

THE FIVE FLAVORS

Pungent/acrid/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

3 Types:

--**Pungent**: These foods have a distinct odor when you cut them; sometimes so strong that they causes mucus membranes to react (onions/crying). Odor causes discharge in sensory orifices. They can sometimes burn the skin. Irritants. Promotes sweat. The body has to start to soothe the area by producing moisture or lubrication (fluid/oil glands). Spicy foods can also create lots of body odor or oily skin. As odor begins to evaporate these foods lose potency.

--**Acrid**: These may have an odor, but they don't irritate the same way or have a lot of water in it (scallions, garlic). Stalks don't have as much water – acrid. Bulbs are more pungent. Acrid has a more refreshing property when put in your mouth. Often cooling. Peppermint – minty, refreshing taste – acrid. Causes a sensation of Qi moving (wind) through our body. Often good for wind conditions. Refreshing quality. Good for stale and stagnant energy; refreshing idea that change could be coming. Helps the body to welcome change. Kitchen condiment herbs: Parsley, oregano, thyme, peppermint. Fresh oregano in small amounts – acrid. In large amounts, can become more pungent. Dosages can change properties.

--**Spicy** – More burning. Hot peppers. Cayenne pepper, Szechuan, Nightshades: Tends to draw out the yin. Begins the process of bringing out fluids Considered true counterirritants. Diarrhea “burning my intestines”; Vomiting “burning stomach”. Very moving.

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, gomasio (sesame salt).

Sea: Sea salt, sodium chloride, seaweed, fish...

- Texture – grainy/sandy. After you chew on it, almost like a sandy effect on tongue; leaves a deposit; the quality of salt.
- Salt = minerals – Salt therefore has a major resonance with areas of the body concentrated with minerals, eg. Bones. Salty foods have a big effect on the structure of the body.
- Sodium and Calcium are very binding elements that consolidate into the bony anatomy/building bone – dandelion greens. (vs. sweet which consolidates into the mucosal anatomy).
- Magnesium, potassium – softens hardness. Helps to strengthen or soften bone structure; effects brain chemistry (heavy metals).
- Affects neurological system.. Acid/Alkaline affects sympathetic (acid) or parasympathetic (alkalizing). Eg. Hypertension.
- Impacts organs related to evolutions. The structure of the bones, brain chemistry, sensory motor system via spine.
- Water metabolism – Salt can increase/decrease/regulate. Salt can soften structures like tumors, masses and goiter.

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

--Astringent – restores the fluid system. Put lemon into your mouth – the astringent quality makes you pucker. Sour squeezes everything back in. Puckering comes from organic citric acid (salt). Draws things back in and dries up the area where it's being applied. Fluid goes away from area and goes deeper in. May cause dryness on the outside but keeps fluid inside. Contraindicated if dampness inside.

--Secures Leakages - For night sweats, profuse bleeding or sweating, menopausal symptoms in short term.

--Sour taste matches Xi Cleft points energetically – for emergency leakage points (Ht 6 for profuse sweating; SP8 for diarrhea).

--Can use vinegar to help secure. Treat other foods with vinegar to give that property.

--For incontinence, sour foods would be good on short-term basis. But over time, whatever it's securing to prevent leakage will begin to stagnate, so use caution.

--Nourishes Fluids - Through its ability to prevent leakage, can help nourish these fluids.

--Liver/Gallbladder association - Lemon – citric acid that creates an alkalizing effect in the body. Think of acidic terrain, but when lemon/lime goes into your body, it transforms it by using bile salts to neutralize acids from sour substances. Stimulates bile, stimulates liver, to cause an alkalizing effect on the body (providing you have a healthy gallbladder). So sour is generally considered cooling – creates an alkaline state. Liver/GB bile neutralizes acid.

Vinegar stimulates LV/GB. Olive stimulates.

--Apple cider vinegar – creates acidic terrain and impacts LV/GB. Vinegar in general is an acidic acid. Apple cider vinegar prior to meal, creating acid environment to help digestion. Vinegar is a fermenting byproduct. It activates the liver (breaks up stones); stimulating digestive system in terms of LV/GB and ST. Acid stimulates GB to try to help neutralize the acid; aids digestion.

