

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 14

- Chinese Nutrition: Applying Dietary Therapy
- Chinese Nutrition by Food Group
- Medicinal Actions of Food

Applying Dietary Therapy

From *The Chinese Way to Healing: Many Paths to Wholeness*



Dietary therapy provides a powerful tool for correcting disharmonies and is used in conjunction with acupuncture, herbal therapy and Qi Gong to restore balance to the Essential Substances, Organ Systems and channels. Generally, diet therapy can help sedate Excess, tonify Deficiencies, cool off Heat problems, warm up Cold problems, moisten dry problems and dry up Excess Dampness. Symptoms describe what you feel when you are not well. Signs are the manifestations of disharmony that guide Chinese medicine practitioners when identifying and diagnosing particular imbalances.

To Treat Deficient Qi

Symptoms include lethargy, loose stools, fatigue, weakness, decreased appetite, shortness of breath, and occasionally, cold extremities and frequent urination.

Signs that your Chinese medicine practitioner will look for include a thin, weak pulse and a tongue that is pale and possibly swollen.

Western diagnoses: Chronic fatigue, asthma, or urinary incontinence.

Your diet should contain the following

Yes. Half of total calories should come from grains and legumes, a third from vegetables, about 15 percent from meats, but to avoid taxing digestion or building mucus, eat only two to three ounces per serving. Five percent of total calories should come from dairy.

Recommended foods include rice or barley broth, garlic, leeks, string beans, sunflower seeds, sesame seeds and carrots.

No. Raw food, salads, fruits, and juices in excess.

To Treat Cold Symptoms with Deficient Qi

Eat dried ginger, cinnamon bark, and chicken's eggs. Do not take ginseng without a doctor's advice.

To Treat Deficiency Spleen Qi

Symptoms include lack of appetite, bloating, loose stool, and fatigue.

Signs that your Chinese medicine practitioner will look for include a weak pulse and a pale, soft tongue with thin, white fur.

Western diagnoses: diarrhea, gastric or duodenal ulcers, anemia, or even chronic hepatitis.

Your diet should contain the following

Yes. Cooked, warming foods such as squash, carrots, potatoes, yams, rutabagas, turnips, leeks, onions, rice, oats, butter, small amounts of chicken, turkey, mutton or beef, cooked peaches, cherries, strawberries, figs, cardamon, ginger, cinnamon, nutmeg, black pepper, custards, small amounts of honey, molasses, maple syrup and sugar. Food should be well chewed and eaten in moderate amounts.

No. Salsa, citrus, too much salt, tofu, millet, buckwheat, milk, cheese, seaweed, and excess sugar.

Dietary Guidelines for Loose Stools

For Spleen/Stomach Qi and Yang Deficiencies		For Food Poisoning
Digestive tonics: Warm and cooked foods and moderate-sized meals Congees and soups (not cream-based) White rice Black tea Cinnamon tea Barley Ginger tea	Flora-enhancing foods: Miso Acidophilus Foods to avoid: Raw and cold foods Spicy foods Coffee Dairy Fats and oils	After sickness subsides... Flora-enhancing foods: Alfalfa greens Kefir Miso Sauerkraut Wheatgrass Yogurt Note: If loose stools continue, follow Spleen/Stomach Deficiency Guidelines.

To Treat Deficiency Spleen Qi Leading to Deficiency Yang

If Deficient Spleen Qi is not treated early, the body becomes ever more depleted. The Qi cannot be replenished through what you eat and drink. Eventually, a more serious Yang Deficiency develops.

Symptoms include aversion to the cold, a craving for warm drinks, and chilled fingers, toes, ears and nose tip.

Signs that your Chinese medicine practitioner will look for include a slow, thready pulse and a tongue that is moist and pale with indentations on the side.

Western diagnoses: swelling, gastritis, enteritis, kidney disease and colitis.

Your diet should follow the guides for Deficient Spleen Qi, and the following.

No. Raw or chilled foods or those that are hard to digest, such as fatty foods, raw broccoli and milk. They exhaust the digestive fire.

