BLOOD DEFICIENCY

As all food forms the basis of Blood, eat well and widely. The overuse of fatty foods, denatured processed foods and sweetened or salted foods will tend to weaken the Blood.

Foods that especially tonify Blood:

- Aduki bean
- Apricot
- Beef
- Beet
- Black soybean
- Bone marrow
- Cherry
- Chicken egg
- Cuttlefish
- Dandelion
- Dang Gui
- Date
- Fig
- Grape
- Kale
- Kelp
- Kidney bean
- Leafy greens
- Liver
- Longan (Dragon Eye Fruit)
- Microalgae
- Mussel
- Nettle
- Octopus
- Oxtail
- Oyster
- Parsley
- Sardine
- Seaweed
- Spinach
- Stout
- Squid
- Sweet rice
- Tempeh
- Watercress

Animal foods in general build blood, best in soup, especially bone broth

Green leafy vegetables build blood by helping to fix iron
YIN DEFICIENCY

Yin tonics tend to be cool and sweet. To tonify Yin favor sweet, sour and salty over bitter and pungent flavors.

Foods that especially tonify Yin:

<table>
<thead>
<tr>
<th>Apple</th>
<th>Malt</th>
<th>Seaweed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Mango</td>
<td>Sesame</td>
</tr>
<tr>
<td>Avocado</td>
<td>Milk</td>
<td>Spelt</td>
</tr>
<tr>
<td>Banana</td>
<td>Mulberry</td>
<td>Spinach</td>
</tr>
<tr>
<td>Cheese</td>
<td>Nettle</td>
<td>String bean</td>
</tr>
<tr>
<td>Clam</td>
<td>Oyster</td>
<td>Sweet potato</td>
</tr>
<tr>
<td>Crab</td>
<td>Pea</td>
<td>Tofu</td>
</tr>
<tr>
<td>Cuttlefish</td>
<td>Pear</td>
<td>Tomato</td>
</tr>
<tr>
<td>Duck</td>
<td>Pineapple</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Egg</td>
<td>Pomegranate</td>
<td>Wheat</td>
</tr>
<tr>
<td>Honey</td>
<td>Pork</td>
<td></td>
</tr>
<tr>
<td>Kidney bean</td>
<td>Rabbit</td>
<td></td>
</tr>
<tr>
<td>Lemon</td>
<td>Royal jelly</td>
<td></td>
</tr>
<tr>
<td>Yam</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

JING / ESSENCE DEFICIENCY

In general, foods that nourish the Yin will also nourish Jing.

Foods that are particularly nourishing to the Jing:

<table>
<thead>
<tr>
<th>Almond</th>
<th>Liver</th>
<th>Chicken</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg</td>
<td>Walnut</td>
<td>Royal jelly</td>
</tr>
<tr>
<td>Kidney</td>
<td>Milk, raw</td>
<td>Microalgae</td>
</tr>
<tr>
<td>Bone marrow</td>
<td>Pine nut</td>
<td></td>
</tr>
<tr>
<td>Sesame seed</td>
<td>Seaweed</td>
<td></td>
</tr>
<tr>
<td>Artichoke leaf</td>
<td>He Show Wu</td>
<td></td>
</tr>
<tr>
<td>Mussel</td>
<td>Goji</td>
<td></td>
</tr>
<tr>
<td>Nettle</td>
<td>Rehmannia</td>
<td></td>
</tr>
<tr>
<td>Oyster</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bee pollen</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**QI DEFICIENCY**

Foods that tonify Qi tend to be sweet and often warm.

**Foods that especially tonify Qi:**

<table>
<thead>
<tr>
<th>Almond</th>
<th>Lentil</th>
<th>Rabbit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Licorice</td>
<td>Rice</td>
</tr>
<tr>
<td>Carrot</td>
<td>Longan (Dragon eye fruit)</td>
<td>Royal jelly</td>
</tr>
<tr>
<td>Cherry</td>
<td>Mackerel</td>
<td>Sage</td>
</tr>
<tr>
<td>Chicken</td>
<td>Microalgae</td>
<td>Sardine</td>
</tr>
<tr>
<td>Chickpea</td>
<td>Milk</td>
<td>Sweet potato</td>
</tr>
<tr>
<td>Coconut</td>
<td>Millet</td>
<td>Shiitake mushroom</td>
</tr>
<tr>
<td>Date</td>
<td>Molasses</td>
<td>Squash</td>
</tr>
<tr>
<td>Eel</td>
<td>Oats</td>
<td>Sturgeon</td>
</tr>
<tr>
<td>Egg</td>
<td>Octopus</td>
<td>Tempeh</td>
</tr>
<tr>
<td>Fig</td>
<td>Pheasant</td>
<td>Tofu</td>
</tr>
<tr>
<td>Ginseng</td>
<td>Pigeon</td>
<td>Trout</td>
</tr>
<tr>
<td>Goose</td>
<td>Pigeon egg</td>
<td>Venison (Deer)</td>
</tr>
<tr>
<td>Grape</td>
<td>Potato</td>
<td>Yam</td>
</tr>
<tr>
<td>Ham</td>
<td>Quinoa</td>
<td></td>
</tr>
</tbody>
</table>