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
- 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

--Promotes Detoxification - Toxic substances are usually bitter. Because of the evolutionary imprint, body begins the process of getting rid of something toxic
need enough hydration to avoid the risk of autointoxication

--Bitter stimulates hollow organs/muscles. Bitter promotes an adverse reaction and tries to move things out of the body. It stimulates all the muscles and tubular/hollow organs in the body that tend to move things out of the body

Bitter foods can also cause contractions in the uterus to bring on a period or promote labor. Bitter foods are often contraindicated in early pregnancy.

--Bitter is very alkalizing; causes movement in the muscles.

Most bitter substances are considered cooling.

--Bitter moves down. Good for reflux and constipation. Helps promote periods. It goes to areas that are very acidic (muscles which are built up with lactic acid, causing spasms) – alkalizes to help fibrillations of heart, palpitations, cramping, spasms. Good for tension in the heart/affecting the blood (alkalizing).

--Bitter Calibrates. Eg. Delayed period. As you move those things out, can synchronize things back to regular rhythm. Brings things back to synchronicity.

Broccoli rabe, bitter melon, chocolate. Bitter melon often boiled first before sautéing to reduce some of its bitter properties.

Sweet – Spleen/Stomach – Yang;

- subdivided into full (more tonifying) and empty (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

--Has two components

“Sugar sweet’

Texture – sticky: causes things to linger (taste and action)

--The foundation of diet.

--Sweet flavor seems to concentrate energy to the center. Draws things from above and back to the earth.

--Sweet comforts, nourishes, strengthens, lingers. Comfort food – nurturing/soothing.

--Benefits the qi. Jian – strengthens the qi If you cook it (add more yang), can strengthen (absorbs the heat from the cooking). But when cook watery things, you dry out a lot of properties (that’s way you saute a lot of watery foods).

Bland

--Often foods with high water concentration - Not a lot of taste because water dilutes the taste. A lot of melons are bland (in Western cuisine, they're more sweet). Winter melon – bland. Bland melons grow very quickly and retain a lot of water. That water moves through your system very quickly.

--Diuretics - High concentration of water to help things move quickly through system.

--Good for prostatitis or UTI (musk melon, winter melon, cucumbers)

--Cucumbers -sweet and bland. Temp. either cooling, warming or neutral.

--Neutral temperature – depends on what you are using it with. Slight cooling can be used for both even though innate nature is cool.

--Mushrooms and Melons are considered bland.

FOOD SIGNATURES AND PROPERTIES

Fruits: Essentially, all fruits have associations to the Lung system, but based on different properties, they will also have affinities to other organ systems as well.

- Berries like blueberries, raspberries, blackberries also go to the Kidneys;
- apples and pears strengthen the connection to the Lungs;
- lemons and limes to the Liver;
- cherries to the Heart;
- melons to the Spleen and Stomach.
- Fruits affect Wei Qi: external and environmental factors and how one acclimates to change.

Wei qi: environment, weather/seasonal, pestilent qi, parasites, sinews/muscles and movement (incl smooth muscle and intestines), dieresis.

Fruit with peels – generally citrus:

Very useful for regulating qi. Lungs govern the movement of qi.

The skin of citrus fruits helps with respiration; tightness or congestion in chest

Fruits with skin that crumbles together – eg. mango, persimmon

once you start to peel, the skin astringes together

Stops the leakage of qi

Good for diarrhea; profuse sweating; menopausal women, incontinence; hemorrhaging

Fruits with seeds – pomegranate, papaya

Seeds in general tend to be antiparasitic; a lot of these fruits tend to have worms

Tend to treat chong or gu; parasitic infection; make teas from pulverized seeds. Seeds will generally have sour taste to also astringe the diarrhea you may be experiencing. But seeds may also be toxic (bitter almond, peach kernels)

Tropical fruits are also generally antiparasitic. Very sweet – ferment. They regulate qi

Pit of mango for dysentery.