To Treat Dampness Associated with Spleen Qi Deficiency

This is a complicated case of Excess and Deficiency.

Symptoms include headaches, watery stools and queasy stomach.

Signs that your Chinese medicine practitioner will look for include a slippery pulse, tongue fur that is thick and greasy and a tongue body that is swollen with tooth marks along the sides.

Western diagnoses: hepatitis, dysentery, or gastroenteritis.

Your diet should include the same foods that are recommended to treat Deficient Spleen Qi and the following.

Yes. Foods that drain excess dampness such as barley, corn, adzuki beans, garlic, mushrooms, mustard greens, chicken, alfalfa, shrimp, scallions and rye.

No. Too much red meat, salt, or sugar. Also stay away from foods that produce damp, such as dairy, pork, shark meat, eggs, sardines, octopus, coconut milk, cucumber, duck, goose, seaweed, olives, soybeans, tofu, spinach, pine nuts and alcohol.

Dietary Guidelines for Fatigue and Lethargy

Fatigue and Lethargy can stem from Deficiency, Xue Deficiency, Yang Deficiency, Dampness and Qi Stagnation. To remedy fatigue caused by Qi Deficiency eat foods that tonify Qi and increase energy.

- Cooked and warm foods
- Frequent, small meals
- Sweet foods (not with sugar, but those designated on the food list)
- Cooked, yellow vegetables
- Small amounts of chicken or turkey, especially in soups
- Warming spices such as dried ginger and cinnamon (except with Xue Deficiency)
- Avoid cold or cooling foods and tofu, milk, cheese, and liquids with meals and excess sweet foods

To remedy fatigue caused by Liver Qi Stagnation, eat foods that move Stagnant Qi and motivate stuck energy.

- Chicken livers
- Kelp
- Nori
- Eggplant
- Saffron
- Avoid alcohol, fatty foods, food additives, unnecessary medicines and overindulgence in sweets
- Avoid chicken and turkey
- Spicy foods in small amounts motivate the Qi, but excessive use of spices creates more stagnation.

To Treat Spleen Qi Deficiency with Damp Cold

Symptoms include water retention, puffiness, a cold feeling, mild nausea, trouble breathing, watery stools and clear, frequent urine.

Signs that your Chinese medicine practitioner will look for include a pulse that is weak and slippery or soft and slow and a tongue that is pale with teeth marks on the sides.

Western diagnoses: edema, parasites, ulcers, or Crohn's disease.

Your diet should contain the following

Yes. Grains and legumes equaling 65 percent of total calorie intake. Around a quarter of your diet should be vegetables. Eat only 10 percent red and white meat-no more than twenty-five ounces a week.

No. Raw food, fruits, sugar and dairy products.

To Treat Spleen Qi Deficiency with Damp Heat

Symptoms include a hot and heavy feeling, fever, nausea, costal or abdominal pain, labored breathing and diarrhea.

Signs that your Chinese medicine practitioner will look for include a weak and slippery or soft pulse that's rapid and a tongue that's swollen and reddish.

Western diagnoses: colitis, acute hepatitis, or Crohn's disease.

Your diet should contain the following

Yes. Grains and legumes equaling 70 percent of calories; cooked vegetables, 30 percent; and white meats, 5 percent-not more than twelve ounces a week. An occasional salad is suggested.

No. Red meat, raw vegetables, fruit juices and dairy products.

To Treat Upward Movement of Qi and Mucus

This condition is the result of several underlying disharmonies that, only when added together, create symptoms. First, the stresses and strains of daily life coincide with a stressful diet of sugar, caffeine, and alcohol or drugs. This exhausts the Kidney Fire (in the Lower Burner) and digestion (Middle Burner) becomes sluggish. Mucus builds up. Simultaneously, stress triggers an elevation in Liver Yang. Negative emotions make the Liver energy rise upward. Qi and fluid from the Lungs rises and becomes rebellious, uncontrolled, and erratic. This combines with the excess mucus production.