**YANG DEFICIENCY**

Yang tonics tend to be sweet, pungent and warming.

**Foods that especially tonify Yang:**

<table>
<thead>
<tr>
<th>Anchovy</th>
<th>Fenugreek seed</th>
<th>Quinoa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anise seed</td>
<td>Garlic</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Basil</td>
<td>Ginger (dried)</td>
<td>Sage</td>
</tr>
<tr>
<td>Cardamom</td>
<td>Goat</td>
<td>Savory</td>
</tr>
<tr>
<td>Chestnut</td>
<td>Kidney</td>
<td>Shrimp</td>
</tr>
<tr>
<td>Chive seed</td>
<td>Lamb</td>
<td>Star anise</td>
</tr>
<tr>
<td>Cinnamon bark</td>
<td>Lobster</td>
<td>Thyme</td>
</tr>
<tr>
<td>Clove</td>
<td>Mutton</td>
<td>Trout</td>
</tr>
<tr>
<td>Dill seed</td>
<td>Nutmeg</td>
<td>Venison</td>
</tr>
<tr>
<td>Fennel seed</td>
<td>Pistachio</td>
<td>Walnut</td>
</tr>
</tbody>
</table>
DAMPNESS

Dampness comes from the failure to burn off or transform moisture in the body. It is divided into three kinds, Dampness, Water and Phlegm.

**Dampness** is a generalized condition associated with weakness of the Spleen. It may manifest in such ways as tiredness/aches in the limbs, digestive weakness or foggy mind and will vary in each individual.

**Water** describes the condition of edema where Dampness is retained as water. This may be specific or general and causes swellings.

**Phlegm** describes a more sticky manifestation of Dampness and often lodges in particular organs and combines easily with Heat or Cold. Phlegm, or Mucus, congeals and obstructs our functioning.

**Foods that help resolve Dampness:**

| Adzuki bean | Corn | Mustard leaf |
| Alfalfa | Daikon | Onion |
| Anchovy | Garlic | Oregano |
| Asparagus | Green tea | Parsley |
| Barley | Horseradish | Pumpkin |
| Basil | Jasmine tea | Quail |
| Buckwheat | Job’s tears | Radish |
| Buckwheat tea | Kidney bean | Rye |
| Caraway | Kohlrabi | Scallion |
| Cardamom | Lemon | Turnip |
| Celery | Mackerel | Umeboshi plum |
| Clove | Marjoram | |
| Coriander | Mushroom (button) | |

**Foods that resolve Water:**

| Adzuki bean | Corn-on-the-cob | Pea |
| Alfalfa | Cornsilk | Plantain |
| Anchovy | Duck | Plum |
| Asparagus | Grape | Raspberry leaf |
| Barley | Job’s tears | Rice |
| Basil | Kelp | Sardine |
| Black soybean | Kidney bean | Seaweed |
| Broad bean | Lettuce | Squash |
| Celery | Loach | Tea |
| Clam | Mackerel | Watercress |
| Fenugreek | Mungbean | Water chestnut |
### Foods that resolve Phlegm:

<table>
<thead>
<tr>
<th>Almond</th>
<th>Marjoram</th>
<th>Plantain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple peel</td>
<td>Mushroom (button)</td>
<td>Radish</td>
</tr>
<tr>
<td>Black pepper</td>
<td>Mustard leaf</td>
<td>Seaweed</td>
</tr>
<tr>
<td>Celery</td>
<td>Mustard seed</td>
<td>Shiitake</td>
</tr>
<tr>
<td>Clam</td>
<td>Olive</td>
<td>Shrimp</td>
</tr>
<tr>
<td>Daikon</td>
<td>Onion</td>
<td>Tangerine peel</td>
</tr>
<tr>
<td>Garlic</td>
<td>Orange peel</td>
<td>Tea</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Pear</td>
<td>Thyme</td>
</tr>
<tr>
<td>Grapefruit peel</td>
<td>Pepper</td>
<td>Walnut</td>
</tr>
<tr>
<td>Lemon peel</td>
<td>Peppermint</td>
<td>Watercress</td>
</tr>
<tr>
<td>Licorice</td>
<td>Persimmon</td>
<td></td>
</tr>
</tbody>
</table>
**COLD**