Seeds of papaya for parasites

Fruits with pits (with inside kernel) – prunus fruits, peach, plum, nectarine, apricot; cherry

often affect large intestine; used for constipation; lower abdominal pain

Kernels are antiparasitic and have strong affinity with large intestine

Often good for hemorrhoids/internal piles

Dosing – anywhere from 5-8 pieces would be considered a therapeutic dose for getting rid of parasites and conditions of the colon (cancer). Wouldn't be a major treatment for cancer, because fruit cannot be used for a long time (more for acute)

Blossoms of fruits

Flowers affect the sensory orifices – very good for sinus congestion

Blossoms during the spring – hay fever

Cherry blossom – good for allergic rhinitis

Citrus blossoms – good for gum swelling; blossom in summer/autumn; better for sinusitis

Meat/Pulp of Fruit

Generate fluids

Dosing -- Pulp/juice in concentration is a therapeutic dose. (eg. 3 oranges)

Fruits in general treat external condition of wind; external pathogen

Treats wind cold, wind heat, wind damp

Wind is the precipitating factor of all disease (100 diseases); the character for wind has the character for worm. Fruit treats worms.

Warming – grow more slowly and more meaty and course

Cherries – too much can cause fever blisters, nosebleeds, swollen gums, but may be good for wind cold

Cooling – generally fruits that are more watery and not as compact and grow faster; softer watermelon – therapeutic dosage is easier to juice to treat a wind heat condition– may cause diarrhea, but you can then make a tea out of the peel to stop it.

For damp conditions – foods from dry or mountainous conditions can help dampness. Often things that grow predominantly in the summer time.

Eg. Peaches/nectarines for someone with fungal infection with dampness. For heat conditions, think of more cooling fruits – melons (cantalope, honeydew). But you don't want something that is very sweet – so the white part close to the skin.

Candida/UTI – save the peels of melons and make teas from them to deal with the damp heat.

Long term consumption of fruits will create cold

Berries: sl warm, LR. generally nourish LR blood, bring to eyes; too much can irritate LR
Grapes: vines address wind; nourish blood to nourish uterus, aphrodisiac; nourish essence to benefit hair

Goji: nourish blood and build LR and eyes

Strawberries: descend wei qi of GI (n/v, diarrhea)

Blueberries: nourish blood, LR

Raspberries: good for uterine spasms

Blackberries: bi syndrome, inflammation in joints

Pit Fruits: blood circulation to skin, Raynaud's, wind heat, astringent

Peach: LU/HT; opens chest, expectorant, moves blood; anti parasitic

Nectarine: expectorant, promotes and regulates menstruation

Plum: promotes app, descends ST qi, spasms; pit for intestinal worms

Prunes: harmonizes ST/SP; root for pinworms

Cherries: bring blood to head (dizziness, vertigo)

Olives: HT; harmonizes M.J.

Dates: calm HT/shen; black more nourishing, red more moving

Tropical Fruits: sweet cold; don't eat if skin conditions and avoid if heat conditions b/c sweet and sticky and can trap heat

Banana: sweet cold; moistens LU/ST

Pineapple: sweet cold; generates fluids; steam to invigorate blood (eg sweet and sour dishes) for gyn issues

Mango: sweet cold; generates fluids esp LU yin; steamed moves blood like pineapple; pit for worms

Kiwi: sweet cold; ginseng fruit; helps enhance distribution of tonic plants to increase blood building; stimulates wei qi, tonifies qi

Pomegranate: sweet cold HT; calm shen, nourish blood, astringes yang (sour) and blood

Melons: sweet cooling

cantaloupe: SP/ST; kernels/seeds strong emetics; food stag; rinds diuretic; juice for blood stag and low platelets; outer skin for pimples

honeydew: kernels/seeds as above; flesh food for summerheat (as is rind); skin conditions

watermelon: SP/ST; clears summer heat, promote urination

papaya: SP/ST; softens hardness (acute conditions, like nodules); topically can use over nodules (pulverize)

Compact Fruits: metal, hold things together/releases

apples: sweet sour LU/ST, help expectorate, treats neurological conditions; good for digestion; sour ones for seizures/convulsions and to loosen/dissolve phlegm; sweet ones for stone lin (malic acid breaks down stones) and bone spurs and herniations

