p>BARLEY</p>	<p>Sweet, Cool, Salty</p> <p>SP, ST</p>	<p><b>Tonifies Spleen, Regulates Stomach &amp; Fortifies the Intestines:</b> leukorrhea (doesn't create damp)</p> <p><b>Builds blood and yin fluids and Moistens Dryness</b></p> <p><b>Promotes Urination and Clears Heat:</b> lin syndrome, edema</p> <p><b>Benefits Gallbladder and Nerves</b></p> <p><b>Soothes Inflamed Membranes</b></p> <p><b>Helps Reduce Tumors, Swellings and Watery Accumulations (edema)</b></p> <p><b>Harmonizes the Stomach and Aids Digestion:</b> (mai ya)</p> <p>*mai ya = barley sprout. Barley is different from yi yi ren.</p>
<p>CORN</p>	<p>Sweet, Neutral</p> <p>ST, LI, KI</p>	<p><b>Harmonizes the Middle Jiao &amp; Aids Digestion:</b> improves appetite</p> <p><b>Promotes Urination:</b> use fresh corn or cornsilk (also white melon &amp; carp)</p> <p><b>Drains Dampness:</b> stones, UTIs</p> <p><b>Nourishes the Heart</b></p> <p><b>Promotes Healthy Teeth &amp; Gums</b></p> <p><b>Tonifies the Kidneys and Helps Overcome Sexual Weakness</b></p> <p><b>Stimulates the Brain, Aids Memory:</b> said to have anti-aging/anti-cancer properties</p> <p><b>Promotes Bowel Movements:</b> colon cancer</p> <p>*give to babies (cornstarch &amp; goats milk) after first several months if mother stops producing milk</p>
<p>CORNSILK</p> <p>Yu Mi Xu</p>	<p>Sweet, Neutral</p> <p>Bland</p>	<p><b>Highly Diuretic:</b> urinary difficulty, high blood pressure, edema, kidney and gallstones.</p>
<p>BLUE CORN</p>	<p>Sweet, Sl. Sour, Cool</p>	<p><b>Influences the Stomach and Tonifies the Kidneys:</b> 20% more protein, 50% more iron than white rice.</p>
<p>SORGHUM</p> <p>Gao Lang</p>	<p>Sweet, Warm</p> <p>SP, ST</p>	<p><b>Aids Digestion</b></p> <p>*used to make wine</p>
<p>MILLET</p> <p>Xiao Mi</p>	<p>Sweet, Cool, salty</p> <p>SP, ST, KI</p>	<p><b>Tonifies Spleen &amp; Stomach Qi:</b> post partum; easy to digest; diarrhea, vomiting; diabetes</p> <p><b>Clears Vacuity Heat, Moistens Dryness &amp; Builds Yin Fluids:</b> diabetes w/thirst, excessive hunger</p> <p><b>Alkalizing:</b> sweetens breath and retards bacterial growth in the mouth</p> <p><b>Antifungal</b></p> <p><b>Prevents Miscarriages</b></p> <p><b>Downbears Stomach Qi:</b> morning sickness; indigestion</p> <p>CI: not recommended for those with weak digestive systems such as consistently watery stools.</p>
<p>OATS</p>	<p>Sweet, Warm, Sl bitter</p>	<p><b>Tonifies Spleen:</b> dysentery, diabetes, hepatitis, nervous and sexual debility, indigestion, swelling/bloating,</p> <p><b>Treats Sexual Dysfunction</b> (due to Kidney Yang deficiency?)</p> <p><b>Protects/Astringes the Heart:</b> anti-aging, anti cancer properties; removes cholesterol from the digestive tract and arteries and strengthens cardiac muscles</p>

		<p>brain and nerve formation during youth.</p> <p><b>Heals &amp; beautifies the skin:</b> when used as a pack</p> <p>*if drunk regularly, oat water acts as an internal antiseptic to strengthen immunity and ward of contagions. Good for weak/deficient</p>
BARLEY	<p>Sweet, Cool, Salty</p> <p>SP, ST</p>	<p><b>Tonifies Spleen, Regulates Stomach &amp; Fortifies the Intestines:</b> leukorrhea (doesn't create damp)</p> <p><b>Builds blood and yin fluids and Moistens Dryness</b></p> <p><b>Promotes Urination and Clears Heat:</b> lin syndrome, edema</p> <p><b>Benefits Gallbladder and Nerves</b></p> <p><b>Soothes Inflamed Membranes</b></p> <p><b>Helps Reduce Tumors, Swellings and Watery Accumulations (edema)</b></p> <p><b>Harmonizes the Stomach and Aids Digestion:</b> (mai ya)</p> <p>*mai ya = barley sprout. Barley is different from yi yi ren.</p>
RYE	<p>Neutral, Bitter</p> <p>SP, LV, GB</p>	<p><b>Diminishes Damp Watery Conditions</b></p> <p><b>Clears LV Stagnation</b></p> <p><b>Increases strength and endurance and aid muscle formation</b></p> <p><b>Cleans and Renews arteries</b></p> <p><b>Aids fingernail, hair and bone formation</b></p> <p>*rye broth or congee is good for migraines</p>
SPELT	<p>Sweet, Warm</p>	<p><b>Strengthens Spleen:</b> often used for diarrhea; used whole berry for constipation; poor digestion, colitis and other intestinal disorders.</p> <p><b>Moistens Dryness and Nourishes Yin and Structural aspects of the Body</b></p> <p><b>Benefits the Frail and Deficient</b></p>
AMARINTH	<p>Sweet, Bitter, Cool</p>	<p><b>Dries Dampness &amp; Benefits Lungs:</b> high in protien, fiber, amino acids, Vitamin C and calcium</p>
QUINOA	<p>Sweet, Warm, Sour</p>	<p><b>Strengthens the Whole Body, specifically tonifying Kidney Yang and Pericardium:</b> highest content of protein.</p>

#### BEANS

- Drain dampness
- Tonify Spleen Qi ⇒ can cause gas and bloating
- Clear toxins

ADUKI BEANS (RED)	<p>sweet, sour, neutral</p> <p>HT, SI, KI, ST</p>	<p><b>Tonify Qi (and Blood):</b> w/Da Zao</p> <p><b>Tonify Kidney Adrenal Functions:</b> damp, watery conditions; leukorrhea, jaundice</p>
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Chi Xiao Dan		<p><b>Clear Heat &amp; Toxicity:</b> toxic heat; can apply externally to carbuncles &amp; furuncles; mumps</p> <p><b>Clears Heart Fire:</b> drains heart heat via small intestine; lin syndrome; can drain heat from blood level</p> <p><b>Dispels Blood Stasis and Reduces Swelling</b></p> <p><b>Strongly Promotes Urination:</b> edema, ascites. (w/ carp, winter melon or bai mao gen). Good for damp watery conditions, jaundice and promoting weight loss. *caution diuretic and drying.</p> <p><b>Treats Insufficient Lactation:</b> w/ peanuts and/or fermented sweet rice (jiu niang)</p> <p><b>Treats Prolonged Menstruation:</b> chew 5 raw beans daily until menses stops</p>
BLACK BEANS Hei Dou	Sweet, neutral (warming) KI	<p><b>Tonifies Kidneys and Reproductive Function:</b> low back pain; good for pregnant women</p> <p><b>Builds Yin Fluids and Blood</b></p> <p><b>Promotes Urination:</b> edema, chronic neuritis, kidney stones, bed-wetting</p> <p><b>Benefits Spleen</b></p> <p><b>Benefits Skin</b></p> <p><b>Clear Toxicity:</b> weaker fxn than red or mung beans</p> <p><b>Brightens the Eyes</b></p> <p>* use w/walnuts (hou tou ren) for Kidney Yang deficiency asthma; season w/ soy, not sugar</p>
BLACK SOYBEANS	Sweet, neutral SP/KI	<p><b>Improves Blood Circulation and Water Metabolism</b></p> <p><b>Promotes Urination</b></p> <p><b>Clears Toxins</b></p> <p><b>Expels Wind:</b> rheumatism, kidney disease, weak bones</p>
FAVA BEANS	Sweet, neutral	<p><b>Promotes Urination</b></p> <p><b>Strengthens the Spleen</b> *use juice to help cure diarrhea; preparation 1 cup beans: 5 cups water for 1hr</p>
GARBANZO BEAN (chick pea)	Sweet SP/ST/HT	<p><b>Benefits Spleen, Stomach &amp; Heart:</b> contains more iron than other beans; good source of unsaturated fats.</p>
KIDNEY BEANS	Sweet, cool (neutral)	<p><b>Promotes Urination</b></p> <p><b>Increases Yin Fluids</b></p> <p><b>Strengthens Digestion</b></p> <p><b>Promotes Elimination</b></p>
LENTILS	Sweet, sl. warm (neutral)	<p><b>Promotes Urination</b></p> <p><b>Benefits Heart &amp; Circulation</b></p> <p><b>Stimulates Adrenals</b></p> <p><b>Tonifies Essence</b></p> <p><b>Harmonizes Digestion &amp; Strengthens the Stomach and Downbears Rebellious Qi</b></p> <p><b>Clears Summerheat</b></p>

LIMA BEANS Butter/sieva beans	Sweet, cool LV/LU	<b>Beautifies the Skin</b> <b>Tonifies Yin:</b> highly alkalizing, neutralizes acidic conditions from excessive meat or refined foods
MUNG BEANS Lu Dou Phaseoli Radiate	sweet,cool HT/ST	<b>Clear summerheat:</b> summerheat patterns w/ irritability and fever, esp when thirst is an imp symptom. Often made as a tea in summer. (crush seed) <b>Clear Heart Heat</b> <b>Benefits Liver and GB</b> <b>Tonifies Yin: esp Lv Yin</b> <b>Alleviates Damp Heat</b> <b>Clears Toxicity:</b> furuncles and sores; food poisoning <b>Promote Urination:</b> lin syndrome, edema *sprouts are stronger for urination, but harder to digest <b>Treats Insufficient Lactation:</b> w/ peanuts and/or fermented sweet rice (jiu niang) <b>Antidote:</b> to Fu Zi, fava beans, pesticide poison (HA, restlessness, vomiting and thirst) <b>Known as Natural White Tiger Decoction:</b> releases heat from ST channel
NAVY BEANS Great Northern	Sweet, cool	<b>Benefits the Lung &amp; Promotes Beautiful Skin</b>
PEAS	Sweet, neutral	<b>Tonifies Spleen &amp; Stomach</b> <b>Harmonizes Digestion</b> <b>Downbears Counterflow Qi:</b> belching, vomiting, coughing, wheezing <b>Harmonizes Liver/Spleen</b> <b>Promote Urination</b> <b>Moistens Intestines</b>
WHITE BEANS Bai Bian Dou Dolichoris Lablab	Sweet, neutral SP/ST	<b>Clear summerheat:</b> for summerheat patterns esp dampness with significant diarrhea or vomiting <b>Strengthen SP (and resolve damp):</b> for chronic diarrhea w/ loud ST growling from defec SP (tiredness, poor app). Also for vaginal discharge from defec SP. Also used after illness (tired, poor app b/c tonifies w/out clogging and resolves damp w/out warming or drying) <b>Detoxifies:</b> alcohol (drunkenness or poisoning), arsenic, mercury, bird meat (parasites)