**Driving out Cold:**

Favor more warming methods of food preparation and eat foods with warming properties. For chronic conditions, use warm and sweet foods. In acute stages of Cold invasion, use warm and pungent foods to drive the Cold to the body surface, even to the extent of causing sweating.

**Foods that are especially effective in driving off Cold:**

<table>
<thead>
<tr>
<th>Amasake (almond milk)</th>
<th>Date</th>
<th>Nutmeg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anchovy</td>
<td>Dill seed</td>
<td>Onion</td>
</tr>
<tr>
<td>Basil</td>
<td>Fennel seed</td>
<td>Peach</td>
</tr>
<tr>
<td>Bay</td>
<td>Garlic</td>
<td>Pine kernel</td>
</tr>
<tr>
<td>Black pepper</td>
<td>Goat</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>Goat milk</td>
<td>Scallion</td>
</tr>
<tr>
<td>Butter</td>
<td>Ginger</td>
<td>Shrimp</td>
</tr>
<tr>
<td>Caper</td>
<td>Kohlrabi</td>
<td>Sorghum</td>
</tr>
<tr>
<td>Cardamom</td>
<td>Lamb</td>
<td>Soya oil</td>
</tr>
<tr>
<td>Cayenne</td>
<td>Lamb kidney</td>
<td>Spearmint</td>
</tr>
<tr>
<td>Cherry</td>
<td>Leek</td>
<td>Squash</td>
</tr>
<tr>
<td>Chestnut</td>
<td>Lychee</td>
<td>Sweet rice</td>
</tr>
<tr>
<td>Chicken</td>
<td>Longan fruit</td>
<td>Trout</td>
</tr>
<tr>
<td>Chive seed</td>
<td>Malt sugar</td>
<td>Turnip</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Mussel</td>
<td>Vinegar</td>
</tr>
<tr>
<td>Clove</td>
<td>Mustard leaf</td>
<td>Walnut</td>
</tr>
<tr>
<td>Coriander seed</td>
<td>Mustard seed</td>
<td>Wine</td>
</tr>
</tbody>
</table>
HEAT

Removing Heat:

In chronic conditions Heat is simply treated by the avoidance of hot foods and the use of more cooling foods and methods of food preparation. Where there is a pathogenic invasion the pungent flavor is used to drive the hot invader to the surface of the body.

Foods that have some Heat-reducing qualities:

<table>
<thead>
<tr>
<th>Alfalfa</th>
<th>Cucumber</th>
<th>Peppermint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Egg white</td>
<td>Persimmon</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Elderflower</td>
<td>Potato</td>
</tr>
<tr>
<td>Aubergine (eggplant)</td>
<td>Grapefruit</td>
<td>Radish</td>
</tr>
<tr>
<td>Bamboo shoot</td>
<td>Kelp</td>
<td>Salt</td>
</tr>
<tr>
<td>Bamboo shoot</td>
<td>Lemon</td>
<td>Seaweed</td>
</tr>
<tr>
<td>Banana</td>
<td>Lettuce</td>
<td>Spirulina</td>
</tr>
<tr>
<td>Barley</td>
<td>Millet</td>
<td>Tofu</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Mint</td>
<td>Tomato</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Mung bean</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Celery</td>
<td>Mung beansprout</td>
<td></td>
</tr>
<tr>
<td>Chard</td>
<td>Olive</td>
<td>Wheat</td>
</tr>
<tr>
<td>Chinese cabbage</td>
<td>Pear</td>
<td></td>
</tr>
</tbody>
</table>
**WIND**

**Driving out Wind:**

All invasions of Wind are best treated by simplifying the diet and cutting out all congesting foods such as dairy, rich meat, bread, saturated fat and sugar. These foods may draw the illness more deeply into the body and create Phlegm. Instead it is better to favor light soups and adequate rest.