Pear: promotes urination. Asian Pear helps expectorate phlegm and moisten LI

Persimmon: moves stagnant fluids (Chinese/Korean kind) and breaks stag blood (Japanese)

Citrus Fruits: LU or SP/ST, sweet cool, expectorate phlegm and help cough (seeds esp), antiparasitic, aid digestion (esp peel)

Oranges: generates fluids, calms shen; peel expectorant. Tangerine peel promotes app; Clementine hybrid of orange/tangerine promotes BM; Tangelo hybrid of tangerine/grapefruit promotes urination and good for hangovers

Grapefruit: sweet sl sour; peel good for cough; pulp for reflux; flowers for dermatitis; leaf good for HT with onion and rubbed over area. Separate from meds that affect LR

Lemon/Lime: regulates qi and relieves cough. sour promotes expectoration. Lemon milder expectorant, but descends stronger to relieve cough

Vegetables: With vegetables, the organ affinities depend a lot on the dynamics of how the edible portion of the vegetable grows. For instance,

--Vegetables that grow upwards in an ascending nature and those that grow in stalks have affinity to the Liver, like asparagus, bamboo shoots, celery.

--Leafy: The vegetables with big leaves go to the Heart, like bok choy, Chinese broccoli, kale, spinach, etc. They have releasing/distributing properties.

spinach: (bitter, brings energy down to uterus; good for stagnation)

mustard greens: spicy travels up; bring blood up to LU, moves stag

--Cluster: Those that grow in bunches or that need to be peeled apart have strongest affinity to the Spleen and Stomach, like brussel sprouts, cauliflower, broccoli, cabbage, lettuce, artichoke, etc. Help conserve energy/build energy.

--Vegetables that grow on a horizontal plane or float associate with the Kidneys, like mushrooms and seaweeds.

--The rooty vegetables associate with the Lungs, especially the white ones like potato, turnip, radish, etc.

--Texture:

smooth: bigger impact on intestines/fu organs, eg spinach. Good for excesses like constipation

rough: more for deficiency; eg kale good for diarrhea, flatulence. Tones the bowel.

Root vegetables: generally sweet and cool; consolidating/drawing energy in for strengthening SP; too much causes damp/blood stasis

Carrots: LR/ST/SP; LR blood; boiling makes it more dispersing and cooling

Beets: LR/ST/SP

Radish: spicy sweet neutral SP/ST to LR; boiling cools it; good for Raynaud's; brings blood to exterior

Lotus: SP/ST to HT; stops bleeding; calms shen, strengthens SP/ST

Daikon: LU; tonify LU to diffuse; breaks qi stag; don't combine with qi tonics as it will disperse

Burdock: LU; detoxes; skin conditions; moves stagnation

Turnip: LU; fire toxins in colon; moves qi stag

Horseradish: spicy warm LU; mucolytic; promotes sweat

Rutabega: KI; moves fluid stag in KI; gout

Parsnip: SP/ST; good for convalescing; generate fluid and blood

Yam: SP; more moving than sweet potato; more ascending

Sweet potato: SP/ST; more nutritious than yam; builds more qi

Taro: SP/ST: breaks up stag; topically draws out toxins

Yucca: SP/ST: like taro draws out toxins

Mushrooms: KI. break up stagnation, fungal issues; leakages; build immune system

Onions,Chives,Leeks,Garlic: warming, lifts ying qi to LU; good for circulation, eg. raynaud's

scallions: spicy pungent LU/ST/SP; promote sweat, expectorate phlegm (help lymph)

onions: promotes sweat, over nasal region for congestion

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garlic: expectorant, anti-parasitic, detoxes, increases WBC
chives: spicy warm LR/ST/KI; warms KI/interior, invig blood, warms M.J. and treats constipation, good for bedwetting/incontinence
leeks: spicy warm ST/LR; invig blood upwards, good for facial paralysis
Chili: green stronger than red; improves circulation of blood to surface

Melons, Gourds, Squashes: sweet and sweeter as they cook:
melons clear heat, esp damp heat; some nourish yin. strengthens the SP as gets rid of excess sugar. bitter melon can treat skin conditions.
waxy melons/winter melons: smooth for moving bowels and bladder. good for constipation, UTIs

Leafy: moves mucous and phlegm

Compact: tubers, potatoes, cauliflower, broccoli
smooth: moving
rough: broccoli: binding/toning
juicy: (celery, fennel) benefit fluids
compact: more compact more it absorbs/dries fluids

Grains: most grains tend to affect the Spleen and Stomach and the Kidneys. The non-glutinous grains like rice, millet, quinoa, buckwheat and grits are even easier to digest and are recommended for those with digestive difficulties.