SOY BEANS (yellow)	Sweet, neutral (cool) SP/ST (LI)	<b>Tonifies Spleen Qi (Blood):</b> cook with liver for blood deficiency; w/pork for spleen deficiency <b>Aids Lactation:</b> *contains estrogen; can use with peanuts and/or red beans to promote lactation <b>Aids Digestion &amp; Restores Pancreatic Function</b> <b>Promotes Urination:</b> edema <b>Clears Toxins:</b> chicken pox (apply charred beans w/ sesame oil); prevents scarring; highly alkalizing <b>Moistens Conditions of Dryness</b> <b>Supplements Kidneys</b> <b>Cleanses the Blood Vessels &amp; Heart and Improve Circulation</b>
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		<p><b>Brightens the Eyes</b></p> <p>Used as a remedy for dizziness, childhood malnutrition (tempeh, soymilk), skin eruptions, constipation, food retention and toxicity during pregnancy. Natural source of lethicin (brain food). Cook well, otherwise inhibits digestive enzyme trypsin.</p>
Soybean Sprout	Sweet, cool	Diuretic; treat spasms arthritis, food stagnation, heat-type cough and other heat conditions with yellow tongue coat, yellow mucus or dark, scanty yellow urine.
Soy Milk		<p><b>Clears Heat and Transforms Phlegm:</b> has a more moisturizing function; quenches thirst and dryness</p> <p><b>More blood tonifying</b> use with egg to tonify blood.</p>
Tofu Skin		<p><b>Protects the Surface &amp; Prevents Sweating:</b> for spontaneous sweating etc.</p> <p>*can be charred and mixed with sesame oil to treat spider veins.</p>
Tofu (bean curd)	Cooler	<p><b>More moisturizing than Soy beans</b></p> <p><b>Clear Heat</b></p> <p><b>Moistens Intestines</b></p> <p><b>Lubricates Dryness &amp; Promotes Body Fluids</b></p> <p><b>Detoxifies</b></p> <p><b>Strengthens Spleen &amp; Stomach</b></p>
Fermented Tofu Miso		<p><b>Aids Digestion:</b> stimulates appetite. Good for babies with food stagnation.</p> <p>Contains amino acids similar to meat along with trace of vitamin B12; promotes long life and good health; treats and prevents radiation sickness; neutralizes effects of smoking &amp; air pollution.</p> <p>*can absorb toxins from plastic and should be stored in glass, wood or enamel</p>
STRING BEANS	Sweet, neutral	<p><b>Strengthen the Spleen &amp; Kidney:</b> diarrhea, leukorrhea</p> <p><b>Tonify Yin:</b> diabetes; frequent urination and thirst; seminal emissions</p> <p>*caution w/constipation</p>

NUTS & SEEDS		
ALMOND	Sweet, sl. warm	<p><b>Relieves Stagnant Qi in the Lungs</b></p> <p><b>Transforms Phlegm and Alleviates Cough:</b> cough, asthma</p> <p><b>Moistens the Intestines</b></p> <p>*Almond is the only nut to alkalize the blood; all others acidify</p> <p>CI: almonds can exacerbate phlegm in person with damp conditions w/greasy tongue fur, edema, etc.</p>
BLACK SESAME	sweet,neutral	<p><b>Nourishes the LV and KI (essence):</b> blurred vision, tinnitus, dizziness; <i>hair loss and premature greying</i> (500g take for 2 days; repeat 1-2 days each week), blood in urine, low back ache</p> <p><b>Tonify Yin Fluids:</b> helpful in conditions of the elderly and chronic wasting diseases</p>



Hei Zi Ma Sesame Indici	LV/KI	<p><b>Used to help patients recover after severe illnesses.</b></p> <p><b>Nourish the blood and extinguish wind:</b> HA, dizziness and numbness from defic blood or yin.</p> <p><b>Moisten and lubricate the intestines &amp; Five Yin Organs:</b> constip from dry intestines or defic blood or KI yang defic (age-related); women w/oily hair and constip.</p> <p>*tonifies brain: like Hu Tao Ren (walnuts)</p> <p>*avoid in cases of deficient spleen w/loose or watery stools</p>
CHESTNUT Li Zi	Sweet, warm KI, SP, ST	<p><b>Tonifies Kidneys:</b> fertility – good for warming the uterus; low back pain, knee pain</p> <p><b>Strengthens Tendons:</b> give to children with slow development or weakness</p> <p><b>Invigorates Blood &amp; Stops Bleeding:</b> take raw for GI bleeding (astringent)</p> <p><b>Tonifies Spleen &amp; Stomach and Aid Digestion</b></p> <p><b>Stops Cough</b></p>
CHIA SEED		<p><b>Tonifies Qi &amp; Moistens Dry:</b> next to flax, the highest source of omega-3 fatty acids</p>
COCONUT	Sweet, warming	<p><b>Quells Wind</b></p> <p><b>Tonifies the Heart</b></p> <p><b>Stops Bleeding:</b> used for weakness, ematiation, nosebleed &amp; childhood malnutrition</p> <p>*Coconut milk clears summerheat, quenches thirst, increases semen, build yin fluids and is good for edema due to heart weakness and diabetes. Avoid Coconut with high saturated fat foods.</p>
FILBERT Hazelnut	Sweet, neutral	<p><b>Tonifies Qi</b></p> <p><b>Strengthens Digestion</b></p>
FLAX SEED	Sweet, neutral LI, SP	<p><b>Promotes Bowel Movements:</b> laxative *richest source of omega-3 fatty acids</p> <p><b>Relieves Pain &amp; Inflammation:</b></p> <p><b>Strengthen Immunity &amp; Clean the Heart &amp; Arteries:</b> degenerative diseases</p>
PEANUT "longevity fruit"	Sweet, neutral (warming) ST, SP, LU	<p><b>Moistens the Lungs:</b> chronic or dry cough due to Lung Qi and or Yin deficiency.</p> <p><b>Harmonizes the Stomach &amp; Improves Appetite:</b> stomach pain/cold. Can cook with pork strips.</p> <p><b>Tonifies Qi and Blood:</b> (especially with red skin); <i>drink tea of the shells to lower blood pressure</i></p> <p><b>Aids Lactation:</b> cook with peanuts and pigs feet to promote lactation.</p> <p><b>Stops Bleeding:</b> (raw) bleeding due to deficiency; anemia</p> <p><b>Promotes Urination:</b> edema</p> <p><b>Treats Deafness:</b> (raw)</p> <p>*peanuts can cause skin outbreaks and slow metabolic rate of LV. Avoid w/damp, sluggish or cancerous conditions.</p>
PINE NUT	Sweet, warm LI, LV, LU	<p><b>Moistens the Lungs:</b> can use with xing ren and/or peanuts for dry cough, hematemisis</p> <p><b>Moistens the Large Intestine:</b> constipation (w/bai zi ren)</p> <p><b>Tonifies Liver/Kidneys:</b> blurry vision, tinnitus. Brightens the eyes with sesame or gou qi zi.</p> <p><b>Quells Wind Conditions:</b> dizziness, wind obstruction (rheumatism)</p>

		*warm – pine trees have their own warmth to survive through the winter.
PISTACHIO	Sweet, bitter, sl. sour, neutral LV/KI	<b>Purifies Blood</b> <b>Moistens the Intestines:</b> constipation *most commonly available salted, but should not be used in this form w/ damp conditions
PUMPKIN SEEDS	Sweet, bit, neut SP, LI	<b>Expels Parasites:</b> roundworm, tapeworm <b>Promotes Urination</b> Used for motion sickness, nausea, impotence and swollen prostate w/signs of difficult urination
SUNFLOWER SEEDS	Sweet, neutral (warming) ST	<b>Tonifies Qi</b> <b>Vents Measles</b> <b>Good for Yang Rising Conditions:</b> headache, high blood pressure <b>Moistens the Intestines:</b> constipation <b>Treats Parasites:</b> pinworms (use raw seeds)
WALNUTS  Hu Tao Ren  Juglandis Regiae	sweet, warm  LU/LI/KI	<b>Warm the LU and help the KI grasp qi:</b> chronic cough and wheezing; asthma w/ frequent colds <b>Moisten the intestines and unblock the bowels:</b> for (KI yang and qi defic) constip in the elderly, and constip generated by injured fluids following a febrile illness. <b>Nourish the Kidney, Adrenal and Brain and Enrich the Sperm:</b> seminal emission, impotency, cold/painful back & knees and other Kidney Yang Deficiency signs. <b>Tonify the Brain and Relieves Mental Stress and Prevent Aging:</b> used in cases of senility b/c brain is marrow and relates to KI. *contains omega-3 oils (good during pregnancy; smart baby) <b>Reduce Inflammation and Alleviate Pain</b> *avoid in cases of loose stools and heat signs.
Lian Zi		
Qian Shi		
Bai Guo		

#### SPICES

- Cinnamon, cloves, coriander, ginger, nutmeg and cardamom all have expansive drying, warming qualities which reinforce the expansive aspects of sweet foods while reducing their moistening aspects. Good with yams, sweet potatoes, winter squash, desserts or cooling fruit dishes. Adding pinches of these spices to highly mucus-forming foods – milk, yogurt, kefir, etc – aid digestion, especially in cold/damp individuals.
- Green leafy spices (oregano, basil, thyme, bay, etc.) have aromatic powers that lighten up dark beans & heavy sauces.
- Corriander, cumin and ginger combine well with bean dishes to diminish problems of flatulence. This root-and-seed combination adds a strengthening quality to the diet. Fresh ginger helps to break down high protein foods and less the effect of uric acids. Dried ginger feeds the properties of foods and herbs to the lower extremities.
- Garlic & cayenne are good remedies for exterior conditions such as the common cold. Cayenne is one of the highest botanical sources of vitamin C. Garlic & the onion family are pungent and dispersing – good for moving stagnant Qi and helping to balance

the pungent effects of these spices disperses mental concentration.		
CHIVES	Warm acrid KI/LV/ST	<p><b>Tonifies Yang (especially KI):</b> impotence (cook w/shrimp) low back/knee pain, infertility</p> <p><b>Downbears Qi:</b> vomiting, nausea, morning sickness</p> <p><b>Invigorates Blood:</b> internal or external pain or trauma (make paste w/wheat flour)</p> <p><b>Drains Damp and Warms Coldness</b></p>
GARLIC  Da Suan  Bulbus Alli Sativi	warm, acrid  LU/LI/SP/ST	<p><b>Kills parasites:</b> intestinal parasites, hookworms and pinworms, and in combo w/ other herbs, for other types; scabies. Also used for ringworm of the scalp topically</p> <p><b>Relieves toxicity:</b> internal or external. For diarrhea, dysentery (from d-h toxin), consumption and sudden coughing; toxic sores/swellings externally, warts</p> <p>*Used to prevent and treat colds and flu's, nasal congestion, sinusitis, allergies, and for treating food poisoning from shellfish, reduces cholesterol, HT disease, stroke</p>
GINGER  Sheng jiang  Zingiberis	warm,acrid  LU/ST/SP	<p><b>Release ext and disperse cold:</b> ext cold. Auxiliary herb (mild w/ cough)</p> <p><b>Disperse cold and alleviate cough:</b> cough from acute w-c and chronic LU disorders w/ phelgm</p> <p><b>Reduce toxic effects of other herbs:</b> esp Fu Zi and Ban Xia</p> <p><b>Adjust nutritive and defensive qi:</b> ext deficient patterns where sweat does not resolve. W/ Da Zao</p> <p><b>Warm middle burner and alleviate vomiting:</b> for cold in ST; morning sickness; also for vomiting from phlegm heat and damp w/ appropriate other herbs</p> <p><b>Relieve Seafood Toxicity:</b> w/ Zi Su Ye</p>
GREEN ONION  Cong bai  Alli Fistulosi	warm,acrid  LU/ST	<p><b>Release exterior and induce sweat:</b> early stage w-c</p> <p><b>Disperse cold and unblock yang:</b> abd pain &amp; distention, or nasal congestion from blockage of yang qi by cold</p> <p><b>Relieve toxicity and disperse clumps:</b> sores and abscesses externally as a poultice</p>
ONION  Yang suan	Warm, acrid  LU/ST/LI	<p><b>Transforms Phlegm:</b> cold phlegm, angina/chest pain; asthma</p> <p><b>Drains Dampness &amp; Promotes Urination</b></p> <p><b>Downbears Qi:</b> asthma, wheezing (LU), nausea, vomiting (ST); can use w/ ginger or honey</p> <p><b>Promotes Sweating</b></p> <p><b>Lowers Blood Pressure and Cholesterol</b></p> <p><b>Treats Dysentery</b></p> <p><b>Inhibits Allergic Reactions</b></p>
MUSTARD GREEN  Jie Cao	Warm, acrid  LU/ST	<p><b>Warms the Lung and Transforms Phlegm:</b> cough, asthma; Relives Common colds</p> <p><b>Warms the Middle Jiao &amp; Increases Appetite:</b> aids digestion; cold stomach</p> <p><b>Downbears Qi:</b> nausea, vomiting</p> <p><b>Promotes Urination</b></p> <p><b>Strengthens and Moistens the Intestines</b></p>
BASIL	Warm, acrid	<p><b>Induces sweating:</b> wind-cold</p> <p><b>Harmonizes the Stomach:</b> antedote for seafood poisoning</p>