**Wind Heat**

<table>
<thead>
<tr>
<th>Borage</th>
<th>Elderflower</th>
<th>Peppermint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burdock root</td>
<td>Eucalyptus</td>
<td>Sage</td>
</tr>
<tr>
<td>Catnip</td>
<td>Lemon balm</td>
<td>Spearmint</td>
</tr>
<tr>
<td>Chamomile</td>
<td>Limeflower</td>
<td>Turnip</td>
</tr>
<tr>
<td>Chinese cabbage</td>
<td>Marjoram</td>
<td>Yarrow</td>
</tr>
<tr>
<td>Chrysanthemum</td>
<td>Mint</td>
<td></td>
</tr>
<tr>
<td>Echinacea</td>
<td>Oregano</td>
<td></td>
</tr>
</tbody>
</table>

**Wind Cold**

<table>
<thead>
<tr>
<th>Basil</th>
<th>Coriander leaf</th>
<th>Peppermint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black pepper</td>
<td>Garlic</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Caraway</td>
<td>Ginger (fresh)</td>
<td>Sage</td>
</tr>
<tr>
<td>Cayenne</td>
<td>Leek</td>
<td>Scallion</td>
</tr>
<tr>
<td>Chili</td>
<td>Mustard leaf</td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Onion</td>
<td></td>
</tr>
</tbody>
</table>

**Wind Damp**

<table>
<thead>
<tr>
<th>Basil</th>
<th>Kohlrabi</th>
<th>Spearmint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cayenne</td>
<td>Mustard leaf</td>
<td>Tangerine peel</td>
</tr>
<tr>
<td>Cherry</td>
<td>Onion family</td>
<td>Thyme</td>
</tr>
<tr>
<td>Eel</td>
<td>Peppermint</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Job’s tears</td>
<td>Radish</td>
<td>Turnip</td>
</tr>
<tr>
<td>Juniper</td>
<td>Rosemary</td>
<td></td>
</tr>
</tbody>
</table>
**QI STAGNATION**

*Promoting Qi Circulation:*

To avoid stagnation it is important not to overeat and not to consume too much heavy food at any one time. We also need to avoid sugar and stimulants that may appear to give temporary relief, but eventually worsen the root of the problem.

Chewing food well and include some of the pungent foods and herbs that stimulate the dispersal of Qi. In choosing pungent foods we need to take into account whether Heat, Cold or Deficiency are bound up with the stagnation.

**Foods that especially help the circulation of Qi:**

- Basil
- Caraway
- Carrot
- Cayenne
- Chive
- Chive
- Coriander
- Dill seed
- Fennel
- Garlic
- Grapefruit
- Kohlrabi
- Marjoram
- Mustard leaf
- Orange peel
- Peach
- Peppermint
- Plum
- Radish
- Squash
- Star anise
- Tangerine peel
- Turmeric
- Turnip
- Vinegar
- Watercress

**BLOOD STAGNATION**

*Promoting Blood Circulation:*

It is generally best to support attempts to move Blood Stagnation with foods that maintain and improve Blood quality. Foods that move Blood are often warm in nature, so it is important to be cautious if signs of Heat are also present.

**Foods that especially help move the Blood:**

- Amasake
- Aubergine (eggplant)
- Brown sugar
- Butter
- Chestnut
- Chicken egg
- Chilli pepper
- Chive
- Crab
- Hawthorn berry
- Kohlrabi
- Leek
- Mustard leaf
- Onion
- Peach
- Radish
- Saffron
- Scallion
- Shark
- Sturgeon
- Sweet rice
- Rose
- Turmeric
- Turnip
- Vinegar
SHEN

Shen means spirit or consciousness and is rooted in the life of the physical body, but can also both transcend and influence the life of the body. It is said to reside in the Heart and the Blood. Our Shen can be disturbed by stress, by traumatic experiences or by psychoactive substances and made restless by under-nutrition or over-stimulation, or depressed by lack of contact with life. It is easier to cultivate Shen when the foundations of our physical and energetic body are strong and affected by nutrition. Some vitamins and minerals such as Vitamin C, Folic acid, Calcium, Magnesium and Selenium can be said to calm the Spirit.