--Grains harmonize SP/ST. Considered neutral

Wheat: sweet cool

Quinoa: protein; sweet warm; builds back SP yang

Spelt: warming, some protein. good for cold in M.J. with sluggish digestion

Rice: sweet neutral, SP/ST/LU. easiest to digest of all grains. glutinous good for frequent sweating; non glutinous good for weak digestive system; wild rice more fiber and protein; purple rice calms shen; red rice for insomnia/nightmares; black rice good for mucous lining of skin/sinus: good for allergies and to replenish yin.

Corn: sweet neutral: benefits qi and regulates M.J., builds the center, good for constitution.

Barley: sweet cool SP/ST/LU/KI; drains damp

Millet: sweet salty sl cold SP/ST/KI: for inflammation (eg colitis, hepatitis, pancreatitis), wasting and thirsting, benefits qi

Buckwheat: high protein; moves stagnation and accumulations (incl blood), rebellious qi w/ n/v; undigested food in stool, vaginal discharge

Oats: sweet cooling ST/SP; heaviest of grains, helps feel full, good for peristalsis, clears ST fire, yin nourishing (but can cause damp)

Rye: sweet sl warm SP/ST; can easily get moldy and cause hallucinations; possible use for psych problems, helps consolidate leakages; ascends to head

Legumes tend to affect the Liver.

--When overburdened with hard to digest legumes like the larger beans, the Liver becomes stagnant and 'invades' the Spleen and Stomach creating gassiness and flatulence.

--Smaller legumes like lentils and peas are easier to digest.

--Lentils can be grouped according to their color. In addition to homing to the Liver, yellow lentils also go the Spleen and Stomach; black lentils to the Kidneys; green lentils strengthen the association with the Liver.

--Soybeans: sweet neutral LR/SP/KI; strengthens SP and tonifies qi (must be well cooked to not inhibit tripsin (digestive enzyme); nourish KI yin and essence; relaxes LR (mostly when fermented; if not fermented can irritate LR if there is pre-existing stagnation)

--Aduki (hong dou): sweet SP/ST/HT; nourishes blood; reduces damp (esp good if thick cloudy urine, pasty stool, thick saliva); strengthens SP; relaxes LR. soaking it releases the tannins to reduce allergic reactions

--Mung: cooling; clears summer heat damp; promotes urination; good for fevers and infectious diseases/detoxes

--Rice (chi xiao dou): sweet LR/SP/SI; powerful diuretic (eg edema); HT fire with insomnia, burning urination, UTIs, insomnia; tonifies SP; relaxes LR/GB (eg jaundice)

--Lentils: sweet cooling SP/ST; nourishes ST yin. Different colors can help describe distribution of ying to upper level eg green to LR, red to HT etc

--Peas: sweet neutral SP/ST; (including snow peas here which break up blood stag (has niacin), helps prevent cancers when juiced (eg leukemia, lymphoma); when roasted and salted (common snack in China) they move fluids/edema; nourish ST yin and breaks blood and yin stagnation

--Chick peas/Garbanzo beans: sweet warming SP/LU; strengthens SP to eliminate dampness; big bean so don't use with LR stag; hummus nourishes LU yin but too much can create phlegm

--Lima/Butter: SP/ST/LR; good for dizziness and not enough yang qi moving up to head; brings LR blood up ; mental clarity; requires long-term cooking (soak, boil, cook again)

--Fava: bian dou; sweet sl warm SP/ST; good for loss of app and fluid retention; treats prolapse; strengthens SP; difficult urination

Seeds are considered restorative.

--Seeds bring some connection to constitution to the level of blood. They are fatty foods that help to benefits conditions of the blood: liver and heart and spleen

--Seeds want to continue to germinate – more yang, more expansive.