CARDAMON	Warm, acrid	<b>Warms Digestion, Resolves Damp, Invigorates Qi &amp; Stops Vomiting</b>
TUMERIC	Warm, bitter	<p><b>Anti-inflammatory/antioxidant:</b> Curcumin, the primary ingredient which give it its yellow color, protects the liver from toxins, lowers cholesterol and <i>inhibits the replication of HIV-1</i></p> <p><b>Decongests the Liver, Dissolves Gallstones</b></p> <p><b>Increases Ligament Flexibility, Reduces Joint Swelling</b></p> <p><b>Reduces Uterine Tumors and Menstrual Pain</b></p> <p><b>Improves Protein Digestion</b></p>

ASPARAGUS	<p>Warm, bitter, acrid</p> <p>(Sw, bitter, cool)</p> <p>LU/KI</p>	<p><b>Eliminates water through the Kidneys:</b> contains asparagine. Treats many kinds of kidney problems, but should not be used with inflammation.</p> <p><b>Helps clean arteries of cholesterol:</b> hypertension, arteriosclerosis</p> <p><b>Tonify Kidney Yin:</b> low back pain</p> <p><b>Moisten the Lungs (tuber):</b> hemoptysis, hematemesis; diabetes, TB</p> <p><b>Eases Menstrual Difficulty, Promotes Fertility &amp; Increases Compassionate nature.</b></p> <p><b>Clears Heat:</b> esp LU; w/dandelion</p> <p><b>Treats constipation</b></p> <p><b>CI:</b> avoid in <i>cold-type diarrhea</i> and lung congestions with chills; too much irritates Kidneys</p>
BEET	<p>Neutral, sweet</p> <p>HT/LV</p>	<p><b>Strengthens the Heart &amp; Sedates the Spirit:</b> nervousness &amp; anxiety</p> <p><b>Improves Circulation &amp; Purifies the Blood</b></p> <p><b>Benefits the Liver:</b> liver qi stagnation; liver ailments</p> <p><b>Moistens the Intestines:</b> constipation from fluid dryness</p> <p><b>Promotes Menstruation:</b> *used with carrots for hormone regulation during menopause</p> <p>*silicon rich</p> <p><b>CI:</b> beet <i>greens</i> contain abundant oxalic acid – can inhibit calcium metabolism in excess</p>
BROCCOLI	<p>Cool, acrid, bitter</p>	<p><b>Diuretic</b></p> <p><b>Brightens the Eyes:</b> eye inflammation &amp; nearsightedness</p> <p><b>Treats Summerheat</b></p> <p><b>Benefit the Skin:</b> rich in pantothenic acid &amp; vitamin A for rough skin. *more vitamin C than citrus</p> <p>Cook lightly to retain rich chlorophyll content to counteract gas from sulfur. <i>Rich in sulfur, iron &amp; B</i></p> <p><b>CI:</b> 5 goitrogenous chemicals disrupt body's use of iodine. Avoid w/thyroid deficiency &amp; low iodine.</p>
CABBAGE (green & purple)	<p>Warm, sweet, acrid</p> <p>ST/LI</p>	<p><b>Moistens Intestines:</b> constipation</p> <p><b>Benefits the Stomach &amp; Improves Digestion:</b> contains Vitamin U (ulcer remedy). High sulfur content to warm, kill parasites and purify blood. <i>raw sauerkraut improves intestinal flora &amp; cleanses digestive tract.</i></p>

		<p><b>Beautifies the Skin:</b> (poultice) for skin eruptions, leg ulcers, varicose veins, arthritis, wounds</p> <p><b>Treats Common Cold:</b> whooping cough, frostbite; chronic cold feet</p> <p><b>Relieves Mental Depression &amp; Irritability</b></p> <p><b>Clears Heat</b></p>
CARROT	<p>Neutral, sweet</p> <p>KI/SP/LV</p>	<p><b>Benefits Lungs:</b> cough</p> <p><b>Strengthens Spleen-Pancreas &amp; Aids Digestion:</b> indigestion; heartburn; eliminates putrefactive bacteria in intestines (contains oil that destroys roundworm/pinworms); chronic diarrhea, dysentery</p> <p><b>Improves Liver &amp; Detoxifies:</b> nightblindness, ear infections</p> <p><b>Diuretic (baked):</b> dissolves stones/tumors; UTIs; nighttime urination; frequent urination</p> <p><b>Benefit the Skin &amp; Reduces Inflammation:</b> skin lesions, lung/GI/urinary tract infections; burns</p> <p><b>Clear Acidic Blood Conditions &amp; Nourishes Blood:</b> acne, tonsilitis, rheumatism; anti-cancer</p> <p><b>Promote Lactation &amp; regulate hormones</b></p> <p><b>Boosts Immunity/Anti-Cancer:</b> interferon action</p> <p><i>Rich source of betacarotene &amp; silicon (strengthens connective tissue &amp; calcium metabolism)</i></p> <p><i>Add tops to emphasize cancer prevention, liver stagnation or damp conditions.</i></p> <p><b>CI:</b> regular overconsumption of carrot juice may lead to weakened kidneys; hair loss</p>
CELERY	<p>Cool, sweet, bitter</p>	<p><b>Benefits Stomach &amp; Spleen-Pancreas &amp; Improves Digestion:</b> diabetes; appetite control. Clears digestive fermentation &amp; acidic blood that often accompanies inflammation, arthritis, rheumatism</p> <p><b>Calms the Liver, Reduces Wind:</b> vertigo, dizziness, HTN (safe during pregnancy)</p> <p><b>Clears Heat &amp; Dries Dampness &amp; Promotes Sweating:</b> combines well with fruit to counter damp; for burning urination, blood in urine, acne, cancer cores</p> <p><b>Clears Heat in Liver &amp; Stomach:</b> hypertension, migraines, excessive appetite; diabetes.</p> <p><b>Benefits bones, joints, arteries (connective tissue):</b> high silicon</p>
CUCUMBER	<p>Cool, sweet</p>	<p><b>Diuretic</b></p> <p><b>Benefits Heart &amp; Cleanses blood</b></p> <p><b>Benefits Spleen, Stomach &amp; Large Intestine</b></p> <p><b>Moistens Lung &amp; Quenches Thirst</b></p> <p><b>Purifies the Skin:</b> inflamed skin diseases/burns, puffy/dry/irritated eyes</p> <p><b>Clears Heat:</b> inflammation</p> <p><b>CI:</b> not recommended for those with watery mucus or diarrhea</p>
JERUSALEM ARTICHOKE	<p>Sweet</p>	<p><b>Nourishes Lungs &amp; Relieves Asthmatic condition</b></p> <p><b>Treats Constipation</b></p> <p><b>Good for diabetic conditions</b> (contains insulin)</p>
KALE	<p>Warm, sweet, Sl. bitter, spicy</p>	<p><b>Eases Lung Congestion</b></p> <p><b>Benefits the Stomach:</b> high sulfur – treats stomach and duodenal ulcers</p> <p>Good source of chlorophyll, calcium, iron and vitamin A</p>

LETTUCE	Cool, bitter, sweet	<p><b>Dries Damp &amp; Promotes Urination:</b> edema</p> <p><b>Promotes Lactation</b></p> <p><b>Clears Heat:</b> scanty urine, blood in urine, hemorrhoids</p> <p><b>Relaxes Nerves w/o impairing digestion:</b> contains sedative lactucarium</p> <p>CI: avoid with eye disease. Excess can cause dizziness</p>
MUSHROOM Common button	Cool, sweet	<p><b>Decreases fat level in the blood</b></p> <p><b>Clears Phlegm from the Lungs</b></p> <p><b>Boosts Immunity</b></p> <p><b>Reduce Heat Toxins from meat-eating</b></p>
SHITAKE	Neutral, sweet	<p><b>Benefits stomach</b></p> <p><b>Anti-Cancer:</b> natural source of interferon, a protein which appears to boost immune response against cancer &amp; viral infections (esp. stomach &amp; cervical cancer)</p>
MUSTARD GREENS	Warm, spicy	<p><b>Influences the Lungs &amp; Clears Chest Congestion:</b> reduces cold phlegm</p> <p><b>Tonifies &amp; Moistens Intestines</b></p> <p><b>Improves Circulation &amp; Dissolves Stagnant or Congealed blood</b></p>
<p><b>NIGHTSHADES</b> – Include Tomato, Potato, Eggplant, Peppers (except black pepper). Primary toxin is solanine, an alkaloid which has been known to produce diarrhea, heart failure, headache and vomiting. Extreme reactions are rare. Those who are sensitive may notice an expanded and light feeling several hours after eating nightshades and may find it difficult to focus mentally.</p>		
EGGPLANT	Cool, sweet LI/LV	<p><b>Breaks up blood stasis (especially uterus)</b> alleviates meat-induced liver &amp; blood stagnancy</p> <p><b>Cools Blood &amp; Stops Bleeding:</b> hemorrhoids, blood in urine.</p> <p><b>Clears Heat &amp; Toxins:</b> dysentery, diarrhea, hemorrhoids, scorpion bites w/ heat signs</p> <p><b>Influences the Liver &amp; Uterus:</b> helpful for resolving repressed emotions affecting these organs</p> <p><b>Reduces swelling</b></p> <p>CI: avoid during pregnancy – some believe it can cause miscarriage</p>
POTATO	Neutral, sweet, diuretic SP/ST/KI	<p><b>Tonifies Spleen Qi &amp; Harmonizes Stomach:</b> stomach &amp; duodenal ulcers (juice)</p> <p><b>Lubricates the Intestines</b> and benefits intestinal flora</p> <p><b>Promotes Urination</b></p> <p><b>Fortifies Kidney Yin</b></p> <p><b>Neutralizes Acidity</b></p> <p><b>Reduces Inflammation:</b> burns abrasions abscesses (topical)</p> <p>*Can lower bp and cholesterol</p>
TOMATO	Cool, sweet, sour LV/ST	<p><b>Builds Yin, Relieves Dryness &amp; Quenches Thirst</b></p> <p><b>Tonifies the Stomach &amp; Cleanses Liver:</b> aids digestion</p> <p><b>Purifies, Nourishes &amp; Detoxifies Blood</b></p>