Foods and Herbs that calm the Spirit and relieve anxiety:

| Bitter orange flower | Lavender | Valerian |
| Celery | Lettuce | Warm milk |
| Chamomile | Mistletoe | Wheat |
| Frankincense | Motherwort | |
| Hops | Mulberry | |
| Jamaican dogwood | Sandalwood | |

Foods and Herbs that raise the Spirit and lift depression:

| Arnica flower | Jasmine | Sage |
| Basil | Melissa | St. John’s Wort |
| Bilberry | Oat | Skullcap |
| Gingko | Rose | Tea |
| Ginseng | Rosemary | |
FOOD ENERGETICS BY FOOD CATEGORY

GRAINS

Warming Grains:
Oats
Quinoa
Sweet rice
Sorghum
Spelt

Cooling Grains:
Amaranth
Barley
Buckwheat
Job’s Tears
Kamut
Millet
Wild Rice
Seitan (gluten)
Wheat
What bran

Cold Grains:
Wheat germ

Neutral Grains:
Corn
Rice
Rye

VEGETABLES

Warm Vegetables:
Brussel sprout
Caper
Coriander leaf
Fennel bulb
Kale
Leek
Mustard leaf
Onion
Parsnip
Pepper, bell
Pumpkin
Scallion
Squash, winter

Cool Vegetables:
Alfalfa sprout
Asparagus
Aubergine
Bamboo shoot
Bok choy
Broccoli
Burdock root
Celery
Swiss chard
Chicory
Chinese cabbage
Courgette
Daikon
Endive
Lettuce
Marrow
Mushroom, button
Radish
Spinach
Squash, summer
Watercress

Cold Vegetables:
Cucumber
Dandelion leaf
Lotus root
Mungbean sprout
Plantain
Seaweed

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Neutral Vegetables:
- Artichoke, globe
- Beetroot
- Cabbage
- Carrot
- Cauliflower
- Jerusalem artichoke
- Kohlrabi
- Olive
- Potato
- String bean
- Sweet potato
- Taro
- Turnip
- Yam

Fungus

Warm Fungus:
- Oyster Mushroom
- Reishi

Cold Fungus:
- Field Mushroom (agaricus)

Neutral Fungus:
- Ceps (boletus)
- Puffball, giant
- Shiitake
- Wood Ear (Black Fungus)

Seaweeds

Cool Seaweeds:
- Arame
- Dulse
- Hijiki
- Irish moss
- Nori
- Wakame

Cold Seaweeds:
- Agar
- Kelp/Kombu
- Lever

Fruit

Warm Fruits:
- Blackberry
- Cherry
- Date
- Grapefruit peel
- Guava
- Kumquat
- Lemon peel
- Longan
- Lychee
- Orange peel
- Peach
- Quince
- Rasberry
- Tangerine peel
- Umeboshi plum
### Cool Fruits:
- Apple
- Avocado
- Blackcurrant
- Blue/bilberry
- Kiwi
- Loquat
- Mandarin
- Mango
- Orange
- Pear
- Pomelo
- Strawberry
- Tamarind
- Tangerine

### Cold Fruits:
- Banana
- Cranberry
- Gooseberry
- Grapefruit
- Lemon/lime
- Melon
- Mulberry
- Persimmon
- Rhubarb
- Watermelon

### Neutral Fruits:
- Apricot
- Carambola
- Crabapple
- Fig
- Grape
- Papaya (Pawpaw)
- Pineapple
- Plum
- Pomegranate

### BEANS

#### Warm Beans:
- Black bean
- Tempeh

#### Cool Beans:
- Lima bean
- Mung bean
- Soybean, yellow

#### Cold Beans:
- Tofu

#### Neutral Beans:
- Blackeye bean
- Broad bean (fava)
- Chickpea (garbanzo)
- Kidney bean
- Lentil
- Pea
- Soybean, black
NUTS AND SEEDS

Warm Nuts and Seeds:
- Chestnut
- Coconut
- Pine kernel
- Walnut
- Pumpkin seed
- Pine kernel
- Pumpkin seed

Neutral Nuts and Seeds:
- Almond
- Cashew
- Coconut milk
- Flax (linseed)
- Gingko
- Haze;
- Hempseed
- Peanut
- Pistachio
- Poppy seed
- Sesame, black
- Sesame, white
- Sunflower seed

FISH

Warm Fish:
- Anchovy
- Eek
- Lobster and Crayfish
- Mussel
- Salmon
- Shrimp & Prawn

Hot Fish:
- Trout

Cool Fish:
- Frog

Cold Fish:
- Clam (freshwater)
- Clam (saltwater)
- Mullet
- Octopus

Neutral Fish:
- Abalone
- Carp
- Cuttlefish
- Herring
- Loach
- Mackerel
- Oyster
- Perch
- Sardine
- Scallop
- Shark
- Squid
- Sturgeon
- Tuna
- Whitebait
- Whitefish