Symptoms include sexual problems, cold extremities, low back pain, susceptibility to every passing cold or flu, joint pain, fear, **Anxiety** and impatience.

Signs: Your Chinese medicine practitioner will look for various manifestations, but whatever else is present, there are always the signs of weak Spleen, Kidney and Stomach Systems.

Western diagnoses: sinus allergies, watery eyes, skin rashes, sinus headaches, or chronic cough.

Your diet should include the following

Yes. Cooked foods, rice, mung beans, sweet rice congee, adzuki beans, mustard greens and vegetable broth-based vegetable soups.

No. Sugar, coffee, alcohol, citrus, dairy, soy, all raw, iced, or chilled foods and all energetically cool and cold food.

To Treat Excess Heat

Symptoms include warm or hot extremities, sweatiness, acne or boils, decreased bowel movements, a loud voice, irritability and feeling hot.

Signs that your Chinese medicine practitioner will look for include rapid, full pulse and a tongue that is red and may have a yellow coating.

Western diagnoses: skin disorders accompanied by redness; digestive difficulties; chronic constipation; manic behavior; and/or headaches.

Your diet should contain the following

Yes. Almost half of your total calories should be grains and legumes. A third should be from raw and cooked vegetables. About 20 percent should be from juices and fruits.

No. Frozen or icy foods and chicken. Eat only minimal amounts of meat, sugar and dairy products.

Dietary Guide for Constipation Caused by Dryness

Foods That Lubricate Bowels		Foods That Promote Bowel Movement	Flora-Enhancing Foods
Alfalfa sprouts	Apples	Asparagus	Alfalfa
Apricot	Bananas	Bran	Greens
Beets	Carrots	Cabbage	Kefir
Cauliflower	Honey	Coconut	Miso
Oil	Okra	Fig	Sauerkraut
Peaches	Pears	Papaya	Wheatgrass
Pine nuts	Prunes	Peas	Yogurt
Seaweed	Sesame seeds	Potato	
Soy products	Spinach		
Walnut	Wheat		

To Treat Stagnation of Liver Qi

Symptoms include tenderness in rib cage, nausea, premenstrual lability, irritability and swollen breasts and abdomen.

Signs that your Chinese medicine practitioner will look for include a wiry pulse and a tongue that is dusky or purplish.

Western diagnoses: alcohol abuse, type A personality, fibrocystic breasts, swelling or lumps in groin or breasts, goiter, PMS, menstrual irregularities, or headaches.

Your diet should include the following

Yes. Liver-sedating foods such as beef, chicken livers, celery, kelp, mussels, nori, plums and amazake, a fermented rice drink. Also recommended are foods that regulate or move Qi such as basil, bay leaves, beets, black pepper, cabbage, coconut milk, garlic, ginger, leeks, peaches, scallions and rosemary.

No. Alcohol, coffee, fatty foods, fried foods, excessively spicy foods, heavy red meat, sugar and sweets.

To Treat Fluid Dryness

Symptoms include dry throat, dizziness, emaciation, spontaneous sweating and shortness of breath. Other symptoms vary depending on whether the underlying syndrome is Xue Deficiency or Yin Deficiency.

Signs that your Chinese medicine practitioner will look for include a pulse that is fine, halting, or hollow and weak and a tongue that is uncoated and pink.

Western diagnoses: Type II diabetes or chronic constipation.

Your diet should include the following

Yes. Dairy products, most non-citrus fruits, honey, pork, liver congee, tofu, olive oil, peanut oil and sesame oil. For Kidney Yin Deficiency, eat kidney congee and liver congee. See Xue Deficiency and Yin Deficiency for additional guidelines.

No. Raw fruits and vegetables, cold foods, caffeine, purgative herbs and medicines and alcohol.

To Treat Xue Deficiency

Symptoms include dizziness, low weight, blurred vision, tingling toes or fingers, dry skin or hair and a pale, lusterless face. The symptoms vary depending on the relative Xue Deficiency in a specific Organ System.