		<p><b>Clears Liver Heat:</b> HTN, red eyes, headache</p> <p><b>Clears Summerheat</b></p> <p><b>Clears Stagnant Blood (topical)</b></p> <p>Though acidic, after digestion tomato alkalizes the blood.</p> <p><b>CI:</b> upsets calcium metabolism and should be avoided w/arthritis. Excess amounts are weakening.</p>
PARSLEY	Warm, spicy, bitter, salty	<p><b>Promotes Urination &amp; Dries Watery Mucoïd Conditions:</b> obesity, swollen glands, mucus; kidney, bladder or gall stones.</p> <p><b>Strengthens Adrenal Glands &amp; Benefits Optic &amp; Brain Nerves</b></p> <p><b>Treats earaches, ear infections &amp; deafness</b></p> <p><b>Counteracts Halitosis &amp; poor digestion</b></p> <p><b>Prevents Cancer</b> *contains several times the Vitamin C of citrus; high source of provitamin A, chlorophyll, calcium, sodium, magnesium and iron.</p> <p><b>CI:</b> dries up milk in nursing mothers.</p>
PARSNIP	Warm, sweet	<p><b>Benefits Spleen &amp; Stomach</b></p> <p><b>Helps Clear Liver &amp; GB</b></p> <p><b>Lubricates Intestines</b></p> <p><b>Reduces Wind and Damp Conditions</b></p>
PUMPKIN	Cool, sweet, sl. bitter	<p><b>Relieves damp conditions:</b> dysentery, eczema, edema</p> <p><b>Helps regulate blood sugar balance &amp; benefits pancreas:</b> diabetes, hypoglycemia</p> <p><b>Promotes discharge of mucus from Lungs:</b> bronchial asthma</p> <p>Pumpkin seeds kill intestinal worms (cooked pumpkin has weaker effect)</p>
RADISH	Cool, spicy, sweet	<p><b>Moistens lungs &amp; reduces mucus:</b> sinuses, hoarseness, phlegm, sore throat</p> <p><b>Removes food stagnation &amp; detoxifies:</b> indigestion, abdominal swelling</p> <p><b>Clears Heat:</b> hemoptysis, dysentery, occipital headache</p> <p>Traditional western remedy for gallstones/kidney stones</p> <p>*red radishes are good for stopping bleeding.</p> <p><b>CI:</b> deficient and cold people should avoid these</p>
DAIKON	Cool, sweet, acrid LU/ST	<p><b>Clear Phlegm (heat) &amp; Moistens Lungs</b></p> <p><b>Aids Digestion</b></p> <p><b>Downbears Qi:</b> nausea, vomiting; promotes bowel movements</p> <p><b>Quenches thirst</b></p>
SPINACH	Cool, sweet	<p><b>Tonifies Blood &amp; Stops bleeding:</b> nosebleed</p> <p><b>Diuretic &amp; Laxative Effects</b></p> <p><b>Moistens Dryness:</b> diabetes</p>

		<p><b>Detoxifies Blood</b></p> <p>CI: avoid if you have a tendency toward kidney stones, loose stools, urinary incontinence or involuntary seminal emission.</p>
SQUASH	Warm, sweet	<p><b>Influences Spleen and Stomach</b></p> <p><b>Reduces Inflammation &amp; Burns &amp; Alleviates Pain</b></p> <p>*seeds kill worms/parasites *watery summer squashes have a yin/cooling effect and treat summerheat</p>
TURNIPS	Neutral, acrid, sweet ST/LI	<p><b>Drains Dampness &amp; Promotes Urination &amp; Sweating:</b> resolves damp conditions</p> <p><b>Relieves Cough:</b> cough, hoarseness; asthma, sinus problems; congestion</p> <p><b>Clears Food Stagnation &amp; Improves Appetite:</b> indigestion</p> <p><b>Moves &amp; Tonifies Qi</b></p> <p><b>Removes Stagnant Blood</b></p> <p><b>Clears Toxicity:</b> alkalizing nature; good source of sulfur (a warming, purifying element)</p> <p><b>Clears Lung &amp; Stomach Heat</b></p>
TAROT	Sweet, bitter	<p><b>Transforms Phlegm &amp; Softens Hardness:</b> goiter, scrofula (same family as Ban Xia &amp; Tan nan xing)</p> <p><b>Breaks Blood Stasis:</b> TB, cancer (reduces accumulation)</p> <p><b>Clears toxins:</b> can be used topically for warts.</p>
YAM	Cool, sweet (neutral) LU/KI/SP	<p><b>Tonify Blood &amp; Yin:</b> benefits dry and inflamed conditions</p> <p><b>Promotes Lactation</b></p> <p><b>Good for eye problems:</b> night blindness; rich in vitamin A (w/ pork liver)</p> <p><b>Benefits the Spleen Qi</b></p> <p><b>Clears Heat &amp; Toxicity:</b> good for jaundice &amp; other LV problems (cirrhosis, shingles, eczema...)</p> <p><b>Hormone Nourishing:</b> good for low estrogen/progesterone</p> <p>CI: too much will cause indigestion and abdominal swelling</p>
WATERCRESS	Cool, spicy, bitter, sweet LU/ST/UB/KI	<p><b>Diuretic:</b> urinary difficulty, jaundice</p> <p><b>Purifies &amp; Builds Blood</b></p> <p><b>Removes Stagnant Blood:</b> cancerous growths</p> <p><b>Moistens the Lungs &amp; Throat:</b> hot phlegm; sore dry throat, mumps</p> <p><b>Clears Facial Blemishes</b></p> <p><b>Stimulates Bile Formation and other glandular secretions</b></p> <p>CI: can exacerbate frequent urination</p>
ALFALFA SPROUTS	Neutral, Bitter	<p><b>Dries Dampness/ Diuretic:</b> edema, weight loss, bladder stones</p> <p><b>Detoxifies/ Cleans &amp; Tones Intestines and Removes Harmful Acids from Blood:</b> gas pains, ulcers, drug addiction, plantar warts, chronic sore throat</p> <p><b>Moves Stagnant Liver Qi:</b> swellings, lumps, depression, irritability, swollen abdomen and chest</p>



		<p><b>Benefits our "roots"</b> (intestines, kidney, bladder)</p> <p>*contains 8 enzymes which help assimilate protein, fats and carbs</p> <p><b>CI:</b> rich source of canavanine and should be avoided in rheumatoid diseases (rheumatoid arthritis, systemic lupus erythematosus) because canavanine can ignite inflammation in these conditions.</p>
SEAWEEEDS (generally)	Cooling, salty	<p><b>Soften hard masses &amp; Transform Phlegm</b></p> <p><b>Diuretic</b></p> <p><b>Detoxify:</b> Remove residues of radiation; act as lymphatic cleansers *useful in weight loss by lowering fat &amp; cholesterol in the blood.</p> <p><b>Alkalize Blood</b></p> <p><b>Activate Liver Qi:</b> beneficial to thyroid fxn.</p> <p><b>Moisten Dryness</b></p>
Agar Agar	Cooling, sweet	<p><b>Benefits Lungs</b></p> <p><b>Influences the Liver</b></p> <p><b>Reduces Inflammation &amp; Other Heat Conditions affecting HT &amp; Lungs</b></p> <p><b>Mildly Laxative</b></p> <p><b>Promotes Digestion &amp; Aids Weight Loss</b> *good source of dietary calcium &amp; iron.</p> <p><b>Treats Hemorrhoids</b></p> <p><b>Carries Toxic and Radioactive Waste out of the body</b></p> <p><b>CI:</b> careful with individuals with signs of coldness and/or weak digestion with loose stools</p>
Dulse	Cooling, salty	<p><b>Prevents Scurvy:</b> concentrated in iodine; rich in manganese, which activates enzyme systems</p> <p><b>Induces Sweating</b></p> <p><b>Remedy for Seasickness &amp; Herpes</b></p>
Hijiki	Cooling, salty	<p><b>Diuretic/Detoxifies</b></p> <p><b>Resolves Heat-induced Phlegm</b></p> <p><b>Softens Hardened Tissue and Masses</b></p> <p><b>Benefits the Thyroid:</b> aids in weight loss</p> <p><b>Moistens Dryness</b></p> <p><b>Helps Normalize Blood Sugar Levels &amp; Support Hormone Functions\</b></p> <p><b>Builds Bones &amp; Teeth; Soothes Nerves</b></p> <p>*excellent source of calcium, iron and iodine; also B2 and niacin</p>
Arame	Cooling, salty	<p><b>Moistens Dryness</b></p> <p><b>Softens Hardness and Benefits the Thyroid</b></p> <p><b>Alleviates High Blood Pressure</b></p> <p><b>Builds Bones &amp; Teeth</b></p> <p><b>Traditionally used for feminine disorders and mouth afflictions</b></p>

		<p>*hijiki, arame, wakame or any member of the kelp family, when consumed daily, can promote the growth of glossy hair and prevent hair loss. Also provides a clear and soft, wrinkle-free skin.</p>
Kombu	Cooling, salty	<p><b>Moistens Dryness &amp; Increases Yin Fluids:</b> diabetes; rheumatic fever</p> <p><b>Softens Hardness and Masses &amp; Transforms Heat-Induced Phlegm:</b> reduces tumors; swellings</p> <p><b>Benefits the Kidneys/Diuretic:</b> sterility, edema, leukorrhea; swollen painful testes</p> <p><b>Anticoagulant Effects on Blood:</b> blood clots, heart pain, anemia; guards heart @ high altitudes</p> <p><b>Natural Fungicide:</b> candida, yeast infections</p> <p><b>Relieves Hormone Imbalances, especially Thyroid:</b> goiter, HBP, prostate or ovarian problems</p> <p><b>Aids in Weight Loss</b></p> <p><b>Cools &amp; Soothes the Lungs &amp; Throat:</b> coughing, asthma, difficulty swallowing</p> <p>*avoid during pregnancy or with cold conditions</p>
Nori	Cool, sweet, salty	<p><b>Increases Yin Fluids</b></p> <p><b>Diuretic:</b> difficult/painful urination, edema; HBP</p> <p><b>Softens Hardness &amp; Reduces Nodules:</b> cysts</p> <p><b>Transforms and Resolves Heat-Induced Phlegm:</b> cough with yellow mucus</p> <p>*highest protein content and most easily digested of all seaweeds; decreases cholesterol, aids digestion</p>
<p><b>GREEN FOOD PRODUCTS</b> – the highest source of chlorophyll, beta-carotene, protein and other nutrients. Chlorophyll can deodorize and stop bacterial growth, detoxify, halt tooth decay, renew blood and tissues, promote intestinal flora, improve liver function, activate enzymes and reduce inflammation.</p>		
<p><b>MICRO-ALGAE</b> – contain more chlorophyll than any other food and have a large store of nucleic acids (RNA/DNA) known to benefit cellular renewal and reverse the aging process (although too much can raise uric acid levels, causing calcium deficiency, kidney stones &amp; gout)</p>		
SPIRULINA	Cooling, salty	<p><b>Highly Nutrative:</b> diabetic, overweight, hypoglycemic, arthritic and cancerous conditions. Treats hypoglycemia, obesity, overeating, malnourishment, poor skin tone and chronic skin outbreaks. Reduces cravings for animal protein</p> <p><b>Detoxifies Liver &amp; Kidneys:</b> hepatitis, diabetes</p> <p><b>Builds &amp; Enriches Blood &amp; Cleanses Arteries:</b> anemia</p> <p><b>Enhances Intestinal Flora</b></p> <p><b>Inhibits Growth of Fungi, Bacteria &amp; Yeast</b></p> <p><b>Prevents Cancer:</b> contains phycocyanin, a biliprotien which has been shown to inhibit cancer-colony formation (*blue color pigments tend to promote astringency – helps draw together amino acids for neurotransmitter formation, which increases mental capacity)</p> <p><b>Strengthens Connective Tissues &amp; Promotes Elasticity &amp; Resilience:</b> spirulina cell walls are composed of mucopolysaccharides, which reinforce CT and prevent arterial deterioration</p> <p><b>CI:</b> avoid with cold signs accompanied by water retention or dampness in the lower abdomen.</p>
CHLORELLA		<p><b>The least cooling, most tonifying and most gently cleansing:</b> Most useful for improving growth patterns in children, maintaining health in old age, healing injuries and initiating growth where it has been stunted from disease or degeneration (Alzheimers, sciatica, palsy, seizures, MS and nervous disorders) . Cell wall contains complex polysaccharides, which stimulate interferon production and other anti-tumor and immune enhancing activity. Cell wall binds with heavy metals, pesticides and carcinogens and removes them from the body.</p> <p><b>Treat Blood Sugar Imbalances:</b> diabetes, hypoglycemia, manic depression</p>