MEAT

Warm Meat:
- Beef
- Beef, kidney
- Chicken
<table>
<thead>
<tr>
<th>Hot Meat:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cool Meat:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb, liver</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rabbit, Pork</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Neutral Meat:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, liver</td>
<td>Pigeon</td>
<td>Pork, liver</td>
</tr>
<tr>
<td>Beef, tripe</td>
<td>Pork</td>
<td>Pork, tripe</td>
</tr>
<tr>
<td>Duck</td>
<td>Pork, heart</td>
<td>Pork, trotter</td>
</tr>
<tr>
<td>Goose</td>
<td>Pork, kidney</td>
<td></td>
</tr>
</tbody>
</table>

**DAIRY**

<table>
<thead>
<tr>
<th>Warm Dairy:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ghee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk, goat/sheep</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cool Dairy:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg, duck</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cold Dairy:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoghurt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Neutral Dairy:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Egg white</td>
<td>Milk, cow</td>
</tr>
<tr>
<td>Egg, chicken</td>
<td>Egg yolk</td>
<td></td>
</tr>
<tr>
<td>Egg, pigeon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg, quail</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CULINARY HERBS AND SPICES**

<table>
<thead>
<tr>
<th>Warm Culinary Herbs and Spices:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asafetida</td>
<td>Chive seed</td>
<td>Oregano</td>
</tr>
<tr>
<td>Aniseed</td>
<td>Close</td>
<td>Parsley</td>
</tr>
<tr>
<td>Basil</td>
<td>Cumin</td>
<td>Perilla</td>
</tr>
<tr>
<td>Bay</td>
<td>Dill seed</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Caraway</td>
<td>Fennel seed</td>
<td>Sage</td>
</tr>
<tr>
<td>Cardamom</td>
<td>Fenugreek seed</td>
<td>Savory</td>
</tr>
<tr>
<td>Carob</td>
<td>Hawthorn</td>
<td>Thyme</td>
</tr>
<tr>
<td>Chive leaf</td>
<td>Juniper</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Chive leaf</td>
<td>Nutmeg</td>
<td>Winter savory</td>
</tr>
</tbody>
</table>
### Hot Culinary Herbs and Spices:
- Cayenne
- Chilli
- Cinnamon bark
- Galangal
- Garlic
- Ginger (dry)
- Ginger (fresh)
- Horseradish
- Mustard
- Pepper, black
- Pepper, white

### Neutral Culinary Herbs and Spices:
- Coriander seed
- Licorice
- Saffron

### MEDICINAL HERBS AND SPICES

#### Warm Medicinal Herbs and Spices:
- Angelica root
- Astragalus
- Bayberry bark
- Bitter orange peel
- Butterbur
- Camphor resin
- Celandine
- Cinnamon Twig
- Coltsfoot
- Damiana
- Elecampane
- Frankincense
- Galangal
- Geranium
- Ginko leaf
- Ginseng (Chinese)
- Hawthorn
- Horny goat weed
- Jasmine flower
- Juniper
- Lavender
- Lovage root
- Mugwort
- Myrrh
- Osha
- Pennyroyal
- Perilla
- Rue
- Safflower
- Saw palmetto
- Yerba santa

#### Hot Medicinal Herbs and Spices:
- Aconite
- Buchu
- Gingseng (Korean)
- Sassafras

#### Cool Medicinal Herbs and Spices:
- Barberry
- Bearberry leaf
- Black Cohosh
- Blackberry leaf
- Blackcurrant leaf
- Blessed thistle
- Burdock root
- Catnip
- Cereus
- Chamomile
- Chickweed
- Cleavers
- Comfrey leaf
- Couch grass
- Cramp bark
- Devil’s claw
- Echinacea
- Elderflower
- Eucalyptus
- Eyebright
- Feverfew
- Gentian
- Goldenrod
- Goldenseal
- Heartsease
- Limeflower
- Lobelia
- Marigold
- Marshmallow root
- Meadowsweet
<table>
<thead>
<tr>
<th>Mint</th>
<th>Skullcap</th>
<th>Valerian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motherwort</td>
<td>Senna leaf</td>
<td>Vervain</td>
</tr>
<tr>
<td>Mullein</td>
<td>Shepherd’s purse</td>
<td>Violet</td>
</tr>
<tr>
<td>Poke root</td>
<td>Slippery elm</td>
<td>White Deadnettle</td>
</tr>
<tr>
<td>Rose</td>
<td>Solomon seal</td>
<td>White horehound</td>
</tr>
<tr>
<td>Rosehip</td>
<td>Spearmint</td>
<td>Wormwood</td>
</tr>
<tr>
<td>Sarsaparilla</td>
<td>Tansy</td>
<td>Yarrow</td>
</tr>
</tbody>
</table>