To increase germination power, soak seeds. Seeds have enzyme inhibitors (yang - potential energy); soaking activates the yang.

--Emotionally, seeds can help people express/transport/germinate feelings; can affect brain chemistry

All nuts and seeds have associations to the Kidneys, especially the sesame (and especially black sesame), cashew, hazelnut, chestnut and walnut.

--Seeds more to KI

--Nuts more to LU (can treat cough, constipation, etc.)

--Pistachios, in addition to the Kidneys will go to the Heart;

--Brazil nuts to the Spleen and Stomach;

--Almonds to the Lungs.

Seeds and their milk nourish the kidneys: kidneys can only be deficient/never excess

--Kidneys: Sesame seeds, Sunflower, Pumpkin, Flax, Black, Aduki (good for cystitis, uti, kidney infection)

--Lungs: Sunflower, Watermelon

--Liver: Flax, Mung

--Heart: Poppy, Hemp, Chia, Lotus

--Spleen/Stomach: Pumpkin

--Sesame: sweet warming/neutral LR/KI; adaptogenic; nourishes essence and blood (helps GI build more blood; ob/gyn issues like fertility, etc.; extinguishes wind; goes to LR and head (premature aging/greying, loss of hearing, dizziness, brings blood to orifices); oil is a lubricant (constipation)

--Hemp: sweet neutral LU/LI/ST; cold if raw, warm if toasted; protects colon; nourishes fluids/mucosal linings (skin, GI tract, repairs ulcerations); C.I. with breastfeeding

--Pumpkin: SP/ST; promotes appetite, nourishes SP/ST; person with long history of GI problems (assimilation, digestion, elimination)(bloating, distention, pain after eating); parasites esp roundworms (esp if you include shells)

--Watermelon: cooling; moistens intestines and skin, generates fluids; promotes urination; good for detoxing; watermelon frost for cold sores/herpes outbreaks, swelling in gums

--Lotus: sweet cold SP/HT/KI; establishes HT/KI communication, trauma, astringent, anorexia and bulimia; represents idea of transformation and change and transportation. cook long time....

--Chia: cooling HT/LR; clears heat from HT and LR (LR can generate wind and irritation in sympathetic nervous system; generates fluids

--Flax: sweet neutral LR; upward energetic for dizziness, nourishes LR blood

--Sunflower: warming LU/ST; nourishes LU yin (which comes from ST yin); too much creates phlegm; warming seeds move up toward the sun: eat in small amounts; topically for atrophy, numbness, Raynoud's, etc.

Nuts: Greater affect on LU: represent the outer bladder line (emotions, identity, resources)

--LU: external; more yang of yin elements

--KI: internal; more yin or yin elements

Affects emotional state; transformative capacity

--Lungs: Almonds, Pine, Peanut

--Kidneys: Walnuts, Chestnuts, Cashews (fruit of the KI; good for waist; good for ears)

--Liver: Hazelnut (yin), Pecan

--Heart: Pistachio

--Spleen/Stomach: Brazil, Macadamia, Peanut (helps with lactation and milk flow)

--Almonds: neutral LU/LI/SP; helps let go, cough/wheezing; descends for constip; moistens; affects skin; coughing: major for sadness/grief (contains amygdalin and basic drives..)

--Pine: sweet sl warm sl bitter LU/LI/KI: constitution (fertility, reproduction, urogenital); cough/wheezing; hot bi and fire toxins (roasted/toasted); constipation with gas; antioxidant and good for inflammation

--Walnut: sweet warm sl astringent LU/KI(LR); warms LU and descends LU qi (and goes to KI: low back pain, weak knees, frequent urination); moistens intestines and moves bowels; topically for eczema

--Chestnut: astringent SP/ST/KI; strengthens SP/ST and helps digest fat; lifts KI; stops leakages; promotes fertility; topical to stop bleeding; throat bi

--Peanut: sweet neutral LU/SP: used postpartum with pigs knuckle, eggs, ginger and vinegar; strengthens SP and promotes appetite; moistens LU; promotes lactation; stops bleeding (good for hemophilia as improves clotting time)