		<p><b>Reduce Cholesterol &amp; Prevent Artherosclerosis:</b> high amts of artery-cleansing omega-3 fatty acids</p> <p><b>CI:</b> 23% caloric content is fat – not useful in treating obesity</p>
WILD BLUE-GREEN ALGAE	Cool, drying, bitter	<p><b>Mildly Diuretic</b></p> <p><b>Neurostimulant, Anti-depressant &amp; Relaxant:</b> stimulates opening of neural pathways – treats cocaine, amphetamine and other neurostimulant addictions.</p> <p><b>Reduces Dampness &amp; Overcomes Liver Stagnation:</b> excellent for overweight, robust, excessive types with dampness &amp; heat.</p> <p><b>Used to Improve Concentration during meditation &amp; prayer:</b> Helps overcome sluggish physical/mental conditions.</p> <p><b>CI:</b> caution w/ cold constitutions, weakness, thinness, dryness and/or "spaciness"</p>
WHEATGRASS	Cooling	<p><b>Detoxifying:</b> good for liver excesses, slow digestion or GI inflammation</p> <p>Treats arthritis, bruises, burns, cancer, constipation, emphysema, gangrene, poison oak, rheumatism.</p> <p>More recent applications include HTN, high cholesterol, anemia, hepatitis, obesity, diabetes, peptic ulcer, hypoglycemia, fatigue, hemorrhoids, prostate problems, PMS, toxicity from lead, mercury and other heavy metals.</p> <p><b>CI:</b> deficient, passive patients who tend toward cold should used carefully and in smaller amounts</p>

**FRUIT**

<b>FRUIT</b>		
APPLE	Cool, sweet, sour	<p><b>Clears Heat/Summerheat, Quenches Thirst &amp; Promotes Body Fluids</b></p> <p><b>Moistens Dryness &amp; Clears Heat in the Lungs:</b> protects from cigarette smoking</p> <p><b>Aids Digestion &amp; Stimulates Appetite:</b> malic &amp; tartaric acids prevent fermentation &amp; bacteria</p> <p><b>Reduces Cholesterol:</b> contains pectin (removes cholesterol, toxic metals &amp; residuals of radiation)</p> <p><b>Benefits Low Blood Sugar &amp; Associated Depression</b></p> <p><b>Reduces Swelling &amp; Irritation (topically):</b> sunburn, pink-eye</p> <p><b>Benefit the Liver &amp; Gallbladder:</b> soften gallstones</p> <p><b>+Strengthens the Heart &amp; Tonifies Qi</b></p> <p><b>+Resolves Damp</b></p>
APRICOT	Neutral, sweet, sour	<p><b>Moisten Lungs, Increase Yin Fluids &amp; Quenches Thirst:</b> thirst, asthma</p> <p><b>Treats Anemia:</b> high copper &amp; cobalt content</p> <p><b>Clears Heat &amp; Detoxifies</b></p> <p><b>CI:</b> weakening if used excessively. Use w/caution during pregnancy. Avoid w/diarrhea</p>
AVOCADO	Cool, sweet	<p><b>Builds Blood &amp; Yin:</b> natural source of lecithin (80% of calories from easily digested fat); high copper content aids red blood cell formation. * good protein source for nursing mothers</p> <p><b>Harmonizes the Liver</b></p> <p><b>Lubricates the Lungs &amp; Intestines</b></p>

		<b>Beautifies the Skin</b>
BANANA	Cool, sweet	<p><b>Lubricates Lungs &amp; Intestines:</b> constipation, ulcers</p> <p><b>Quenches Thirst &amp; Moistens Dryness:</b> dry cough</p> <p><b>Detoxifying:</b> high sugar content also treats cravings during withdrawal from drugs &amp; alcohol</p> <p><b>Reduces Blood Pressure:</b> HTN</p> <p><b>Clears Heat</b></p> <p>*bananas have an astringent property before completely ripe – partially ripened steamed bananas are used to treat diarrhea, colitis &amp; hemorrhoids.</p>
CANTALOUPE	Sweet, cold	<p><b>Clears Heat, Quenches Thirst, Relieves Summerheat &amp; Eases Urination</b></p> <p><b>CI:</b> melons rot easily in the stomach and should be eaten alone. Not to be used for coughing or vomiting of blood. Not to be used for diarrhea, heart disease or weak stomach</p>
CHERRY	Warm, sweet HT/SP/ST	<p><b>Tonifies Spleen Qi &amp; Stimulates Appetite:</b> good for deficiency; stops dysentery &amp; diarrhea</p> <p><b>Tonifies Qi &amp; Blood &amp; Prolongs Life:</b> anemia (high iron)</p> <p><b>Benefits the Heart &amp; Promotes Circulation:</b> rheumatism, gout, arthritis (eliminates excess acids)</p> <p><b>Benefits the Skin and the Overall Body</b></p> <p>+<b>Quenches Thirst &amp; Regenerates Fluids</b></p> <p>+<b>Stops Seminal Emissions</b></p>
COCONUT	Warm, Sweet	<p>+<b>Strengthens the Body &amp; Activates Heart Functions:</b> good for edema for a weak heart</p> <p>+<b>Reduces Swelling &amp; Kills Worms</b></p> <p>+<b>Stops Bleeding</b></p> <p>* coconut milk is neutral/sweet</p>
FIG	Neutral, sweet	<p><b>Benefits Spleen/Stomach:</b> stops diarrhea</p> <p><b>Moistens Lung &amp; Large Intestine:</b> constipation</p> <p><b>Detoxifying:</b> skin discharges &amp; boils</p> <p><b>Alkalinizing:</b> balances acidic conditions resulting from diets rich in meat &amp; refined food.</p>
GRAPE	Neutral, sweet, sour (warm) LU/SP/LV/KI	<p><b>Tonifies Qi &amp; Blood:</b> has cells salts known to build/purify blood and improve cleansing fcn of glands</p> <p><b>Harmonizes the Stomach</b></p> <p><b>Benefits Kidneys &amp; Liver/Tonifies Bones &amp; Sinews:</b> rheumatism, arthritis (esp w/cold)</p> <p><b>Promotes Urination:</b> edema, urinary difficulty, jaundice, hepatitis</p> <p><b>Calms Restless Fetus:</b> morning sickness</p> <p><b>Relieves Irritability</b></p> <p><b>Topically:</b> used as poultice (mashed) to reduce growths.</p> <p><b>CI:</b> excessive grapes can diminish visual acuity; grape wine should not be combined with fatty foods because it can result in phlegm &amp; heat that rises to the heart and can cause strokes and heart attack.</p>

GRAPEFRUIT	Cool, sweet, sour	<p><b>Benefits Spleen &amp; Aids Digestion:</b> promotes peristalsis, alleviates gas pain</p> <p><b>Improves Appetite During Pregnancy</b></p> <p><b>Helps Overcome Alcohol Intoxication</b></p> <p><b>Treats Lung Congestion</b></p> <p><b>Promotes Circulation:</b> strengthens gums, arteries &amp; general circulation (high in vitamin C)</p> <p>* peel – warming, used to dispel cold, regulates qi, aids digestion, dries damp, resolves phlegm</p>
KIWI	Cold, Sweet, Sour  ST/UB	<p>+Clears Heat &amp; Promotes Urination</p> <p>+Generates Fluids</p> <p>+Harmonizes Stomach</p>
LEMON	Cool, sour, astringent	<p><b>Antiseptic, Antibacterial &amp; Mucus-Resolving:</b> treats colds, flus; dysentery, parasitic infestation</p> <p><b>Benefits the Liver &amp; Encourages formation of Bile:</b> improves absorption of minerals</p> <p><b>Promotes Weight Loss</b></p> <p><b>Alleviates Flatulence &amp; Indigestion:</b> destroys putrefactive bacteria in intestines &amp; mouth</p> <p><b>Cleanses Blood &amp; Promotes Circulation:</b> THN, poor circulation, weak vessels</p> <p><b>Clears Heat &amp; Generates Fluids:</b> sore throat, cramps, diabetes</p> <p><b>Topically:</b> heals sores, relieves itching from insect bites, reduces corns.</p> <p><b>CI:</b> avoid w/high stomach acid or ulcers. Also, citric acid thins blood – caution w/weak blood</p> <p>*peel strongly moves liver qi</p>
LITCHI	Sweet, warm, astringent	<p><b>Nourishes Blood, Calms the Spirit, Soothes the Liver &amp; Regulates Qi</b></p> <p><b>Can be used for bedwetting, nausea, vomiting, belching</b></p> <p><b>Used for bleeding after birth or abortion</b> (7 dried litchis, mash &amp; boil w/ 2 cups of water until 1 cup remains – 3x/day until bleeding stops)</p> <p><b>CI:</b> overconsumption can lead to nosebleeds, feverish sensation, thirst &amp; can induce the onset of smallpox or chicken pox.</p>
LOQUAT	Neutral, Sweet, Sour	<p><b>Lubricates Dryness, Stops Cough</b></p> <p><b>Harmonizes the Stomach, Descends Rebellious Qi</b></p> <p><b>Calms the Liver</b></p>
MANGO	Neutral, sweet, sour	<p><b>Regenerate Body Fluids &amp; Stops Thirst</b></p> <p><b>Stops Cough</b></p> <p><b>Strengthens the Stomach</b></p>
MULBERRY	Cool, sweet	<p><b>Builds Yin Fluids &amp; Blood:</b> anemia, premature greying, insomnia, constipation due to dryness</p> <p><b>Moistens Lungs &amp; GI Tract:</b> stomach ulcers; diabetes, dry cough</p> <p><b>Strengthens Liver &amp; Kidneys:</b> ringing in the ears, poor joint mobility</p> <p><b>Treats Wind Conditions:</b> vertigo, paralysis</p>