**Cold Medicinal Herbs and Spices:**
- Aloe: Honeysuckle
- Anemone: Hops
- Boneset: Jamaican dogwood
- Borage: Mistletoe
- Burnet: Lady’s mantle
- Chaparral leaf: Lemon rind
- Chrysanthemum: Pao D’Arco
- Dandelion root: Plantain

**Neutral Medicinal Herbs and Spices:**
- Arnica flower: Horsetail
- Bitter orange flower: Kava kava
- Blue Cohosh: Kudzu
- Calamus: Licorice
- Chaste tree: Lily of the Valley
- Cornsilk: Microalgae
- Cowslip root: Parsley seed
- Ginseng (American): Pasque flower
- Hemp/cannabis seed: Passionflower
- Hibiscus

**OILS AND CONDIMENTS**

**Warm Oils and Condiments:**
- Soya oil
- Amasake
- Malt sugar
- Miso
- Molasses
- Rice syrup
- Sugar, brown vinegar

**Cool Oils and Condiments:**
- Sesame oil
- Soya sauce
- Kuzu

**Cold Oils and Condiments:**
- Salt

**Neutral Oils and Condiments:**
Olive oil            Honey
Peanut oil           Sugar, white

BEVERAGES

Warm Beverages:
Coffee             Star anise
Jasmine            Wine

Hot Beverages:
Spirits

Cool Beverages:
Beer              Limeflower            Rosehip
Chamomile          Peppermint            Tea, green
Elderflower        Raspberry leaf

Cold Beverages:
Chrysanthemum      Lemon balm
Dandelion root

Neutral Beverages:
Soya milk
Tea, black

COMMON SUPPLEMENTS

Warm Common Supplements:
Dangui            Vitamin B complex    Vitamin E
Ginseng (Chinese)  Vitamin D

Hot Common Supplements:
Ginseng (Korean)

Cool Common Supplements:
Algae              Calcium            Vitamin A
Bioflavonoids      Iron              Vitamin C
Beta-carotene      Spirulina

Neutral Common Supplements:
Folic Acid          Pollen            Zinc
Ginseng (American)  Royal jelly
ESSENTIAL OILS

Warm Essential Oils:
Basil
Juniper
Wintergreen

Hot Essential Oils:
Ginger

Cool Essential Oils:
Chamomile
Clary sage
Frankincense
Jasmine
Lavender
Neroli
Peppermint
Sandalwood

Neutral Essential Oils:
Geranium
Rose

Tea tree
Thyme
FOOD APPLICATION BY THEIR SPECIFIC FUNCTION

TONIFY KIDNEY YANG:
Beef, corn silk, kidney beans, lamb, liver, millet, string bean, sweet potato

LUBRICATE THE KIDNEYS:
Apples, banana, cheese, clam, mango, milk, peaches, peanut oil, pears, pine nuts, sesame oil, walnuts

TONIFY KIDNEY YIN:
Black bean, duck, kidneys, millet, mulberries, mung bean, nori condiment, nori egg drop soup, oyster, potato, sea salt, soba noodles, tomato, water chestnut, watermelon, animal food broth’s

RELAX THE LIVER:
Beef and chicken soup, black sesame seeds, celery, kelp, nori, plum, green vegetables, raw food-sprouts, steaming, qi-gong exercises

COOL AND SUPPRESS LIVER YANG:
Celery, watercress, lettuce, sea vegetables, rhubarb, tomato, cucumber,

SEDATE THE LIVER:
Alfalfa, apples, asparagus, bean sprouts, banana, barley, black sesame seeds, cantaloupe, celery,+ juice, chlorophyll drink, cooked plums, corn, dandelion, kelp, leafy green vegetables, lettuce, liver, natto, nori, olive oil, pear, peppermint, persimmon, sesame oil, shiitake, sourdough bread, soy sprouts, soymilk, sprouted wheat bread, tempeh, tofu, tomato, wheatgrass, watermelon, yogurt, carrot juice, [contraindicated for Yin constitution]

ACTIVATE LIVER QI:
Amasake, basil, bay leaf, beetroot, black pepper, cabbage, coconut milk, dill seed, garlic, ginger, leek, marjoram, peach, rosemary, safflower, spring onion

ARREST BLEEDING:
Black fungus, chestnut, Chicken eggshell, cottonseed, cuttlebone, guava, lotus seeds, spinach, vinegar