Signs that your Chinese medicine practitioner will look for include a thready pulse and a pale tongue.

Western diagnoses: anemia, headaches, Anxiety, nervousness and a lack of or painful monthly periods.

Your diet should include the following

Yes. Oysters, sweet rice, liver, chicken soup, Dang Gui Chicken (see recipe in this book), eggs and green beans.

No. Raw fruit and vegetables, cold liquids and ice.

To Treat Stagnant Xue

Stagnant Xue results from a traumatic injury or as a manifestation of gynecological imbalances.

Symptoms include missed periods, excessive clotting with period, fixed, painful lumps, dry skin and lips, thirst, easily chilled extremities and constipation.

Signs that your Chinese medicine practitioner will look for include a choppy pulse and a tongue that is purple and may have purple spots on the sides.

Western diagnoses: endometriosis, menstrual cramps, PID, fibroids, bruising and fixed pain.

Your diet should include the following

Yes. A small amount of chives, cayenne, eggplant, saffron, safflower, basil, brown sugar and chestnuts to improve Xue circulation. Turmeric, adzuki beans, rice, spearmint, chives, garlic, vinegar, basil, scallion, leeks, ginger, chestnut, rosemary, cayenne, nutmeg, kohlrabi, eggplant and white pepper to disperse Stagnant Xue. Rice, trout, small amounts of chicken and chicken liver to strengthen the Stomach/Spleen System to promote sufficient production of Xue.

Mussels, wheat germ, and millet to build Yin, which strengthens Xue.

No. Duck, alcohol, fatty foods and sweets. If you are cold, avoid citrus fruits and tomatoes.

Chinese Nutrition by Food Group

Chinese nutrition is the tasty counterpart to Chinese herbology. The only significant difference between the two is that the nutrition tends to be more appetizing than the herbal tea formulas. The basis for therapeutic qualities is exactly the same. On the last pages we take a look at a list of desired results of food remedies, followed by the foods that will provide these therapeutics.

<p style="text-align: center;">Meats</p> <ul style="list-style-type: none"> • Meats • Poultry <p style="text-align: center;">Dairy</p> <ul style="list-style-type: none"> • Dairy • Eggs <p style="text-align: center;">Grains</p> <ul style="list-style-type: none"> • Grains • Legumes • Seeds 	<p style="text-align: center;">Fruit</p> <ul style="list-style-type: none"> • Fruit of a Warm nature • Fruit of a Neutral nature • Fruit of a Cool nature <p style="text-align: center;">Vegetables</p> <ul style="list-style-type: none"> • Vegetables with a Warm nature • Vegetables with a Neutral nature • Vegetables with a Cool Nature <p style="text-align: center;">Spices and Herbs</p> <p style="text-align: center;">Miscellaneous Foods</p>
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MEATS

Five element differentiation

Wood-chicken

Fire-lamb

Earth-cow

Metal-horse

Water-pig

Beef:	neutral, sweet, Sp & St Qi & Blood Tonic
Lamb:	warm, sweet, Sp, Ki, Qi Tonic, Warms Interior
Ham:	warm, salty, Sp Qi Tonic, Produces fluids, subdues Reb. Qi
Pork:	neutral, sweet & salty, Sp, St, Ki, Lubricates dryness (Ni: sl. cold)

POULTRY

Duck:	neutral, sweet & salty, Lu, Ki, Facilitates water passage, reduces, swellings
Chicken:	warm, sweet, Sp, St, Qi Tonic, Warms Interior

EGGS

Chicken egg:	neutral, sweet, Blood tonic, lubricates dryness
Egg white:	cool, sweet, detoxifies, lubricates Lu, cools hot sensations, benefits throat
Egg yolk:	neutral, sweet, Ht & Ki, blood tonic, lubricates dryness
Eggshell:	checks gastric acid, arrests bleeding

DAIRY

Milk:	neutral, sweet, Ht, Lu, St, Lu & St tonic, produces fluids & lubricates the intestines
Butter:	warm, sweet, Yang, Qi & Blood tonic, circulates blood