		<p><b>+Quenches Thirst</b></p> <p><b>+Detoxifies</b></p> <p><b>+Calms the Spirit</b></p> <p><b>+Promotes Urination</b></p>
ORANGE	Cool, sweet, sour	<p><b>Benefits Digestion &amp; Increases Appetite</b></p> <p><b>Clears Heat &amp; Moistens Dryness:</b> help lower fevers; for inflammatory, acidic diseases (arthritis)</p> <p><b>Strengthens Bones &amp; Teeth</b></p> <p><b>+Lubricates Lungs, Quenches Thirst &amp; Promotes Body Fluids</b></p> <p><b>+Resolves Damp</b></p> <p>*inner white lining placed on eyelids helps dissolve eye cysts.</p>
PAPAYA	Neutral, sweet, bitter (sour)	<p><b>Tonifies the Stomach &amp; Spleen &amp; Aids Digestion:</b> digestive aid: for indigestion, dysentery</p> <p><b>Moistens Lung, Alleviates Coughb &amp; Resolves Mucus</b></p> <p><b>Kills Worms</b></p> <p><b>Antitumor properties</b></p> <p><b>+Clears Summerheat &amp; Relieves Irritability</b></p> <p><b>+Increases Milk Production</b> – fresh papaya in fish soup</p> <p>*dried papaya – warm, sweet, sour – invigorate &amp; activates channels, aids digestion &amp; resolves damp</p>
PEACH	Cooling, sweet, sour	<p><b>Builds body fluids/Moistens the Lungs &amp; Intestines</b></p> <p><b>Clear Heat &amp; Aids Diabetes</b></p> <p><b>Astringent:</b> prevents perspiration</p> <p><b>Relieves High Blood Pressure</b></p> <p><b>+ Induce Sweating</b></p>
PEAR-APPLE (asian pear)	Sweet, cold	<p><b>Lubricates Lungs &amp; Throat , Generates Body Fluids, Quenches Thirst</b></p> <p><b>Calms the Heart &amp; Relieves Restlessness</b></p> <p><b>Promotes Urination</b></p> <p><b>Clears Heat &amp; Detoxifies</b></p> <p><b>Dissolves Mucus, Descends Qi &amp; Stops Cough</b></p>
PEAR	Cool, sweet, sour  LU	<p><b>Eliminates Heat &amp; Excess Mucus:</b> coughing associated with heat</p> <p><b>Moistens the Lungs and General Dryness:</b> quenches thirst, diabetes, constipation, loss of voice</p> <p><b>Used for Gallbladder Inflammation or Obstruction</b></p> <p><b>CI:</b> excessive pears during pregnancy may cause poor fetal development and miscarriage; avoid with loose stools or other signs of coldness.</p>
PERSIMMON	Cool, sweet  (astringent)	<p><b>Cools Heat, esp Lung Heat:</b> thirst, canker sores, chronic bronchitis; hemoptysis, hematemesis</p> <p><b>Moistens the Lungs &amp; Resolves Phlegm:</b> stops cough w/heat</p>

		<p><b>Builds Body Fluids</b></p> <p><b>Tonifies the Spleen:</b> diarrhea, dysentery (best if only partially ripe)</p> <p><b>Soothes Mucus Membranes in the GI Tract</b></p> <p><b>CI:</b> don't eat with crabs – produces extreme diarrhea</p>
PINEAPPLE	Neutral, sweet, sour	<p><b>Removes Summerheat:</b> thirst, sunstroke</p> <p><b>Aids Digestion &amp; Removes Worms:</b> (contains enzyme bromelain) anorexia, diarrhea</p> <p><b>Diuretic:</b> edema</p> <p><b>CI:</b> Not to be used by those with peptic ulcers, skin discharges &amp; damp conditions; underripe pineapple is very acidic and can damage teeth. *sl. toxic, which can be neutralized by washing w/salt water.</p>
PLUM	Cool, sweet, sour	<p><b>Builds Body Fluids &amp; Removes Steaming Bone:</b> diabetes, constipation; dehydration</p> <p><b>Used for Liver Diseases:</b> cirrhosis, hardened or expanded liver conditions, emotional problems</p> <p><b>+Removes Stagnation of Qi</b></p> <p><b>+Stimulates Appetite &amp; Aids Digestion</b></p> <p><b>CI:</b> avoid with delicate digestion or GI ulcers/inflammation. Too many plums are not good for teeth (Rich oxalic acid can deplete calcium)</p>
Umeboshi Plums	Cool, very sour, salty	<p><b>Treats Indigestion, Diarrhea, Dysentery:</b> highly alkalizing "Japanese Alka-Seltzer"</p> <p>*high salt content</p>
POMEGRANATE	Sweet, sour	<p><b>Benefits the Bladder</b></p> <p><b>Destroys Worms in the GI tract (peel)</b></p> <p><b>Strengthens Gums and Soothes Mouth/Throat Ulcers</b></p> <p><b>Astringent:</b> Stops Diarrhea, Cough, Leukorrhea, Urine &amp; Bleeding</p>
RASPBERRY	Neutral, sweet, sour	<p><b>Benefits the Liver &amp; Kidneys &amp; Benefits Vision</b></p> <p><b>Enriches &amp; Cleanses Blood of Toxins:</b> anemia</p> <p><b>Regulates the Menstrual Cycle</b></p> <p><b>Controls Urinary Functions:</b> excessive &amp; frequent urination</p> <p><b>Can be used to induce and promote labor at childbirth</b></p> <p>Treats Skin – boil fresh raspberries to a concentrate, wash area (eczema, skin lesion, fungal conditions)</p>
Raspberry Leaf		<p><b>Strengthens the Uterus &amp; Checks Excessive Menstrual Flow</b></p> <p><b>Supports Optimal Hormonal Balance during Pregnancy</b></p>
Dried Unripe Raspberry		<p><b>Astringes the Kidneys/Essence:</b> excessive &amp; frequent urination; impotence, spermatorrhea</p> <p><b>Improves Visual Acuity</b></p>
STRAWBERRY	Cool, sweet, sour	<p><b>Benefits Spleen &amp; Improves Appetite:</b> eat before meals to treat poor digestion w/pain &amp; swelling</p> <p><b>Moistens the Lungs &amp; Promotes Body Fluids:</b> thirst, sore throat, hoarseness</p>

		<p><b>Detoxifies Alcohol Intoxication</b></p> <p><b>Relieves Difficult Urination</b></p> <p>*very rich in silicon and vitamin C – for arterial &amp; all connective tissue repair. To strengthen teeth &amp; gums and remove tartar, cut a strawberry in half and rub onto teeth &amp; gums (leave 45 min., then rinse).</p>
TANGERINE	Warm, sweet, sour	<p><b>Dispels Gas from Stomach or Bowels</b></p> <p><b>Opens the Channels</b></p> <p><b>Strengthens the Stomach</b></p> <p><b>Stops Cough</b></p>
WATERMELON		<b>Clears Summerheat (see Xi Gua)</b>

<b>MEATS</b>		
CHICKEN	Warm, sweet SP/ST	<p><b>Tonify Qi and Blood</b></p> <p><b>Tonify Essence &amp; Marrow</b></p> <p><b>Warms the Middle Jiao:</b> anorexia, poor appetite, diarrhea, excessive urination, diabetes</p> <p><b>Aids Lactation</b></p> <p><b>CI:</b> avoid in diseases that involve heat, excess or exterior conditions</p>
Black Bone Chicken	Neutral SP/LV/KI	<p><b>Tonifies Essence (stronger than regular chicken)</b></p> <p><b>Clears Empty Heat</b></p>
Chicken egg (yolk) (white)	sweet– Ht/Ki Cool – Lu/St	<p><b>Nourish Essence, Yin &amp; Blood</b></p> <p><b>Calm the Shen &amp; Nourish the Heart</b></p> <p><b>Secures &amp; Calms the Fetus, Prevents Miscarriage &amp; Treats Menstrual Disorders</b></p> <p><b>Contains Ascending Properties:</b> moves qi and fluid upwards</p> <p><u>Whites</u> – clear lungs &amp; benefit throat; clears heat toxin; <u>Yolk</u> – nourishes yin &amp; blood; extinguishes wind</p> <p><b>CI:</b> can create mucus/moistens – don't use with sluggish, overweight pts or w/ damp signs</p>
Chicken Liver	Warm, sweet	<b>Strengthen Liver &amp; Kidneys:</b> impotence, childhood deficiency, blurred vision, tendency to miscarry and urinary incontinence
DUCK	Neutral, sweet, salty LU/KI	<p><b>Tonify Yin</b></p> <p><b>Promote Urination &amp; Reduce Edema</b></p>
Duck Egg	Cool- LU/ST/HT	<b>Clear Heat &amp; Generate Yin</b>
QUAIL	Neutral, sweet	<b>Benefits All Organs, esp LV/KI deficiency &amp; SP/ST</b>



	SP/ST/LI	<b>Clears Heat &amp; Drains Damp</b>
Quail Egg		<b>More tonifying than other eggs – tonifies all organs, tendons &amp; bones</b>
PORK	Neutral, sweet, salty SP/ST/KI	<p><b>Nourishes Yin &amp; Moistens Dryness:</b> best for thin, dry, nervous and weak constitutions</p> <p><b>Nourishes Blood</b></p> <p><b>Nourishes Liver/Kidney:</b> defatted pork soup is good for dry cough &amp; wasting stage of diabetes</p> <p><b>Benefits Spleen/Stomach</b></p> <p><b>Promotes Bowel Movements &amp; Urination</b></p> <p><b>CI:</b> obesity, diarrhea, HTN, mucus w/heat, or qi stagnation (oftens results in tiredness, stress, pain, spasm or paralysis); excess pork can generate dampness &amp; cause impotence</p> <p>*pork feet are good for lactation</p>
BEEF	Warming, sweet SP/ST/LI	<p><b>Tonify Qi &amp; Blood:</b> used in the wasting stage of diabetes; good for dryness and ematiation</p> <p><b>Strengthen Tendon &amp; Bone:</b> low back pain, weak knees</p> <p><b>Benefits Spleen &amp; Stomach</b></p> <p><b>Dispels Damp &amp; Relieves Edema</b></p> <p><b>CI:</b> nephritis, hepatitis</p>
LAMB	Warm, sweet SP/KI	<p><b>Tonify Kidney &amp; Spleen Yang and Dispels Cold:</b> weakness, low back ache</p> <p><b>Tonify Qi and Blood:</b> anemia</p> <p><b>Promotes Appetite:</b> low body weight</p> <p><b>Aids Lactation</b></p> <p>*has a general relationship with the integrated "heart-mind".</p> <p><b>CI:</b> head conditions, hyperlipidemia</p>
RABBIT	Cool (neutral), sweet LV/LI	<p><b>Tonify Qi, esp Spleen Qi</b></p> <p><b>Generates Fluids &amp; Stops Thirst</b></p> <p><b>Cools Blood &amp; Clears Toxins</b></p> <p><b>Drains Dampness &amp; Promotes Bowel Movements:</b> good for patients who want to lose weight or lower cholesterol</p> <p>*not for use during pregnancy</p>
FROG	Cool, sweet UB/SI/LI/ST	<p><b>Tonifies Qi</b></p> <p><b>Clears Heat &amp; Promotes Urination</b></p> <p><b>CI:</b> not to be used during pregnancy</p>
<b><u>SEAFOOD</u></b>		
NOTE: many fish, especially shellfish, now contain dangerous quantities of chemical toxins and heavy metals that reduce immunity and reproductive capacity.		
ABALONE	Warm, salty	<b>Tonifies the Blood &amp; Softens and Harmonizes the Liver:</b> postpartum insufficient lactation