CALM SHEN:
Licorice, lily flower

REDUCE STOMACH ACID:
Chicken eggshell, cuttlebone

STOP URINATION:
Raspberry
STRENGTHEN JING:
Lotus seeds, oyster shell, walnut, black fungus

CLEAR TOXINS:
Abalone, banana, bean curd, black soybean, castor bean, cherry seed, chicken egg white, Chinese wax gourd, clam (freshwater), cucumber, date (red & black), fig, honey, Job's tears, kohlrabi, radish, salt, sesame oil, small red bean, star fruit, vinegar

DISPERSE BLOOD STAGNATION:
Brown sugar, chive, chive root, crab, hawthorn fruit, saffron, vinegar

DISPERSE COLD:
Ginger (fresh), wine

TRANSFORM PHLEGM:
Chinese wax gourd, clam (saltwater), longevity fruit, pear, radish, sea grass seaweed

IMPROVE APPETITE:
Green & red pepper, ham

INDUCE BOWEL MOVEMENT:
Castor bean, sesame oil

LUBRICATE DRYNESS:
Bean curd, chicken egg & yolk, honey, maltose, mother's milk, pear, pork, sesame oil, spinach, sugar cane juice, yellow soybean

LUBRICATE INTESTINES:
Bitter & sweet apricot seed, banana, milk, peach, soybean oil, walnut, watermelon

LUBRICATE LUNGS:
Apple, apricot, chicken egg white, ginseng, lily flower, longevity fruit, loquat, mandarin orange, peanuts, persimmon, strawberry, white fungus, white sugar

PRODUCE FLUIDS:
Apple, apricot, bean curd, coconut, red & black date, ham, lemon, licorice, litchi, maltose, milk, peach, pear, plum, sour plum, star fruit, strawberry, sugar cane juice, tomato, white fungus, white sugar

PROMOTE BLOOD CIRCULATION:
Black soybean, brown sugar, chestnut, eel blood, peach, saffron, and sweet basil, wine
PROMOTE DIGESTION:
Apple, coriander, ginseng, green & red pepper, hops, malt, nutmeg, papaya, pineapple, plum, radish & leaf, sweet basil, tomato

PROMOTE ENERGY CIRCULATION: Caraway, chive & root, dill seeds, dry mandarin orange peel, fennel, garlic, kumquat, litchi, marjoram, radish leaf, spearmint, star anise, sweet basil, tangerine, tobacco

PROMOTE URINATION:
Asparagus, barley, Chinese cabbage, carrot, Chinese wax gourd, coconut, coffee, corn silk, cucumber, grape, hops, Job's tears, kidney bean, lettuce, mandarin orange, mango, mung bean, muskmelon, onion, pineapple, plum, star fruit, sugar cane juice, water chestnut, watermelon

REDUCE FEVER:
Muskemelon, star fruit, water chestnut

RELIEVE ASTHMA:
Bitter apricot seed

RELIEVE COUGH:
Sweet & bitter apricot seed, kumquat, longevity fruit, mandarin orange, tangerine, thyme

RELIEVE DIARRHEA:
Guava, sunflower seed

RELIEVE HEAT SENSATIONS:
Chicken egg white, crab, mung bean, sea grass

RELIEVE PAIN:
Honey, litchi, spearmint, squash, tobacco

SHARPEN VISION (Brighten eyes):
Abalone, bitter gourd, wild cucumber, freshwater clam, cuttlefish

SOFTEN HARDNESS:
Saltwater clam, kelp, oyster shell, sea grass, seaweed

TONIFY BLOOD DEFICIENCY:
Beef, chicken egg & yolk, cuttlefish, oyster, spinach

TONIFY QI DEFICIENCY:
Sweet apricot seed, bean curd, beef, brown sugar, chicken, eel, licorice, maltose, mutton, polished rice, potato, sweet rice, sweet potato

TONIFY HEART:
Coffee, wheat, dark natural chocolate, bitter flavor

TONIFY KIDNEYS:
Black sesame seed, string bean, sword bean, wheat, kidney

TONIFY LIVER:
Black sesame seed, liver

TONIFY LUNGS:
Job's tears, organic milk

TONIFY SPLEEN:
Beef, gold carp, ham, horse bean, hyacinth bean, Job's tears, polished rice, potato, string bean, sweet potato, yellow soybean

TONIFY STOMACH:
Beef, hops, milk, rosemary

WARM THE INTERIOR:
Black & white pepper, chicken, chive roots, clove, fennel, dried ginger, green & red pepper, mutton, nutmeg, sword bean