--Pistachio: sweet salty sl warm LR/HT; opens HT, invig blood and nourish blood, brightens eyes

--Cashew: sweet neutral LU/KI; low back pain; moistens LU; cons tip; nourish KI

--Macadamia: sweet cool LU/KI; moistens LU and strengthens LU qi, nourish yin and support marrow and curious bowels; dry skin

--Brazil: sweet neural LU/KI; curious organ impact (brain/uterus/marrow); breast swellings; moistens intestines and LU

--Hazelnut: sweet cool SP/ST; promote urination and appetite; strengthen SP/ST; relation to curious organs: has ingredient similar to Taxol (used for breast cancer) on its shell and potential chemotherapeutic agent.

--Coconut: sweet cool SP/HT; enriches blood; calms shen; good for bones and curious organs; yin nourishing (more ST than LU); contains selenium, magnesium and essential amino acids;

Meats: In general, meats are yang in nature, meaning they have a thermal quality that increases the internal heat or yang energy of the body.

--The nature of the animal, however, changes which organ system and quality it associates with. For example, reptilian meat like alligator tail or the like is the least warming and nourishes the Spleen and Stomach. As we reach the mammals, the meat becomes more thermal.

--Beef is very warming and nourishes the Spleen and Heart, qi and blood, as does lamb which does so to an even larger degree.

--Lean pork is generally used for convalescing in Chinese culture as it nourishes the digestive system and blood. Also nourishes KI yin

--Bird meat has a different quality as in birds the front legs of mammals is replaced by wings which completely alters its energetics. This results in a focus on the Heart and Lung systems.

--Chicken tonifies SP/ST and nourishes blood; in general produces a lot of phlegm, especially if not organic

--Eggs: yolk warming; white cooling

--Turkey: very yang; tonifies HT qi; bi syndrome from deficient qi. Very drying.

--Duck: strengthens LU/KI; promotes urination; nourishes yin and breaks up yin stasis. Very yang, C.I. with inflammation/heat

Fish: Those with no legs like mussels, clams and oysters have the strongest association to the Kidneys; fish that live deeper in the oceans tend to be able to survive in colder temperatures and tend to have a warming effect on us.

--Fresh water fish have a greater association to the Lung system.

--Shellfish - animals that live in the sea (Kidney). They are high in cholesterol, the building blocks of hormones (good for hormone deficiency). They can effect jing, yuan qi, aging, bones, marrow, core anatomy. Shellfish can come from fresh or salt water.

--Secures Essence - prevents leakage of essence

--Tonifies Yin and Yang – can be an aphrodisiac.

To add yang – roast or bake

--Alkalize blood to reduce HBP - high concentrations of zinc and calcium

--Softens hardness and breaks up calcifications – salty

--Shellfish with legs “breaks up” better

--Fresh water more softening.

--Eel: sweet cold LU; slows down pathology; promotes latency; builds yin and blood; clears heat

--Catfish: descends yang; detoxing; promotes lactation

--Anchovies: tonify LU qi

--Salmon: tonifies HT blood; good for neurological conditions; C.I. in respiratory issues with too much phlegm

--Sardines: tonify KI yang; weakness of lower limbs

--Tuna: dry; transforms damp

--Cod: generates ST yin; moistens LI

--Flounder: strengthens SP/ST; drains damp (UTI, prostatitis)

--Swordfish: stops bleeding; parasites, mental issues (ghosts)

--Talapia: nourishes LR blood

--Mahi Mahi: builds ST yin; good for ulcers and burning in ST

--Shrimp: sweet warm; tonify KI yang; wine processed for HT; promotes lactation; encourage eruption of skin conditions

--Crab: very yang (when baked becomes cooling and rids d-h); tonifies KI yang, invigorates blood; shell mends bones; topically shell for skin issues and sitz bath for leukorrhea/candida; bake crab and use shell for breast cancer

--Lobster: tonifies KI yang; claws generate wind (caution)

--Clams: sweet cold LR/KI; clear heat and detox LR, nourish LR blood

--Mussels and Oysters: sweet salty cold LR/KI; KI jing

--Scallops: bring yin back to LU

--Squid and Octopus: nourish yin and extinguish wind