	LV/KI	*shi jue ming = abalone shell
BUTTERFISH (pomfret)	Neutral, sweet LV/KI	<b>Tonifies Liver/Kidney, Yin/Yang:</b> w/10 pieces of silkworm Benefits Tendons & Bones: w/10 pieces of dried chestnut Nourishes Blood & Qi
CARP	Neutral (cold), sweet KI/SP	<b>Promotes Proper Fluid Distribution (urination):</b> edema, jaundice w/red beans & winter melon <b>Increases Lactation:</b> insufficient lactation + <b>Calms the Fetus:</b> edema during pregnancy + <b>Stops Coughing:</b> head of the carp with ginger & green onion Head – dizziness, epilepsy Scales – boil & make a jelly to stop bleeding
CATFISH		<b>Tonify Qi &amp; Drain Dampness</b>
CLAM	Cooling, salty	<b>Moistens Dryness &amp; Nurtures Yin:</b> facilitates proper body fluid distribution <b>Resolves Damp Conditions:</b> excess mucus, edema, vaginal discharge *also used to treat excessive vaginal bleeding, hemorrhoids and goiter
CRAB	Neutral (cold), salty LV/ST	<b>Moistens Dryness &amp; Nurtures Yin</b> <b>+Invigorates Blood:</b> best for invigorating blood from trauma, difficult labor (used for bone fractures/dislocations, poison ivy and burns – make powder & take w/wine) <b>CI:</b> large quantities have a toxic effect; avoid w/ wind conditions (strokes, spasms etc.) and during exterior conditions such as the onset of common cold. Extreme caution during pregnancy
EEL (yellow)	Warm, sweet LV/KI/SP	<b>Benefits Liver &amp; Kidney</b> <b>Tonifies General Deficiency</b> <b>Stops Bleeding Hemorrhoids</b> (steamed); also for prolapse *eel blood – good for invigorating blood; great for Bell’s Palsy
FLOUNDER		<b>Clears Toxins</b>
HERRING	Neutral, sweet	<b>Moistens Dryness &amp; Relieves Pain</b> <b>Detoxifies &amp; Treats General Deficiency</b> <b>CI:</b> skin eruptions
JELLYFISH	Neutral, salty LV/SP	<b>Transforms Phlegm &amp; Softens Hardness</b> <b>Calms the Liver:</b> for high blood pressure w/celery <b>Clears Toxins:</b> internally/externally for sores, carbuncles, etc.
MACKEREL	Neutral, sweet	<b>Tonifies Qi &amp; Dries Damp:</b> especially good for damp bi conditions such as rheumatism.
MUSSEL	Warm, salty	<b>Strengthens the Liver &amp; Kidneys:</b> low back pain, impotence, vertigo

		<p><b>Tonifies Qi, Essence and Blood</b></p> <p>*also used for excessive vaginal bleeding, intestinal blockage, abd swelling and goiter</p>
OYSTER	<p>Neutral (cold), sweet, Salty</p> <p>LV/KI</p>	<p><b>Nurtures Yin (Yang) &amp; Blood:</b> nervousness, insomnia, dry conditions</p> <p>+ <b>Tonify Spleen &amp; Stomach</b></p> <p>*also helpful in treating indecision</p> <p><b>CI:</b> avoid with skin diseases</p>
SARDINE	<p>Neutral, sweet, salty</p>	<p><b>Tonifies Qi and Yin</b></p> <p><b>Fortifies Sinews &amp; Bones</b> <b>Mildly Promotes Urination</b></p> <p><b>Facilitates Blood Circulation</b></p> <p><b>CI:</b> excessive amounts cause mucus accumulations &amp; heat conditions</p>
SEA CUCUMBER	<p>Warm, salty</p> <p>KI/HT/LI</p>	<p><b>Tonify Kidney Yang/Qi</b></p> <p><b>Nourish Yin &amp; Blood:</b> aplastic anemia, constipation w/white fungus (bai mu er); diabetes (make a decoction w/eggs and pig pancreas)</p> <p><b>Stop Bleeding &amp; Strengthens Blood Vessels:</b> w/Bai Ji</p> <p><b>Benefits Stomach &amp; Controls Acidity</b></p> <p><b>Anticancer, antiaging,</b></p>
SHARK	<p>Neutral, sweet</p>	<p><b>Benefits the Five Zang, Anticancer, Anti-aging</b></p>
SHRIMP (& LOBSTER)	<p>Warm, sweet, (salty)</p> <p>LV/KI</p>	<p><b>Enhances Yang and Increases Qi (Tonify Kidney Yang &amp; Tonify Spleen/Stomach)</b></p> <p><b>Overcomes Wind Conditions</b></p> <p><b>Increases Lactation</b></p> <p><b>Discharges Mucus</b></p> <p><b>Eliminates Worms</b></p> <p>*Shrimp skin is good for skin disorders, esp itching; also calms the shen (esp. insomnia)</p> <p>*shrimp rice is good for the bones, especially for kids.</p> <p><b>CI:</b> skin diseases marked with redness &amp; inflammation; spermatorrhea</p>
SNAIL	<p>Salty, cold</p> <p>LV/KI</p>	<p><b>Nourish Liver &amp; Kidney, esp Yin</b></p> <p><b>Tonifies Marrow &amp; Essence (especially kids)</b></p> <p><b>Moistens the Lung &amp; Generates Fluids</b></p>
SQUID (CUTTLEFISH)	<p>Neutral, salty</p> <p>LV/KI/HT</p>	<p><b>Benefits Liver/Kidney</b></p> <p><b>Nourishes the Blood:</b> w/60g of quail egg for blood deficiency amenorrhea</p> <p><b>Invigorate Blood &amp; Relieve Pain</b></p>
WHITEFISH	<p>Neutral, sweet</p>	<p><b>Promotes proper body fluid distribution</b></p>

		<b>Strengthens Spleen &amp; Improves Appetite:</b> indigestion
YELLOWFISH		<b>Tonify Kidney &amp; Calm the Shen (spirit)</b>

**MISCELLANEOUS**

BROWN SUGAR	Warm LV/SP	<b>Warms the Middle Jiao</b> <b>Harmonizes &amp; Invigorate blood:</b> amenorrhea, dysmenorrhea, postpartum problems <b>Lubricates the Lung &amp; Stops Cough</b>
WHITE SUGAR	Sweet, cold	<b>Lubricates the Lungs &amp; Treats Dry Cough</b> Ext use: healing of bedsores, ulcerations, burns
ROCK SUGAR	Neutral LU/SP	More tonifying
HONEY	Neutral, sweet	<b>Harmonize the Liver, Neutralize Toxins &amp; Relieve Pain</b> <b>Moistens Dryness:</b> dry cough, dry hoarse throat; stomach ulcers, canker sores, constipation <b>Breaks the Cycle of Alcoholism:</b> antitoxic properties  *Raw honey can dry up mucus and aids damp conditions.  *highly refined and has more calories than white sugar and is assimilated directly into the bloodstream, but does not contain some of the minerals & enzymes that upset the body's mineral balance.
GRAIN MALT		Contain good percentages of complex sugars, which smoothes out blood-sugar fluctuations
SALT	Cold KI/LI/SI/ST	<b>Tonifies the Kidney &amp; Bones, Promotes Fluid Metabolism &amp; Moistens Dryness</b> <b>Softens Hardness:</b> lymph nodes, swollen glands; abdominal obstructions <b>Promotes Bowel Movement</b> <b>Clears Toxins &amp; Blood Heat:</b> externally for insect bites, sores etc; purifies blood <b>Harmonizes &amp; Promotes Digestion</b> <b>Brightens the Eyes</b>  *yin, descending qualities can bring a person "down to earth"  <b>CI:</b> avoid with high blood pressure. Overuse damages kidneys, weakens bones/blood and causes deficiencies in the Heart & Spirit – can interfere with absorption of nutrients and depletes calcium
MILK	Neutral, sweet LU/ST/HT	At room temp... <b>Nourishes blood, Tonifies Qi , Moistens Lungs</b> <b>Moisten Stomach:</b> diabetes, nausea, vomiting (mix with ginger juice & chive juice)  Drink cold to moisten the large intestine
TEA	Cool, bitter, sweet	<b>Brightens the Eyes, Clears the Voice, Invigorates the Constitution</b>

	LU/ST/LV	<p><b>Opens the Acupuncture Meridians</b></p> <p><b>Clear Heat Toxin:</b> mouth sores, halitosis; Anticancer; dries up herpes or poison ivy outbreaks</p> <p><b>Generates Fluids, Relieves Thirst &amp; Restlessness</b></p> <p><b>Removes Flatulence, Aids Digestion, Reduces Cholesterol:</b> as a digestive aid, tea has a special solvent property that cuts fats and oils from a rich meal; good for acute or chronic inflammation</p> <p><b>Treats Somnolence, Clears the Head &amp; Refreshes the Mind</b></p> <p><b>Promotes Urination &amp; Resolves Phlegm</b></p> <p><b>Stops Diarrhea:</b> dysenteric conditions (astringent properties)</p>
CAROB	Warm, sweet	<p><b>Soothes &amp; calms the spirit</b></p> <p>*eating to excess will cause agitation</p>
COFFEE	Warm, bitter, sweet	<p><b>Diuretic, Promotes Elimination:</b> stimulates users through periods of sluggishness from toxic overload from a rich, greasy and heavy diet.</p> <p><b>Mental Stimulant</b></p> <p><b>Used Topically:</b> poultice of wet grounds can speed the healing of bruises and insect stings</p> <p>*Coffee enemas are often used in cases of cancer and asthma</p> <p>*As folk medicine, coffee has been prescribed to treat snakebite, asthma, jaundice, vertigo, HA</p> <p><b>CI:</b> very addictive; avoid with HBP, insomnia, stomach ulcers or acidity. Women who consume coffee w/ a high-fat diet have an increased risk of mammary and bladder cancer. Coffee during pregnancy increases miscarriage risk. Coffee intake has been shown to be directly (and proportionally) linked to pancreatic cancer. 2 cups or more/day can increase cholesterol. Acid in coffee eats away @ villi in the SI, affecting nutrient assimilation – most heavy coffee drinkers are deficient in calcium &amp; other minerals. <i>*use nettle leaf tea (2+ times/day for at least 6 weeks) to aid in restoring small intestines.</i></p>
MOLASSES	Warm, sweet	<p><b>Tonifies Qi &amp; Strengthens the Spleen</b></p> <p><b>Lubricates Lungs &amp; Stops Cough</b></p>
OLIVE	Neutral, sweet, sour, astringent	<p><b>Clears heat &amp; Detoxifies</b></p> <p><b>Generates Fluids &amp; Stops Thirst</b></p> <p><b>Clears the Lungs &amp; Benefits the Throat</b></p>
VINEGAR	Sour, bitter, warm LV/ST	<p><b>Invigorates qi &amp; blood:</b> bi syndromes; can quickly alter emotional stagnation (bad moods)</p> <p><b>Stops Bleeding:</b> nosebleed, hematemesis, fainting due to blood loss &amp; anemia after childbirth</p> <p><b>Aids Digestion, Neutralizes Poison &amp; Clears Parasites:</b> esp. roundworm and associated pain</p> <p><b>Softens Hardness &amp; Relieves Damp Conditions:</b> overweight, excess mucus</p> <p><b>Lowers Cholesterol &amp; Blood Pressure</b></p> <p><b>Clears Toxins, Reduces Accumulations in the Liver:</b> inhale fumes to treat/prevent the flu</p> <p><b>Clears Parasites:</b> esp. roundworm and associated pain</p> <p>Externally used for eczema, damp heat skin lesions, sunburn &amp; toothache</p> <p><b>CI:</b> weak digestion w/ loose, watery stools; general deficiency, muscular weakness, rheumatism</p>
RICE VINEGAR	Warm, sour	<p><b>Detoxifies &amp; Invigorates Blood:</b> inhibits bacteria</p>

		<p><b>Astringes &amp; Closes the Pores:</b> preventative for common cold; used for malaria, acute arthritis, nausea, vomiting, intestinal worms, hypertension, burns, bones caught in the throat, gum disease, hives, hepatitis, lung TB, abscesses, bronchitis.</p> <p><b>CI:</b> not to be used at the onset of a cold (will trap the pathogen inside the body)</p>
WINE	Warm, acrid, sweet	<p><b>Promotes Circulation, Enhances the Effect of Circulatory Herbs &amp; Stops Pain</b></p> <p><b>CI:</b> addicts, heat conditions; avoid during pregnancy. Do not mix wine with fatty foods.</p>

## FASTING & PURIFICATION

It is best to alternate cleansing and building. Cleansing is generally the purging of toxins and residues we have accumulated by using too many building foods (those rich in fats and proteins which build tissue most rapidly). These residues are most often from the acid-forming, high-fat, and/or mucus-forming categories. Examples are meats, fish, poultry, eggs, most dairy, most grains and legumes (exceptions are millet, roasted buckwheat and soy & lima beans), refined sugars, drugs and chemicals. Generally, the body should be slightly alkaline to build an alkaline reserve for acid-forming conditions such as stress, lack of exercise or poor dietary habits. The most alkaline-producing foods are the fruits, vegetables, sprouts, cereal grasses and herbs. But alkaline-acid balances can also be affected dramatically by soaking acid-forming foods before cooking, which starts the sprouting process, or by chewing thoroughly in order to mix food with saliva, a very alkaline fluid.

An important factor to consider is the generally tonifying and building qualities of grains compared to the eliminative nature of vegetables and fruits. If one has signs of heat or excess, then it is wiser to use raw vegetables, fruits or their juices for fasting. However, excessive fasting on juices can seriously impair the metabolic rate and digestive strength, cool and weaken the body and sometimes results in abnormal weight gain. Those who have symptoms of coldness would do better with a fast of cooked vegetables or grains, perhaps with the addition of warming herb teas. Those with pronounced deficiency signs should not fast. Those with only slight deficiency signs can benefit from short fasts of grain, with chlorella or spirulina micro-algae as an optional supplement.

\*Vegetables are considered cleansing yet mildly building since they contain significant amounts of protein, starch, minerals and fats. Grains, beans, nuts and seeds are building foods but contain sulfur, fiber and other cleansing qualities

### Raw Fruit, Vegetable, or Liquid Fast

For those making a transition to primarily whole vegetarian foods from a background of abundant animal products, and who *do not have signs of coldness or deficiency*, try a salad fast of either raw veggies or raw fruit such as carrots, cabbage, apples, etc. Herbal teas, water or juices can be drunk according to thirst. The individual with candida should avoid fruit and fruit juice.

**Note:** most fruits and vegetables do not combine well at the same meal – exceptions are celery and lettuce, which can be eaten with fruit.

### Steamed- Vegetable Fast

Better for those who have overeaten consistently, consuming excess sweets, nuts, beans, grains, dairy or eggs, and are a little on the *cool and deficient* side. Take at most three different vegetables at a time, although one or two is preferable. Drink water and herbal teas according to thirst.

### Whole Grain Fast

The person who wants to improve mental focus and whose constitution ranges from fairly balanced to slightly deficient and thin, or cold, will normally benefit from a whole-grain fast for at least three days. Chew each bite 30-50 times. Rice and various other whole grains may be used. Millet is recommended for its detoxifying nature. Take water or a grain beverage if thirsty between meals. Warming herb teas such as cinnamon bark and dried ginger root can be used by those with cold signs.

- a mung bean and rice fast is commonly used by yogis because of its balancing effect on every facet of the body and mind. Mung beans have an exceptional ability to purge toxins.

### Micro-algae Fast

A good fast for those with blood sugar imbalances and attendant sugar cravings, and for those who find fasting difficult. Micro-algae are often combined with a vegetable or fruit juice, herb tea or other liquid fast. When micro-algae are taken with a cooked grain or vegetable fast, the combination becomes the safest for people who are slightly weak or thin. One seldom experiences hunger or other difficulty.

### Absolute Fast

The oxygen charge from this fast on air is best for individuals who have such *damp* excesses as water retention, candida overgrowth, too much body weight, abundant mucus or sluggishness. Absolute fasting is not appropriate for thin or overheated people. Without preparation or supervision, it is not safe for most people to extend this fast beyond 36hrs.

Eat or drink nothing for 36 hours: begin at 6 or 7 one evening; end early the second morning.

When breaking all fasts, the most important rule is not to overeat. The success of a fast depends on how well it is broken. If one immediately puts all the excesses back in that came out during the fast, any benefit is doubtful.

Dietary Factors which contribute to dampness:

- Too much raw, cold, sweet or mucus-forming food

The digestive "fire" of the spleen is extinguished by an excess of raw food, including too many raw fruits, vegetables, sprouts and juices, which cause a thin, watery mucus or *dampness*. A similar effect occurs from too much cold food – normally, food should be eaten at room temperature or warmer. Signs of excess raw-food consumption include weakness, coldness and watery stools. Many vegetarian raw-food zealots have severely damaged their health by not knowing when to introduce some cooked food. At the same time, it must be emphasized that numerous disease conditions involving general excess (robust, extroverted nature, reddish complexion, thick tongue coat, forceful pulse) have been overcome with the cleansing action and therapeutic use of raw food.

Intake of highly sweet and other mucus-forming foods need to be limited; these include meat, eggs, dairy products, fats such as lard and butter (especially hydrogenated fats/margarine), oils, oily foods such as nuts and seeds (especially peanuts) and foods with concentrated sweeteners. Simple sugars from sweeteners and fruits, taken in excess, also encourage the growth of infections and yeasts. Overconsumption of dairy, eggs and meat cause the thickest, stickiest mucous conditions. Other contributors include:

- Highly refined, highly processed, rotten, stale, parasite-infested or chemically treated food
- Too-many ingredients in a meal (poor food combining)
- Late-night eating
- Overeating

Products with several damp-causing properties seem to have much worse effects than the mere sum of their properties. Ice cream, for instance, is very sweet, cold, highly mucus-producing, and often full of chemical additive; furthermore, its concentrated sweeteners and often added sweet fruits do not combine very well with dairy, a high-fat protein. Regular consumption of ice cream may contribute to abdominal lumps, cysts, tumors and other damp conditions.

Foods which dry dampness:

Rye, amaranth, corn, aduki beans, celery, lettuce, pumpkin, scallion, alfalfa, turnip, kohlrabi, white pepper, raw honey; all bitter herbs such as chapparal, chamomile and pau d'arco; and the micro-algae *dunaliella* and wild blue-green. Raw goats milk is the one dairy product that will not usually contribute to damp.

Guidelines for Long-Term Weight Reduction

\*\* Eat a balanced diet of unprocessed food that limits or eliminates animal products.

**Nuts, Seeds & Oils** – use sparingly if at all. Two exceptions are the lighter omega-3 and GLA (gamma linolenic acid) oils, which increase metabolism and the rate of fat burn-off. Unrefined cold-pressed flax oil, the richest vegetal source of omega-3 oils, provides the hormonal balance necessary for a healthful body shape in people who have become obese from excess animal product consumption. Dosage: 2 teaspoons of flax oil are poured over food each day; or, for an equivalent amount of oil, three tablespoons of soaked or crushed flax seeds (flaxmeal) are eaten daily. Eat soaked seeds by themselves because they are slippery and cannot be chewed well if mixed with other foods. Soaking time is overnight (8 hours). In cases of sluggish digestion, eating the soaked or crushed seeds provides the additional benefit of the fiber and mucilaginous properties of whole flax.

Oils rich in GLA also prove to be highly effective for weight reduction. The best whole-food source other than human milk is spirulina. GLA-rich oils extracted from the seeds of evening primrose, borage and black currant are also commonly available. 125 mg is an effective daily dosage of GLA from any of these plants!

**Legumes** – in Chinese traditions, these are classified as having a "sweet" flavor. Nevertheless, legumes have a drying, diuretic effect, and any of them except soybeans are recommended. Aduki and mung beans are especially helpful. Several cups of a decoction of aduki bean tea can be taken during the day to speed weight loss. Mung and other bean sprouts are also beneficial, and can be steamed for those with signs of coldness.

**Grains** – also have a sweet quality, and those with a bitter component should be emphasized. These are rye, amaranth, quinoa and oats. For weight loss, oats are ideally eaten in their most bitter form – raw or roasted. The best rice to use is basmati because of its pungency. Corn is also appropriate since it is diuretic and thus removes excess water stored in the tissues.

**Vegetables** – nearly all are useful for weight loss, with the exception of the very watery types (zucchini, summer squash) and the very sweet ones (sweet potato, yam, winter squash). The vegetables classified as having partially bitter flavor – lettuce, celery, kohlrabi, asparagus and scallion – are especially helpful. (Lettuce is contraindicated for those with eye diseases) Eating vegetables only lightly cooked is preferable. Raw foods is desirable for those with excessive appetite or heat signs. Those with cold signs should avoid raw food because it will encourage fat and water retention. These individuals need at least moderately well-cooked food.

Although sea vegetables are salty, their iodine content and wide range of minerals and amino acids help regulate weight levels. Norwegian kelp (bladderwrack) is a specific for this purpose

**Fruits & Sweeteners** – very sweet fruits (figs, dates and dried fruit) can hinder weight loss. Also use starchy or oily fruits sparingly (banana, avocado, coconut, etc) A daily lemon or grapefruit, eaten with its seeds, pulp and a little inner peel can be an excellent weight loss remedy. Those with cold signs, however, should use less lemon or grapefruit – or none at all, if chills increases with use.

Common fruits such as apples, plums, peaches, berries, oranges and pears tend to be cleansing, which is desirable for the overweight person; however, their acid content and sweet flavor can also prove weakening and cause dampness (water retention, candida, fatigue, sluggishness).

Two sweeteners can be recommended – raw honey (not heated during any stage) in small amounts or stevia leaf. All other sweeteners tend to encourage weight gain.

**Dairy** – only one dairy product does not interfere with weight loss – goat's milk, preferably raw.

**Spices & Seasonings** – Salt must be restricted since they tend to accumulate moisture in the body. Use salt sparingly, ideally in the form of unrefined whole salt. Likewise miso, soy sauce, salt plums, pickles and other salty products should be used minimally.

All pungent (spicy) foods promote energy circulation and increase the metabolic rate. Notable examples are cumin, ginger, cloves, spearmint, fennel, anise, and cayenne. A person with heat signs however, should avoid these warming pungents and should use neutral or cooling ones instead: peppermint, chamomile, kohlrabi, turnip, radish, taro and white pepper.

Most **bitter herbs** are beneficial since they reduce moisture in the body, purify the blood and take out heat toxins sometimes associated with excess weight. **Burdock root**, eaten in quantity, raw or cooked, is a virtual cure-all for conditions of excess, and significantly purifies the blood while reducing fat and regulating blood sugar. Other useful bitter herbs are **dandelion root, chamomile, yellow dock root, and bupleurum root**. **Green tea** is also useful for weight loss. **Alfalfa** can promote weight loss. Another traditional wild green that helps reduce fat is **chickweed**. However, many of these herbs are cooling and should be used with caution by persons with cold signs.

**Other:** at the beginning of meals take one rounded teaspoon of bee pollen or spirulina micro-algae.