SEAFOOD

Shrimp:	warm, sweet, Kidney Yang tonic
Eel:	warm, sweet, Liv, Sp, Ki, Qi tonic, treats Bi syndrome, strengthens bone
Mussel:	warm, salty, Liv & Ki Qi tonic, treats simple goiter
Abalone:	neutral, sweet & salty, detoxifies, sharpens vision
Shark:	neutral, sweet & salty, Sp, Tonifies Qi, Blood, & Yin lubricates dryness, reduces swelling, tonifies 5 Zang
Carp:	neutral, sweet, Sp & St, facilitates water passage, promotes milk secretion, heals swelling
Cuttlefish:	neutral, salty, Liv & Ki, Blood tonic, sharpens vision
Oyster:	neutral, sweet & salty, Blood tonic
Oyster shell:	cool, salty, Liv & Ki, stops sweating, astringes Jing, softens hardness
Saltwater clam:	cold, salty, St, promotes water passage, eliminates phlegm, softens hardness
Freshwater clam:	cold, sweet & salty, Liv & Ki, detoxifies, sharpens vision
Crab:	cold, salty, Liv & St, activates blood, cools heat sensations facilitates recovery of dislocations
Kelp:	cold, salty, St, softens hardness, facilitates water passage
Seaweed:	cold, salty, softens hardness, eliminates phlegm, promotes water passage

GRAINS

Five element differentiation

Wood-wheat

Fire-corn

Earth-grain

Metal-rice

Water-bean

Glutinous rice:	warm, sweet, Sp, St, Lu, Sp Qi tonic
Malt:	sl. warm, sweet, Sp & St, promotes digestion
White rice:	neutral, sweet, Sp & St, Sp Qi tonic
Rice bran:	neutral, sweet & pungent, St, LI, descends energy
Rye:	neutral, bitter, dries dampness, diuretic
Whole wheat:	cool, sweet, Ht, Sp, Ki, Ht & Ki tonic
Wheat bran:	cool, sweet, St, cools St Fire,
Buckwheat:	cool, sweet, LI, St, Sp, Qi & Blood tonic, clears Heat sedates Yang,
Job's Tears:	cool, sweet, Sp, Lu Ki, detoxifies, Sp & Lu Qi tonic, diuretic
Barley:	cool, sweet & salty, Sp & St, regulates St, expands intestines, promotes urination
Millet:	cool, sweet & salty, St, Sp, Ki, Qi & Blood tonic, clears heat, lubricates dryness, Tonifies Yin, benefits digestion detoxifies

LEGUMES

Soybean Oil:	hot, pungent & sweet, lubricates intestines Sword bean: warm, sweet, Ki, St & LI: warms interior, tonifies Ki, descends Reb Qi.
String bean:	neutral, sweet, Sp & Ki, Qi, Blood & Yin tonic
Yellow soybean:	neutral, sweet, Sp & LI, Qi tonic, lubricates dryness, eliminates edema
Black soybean:	neutral, sweet, Sp & Ki, circulates Blood & fluids treats Bi syndrome, detoxifies
Corn:	neutral, sweet, LI & St, Qi & Blood tonic, diuretic
Hyacinth bean:	neutral, sweet, Sp & St, Qi tonic, eliminates edema
Broad bean:	neutral, sweet, Sp & St, Qi tonic, eliminates edema
Peas:	neutral, sweet, Sp & St, Qi & Blood tonic, descends Reb Qi, diuretic, induces bowel movements
Kidney bean:	neutral, sweet & bland, diuretic, heals swellings
Adzuki bean:	neutral, sweet & sour, Ht & SI, diuretic, heals swellings, detoxifies
Castor bean:	neutral, sweet & pungent, Lu & LI, detoxifies & heals swellings, induces bowel movements
Mung bean:	cool, sweet, Ht & St, detoxifies, clears heat, diuretic
Soybean:	cool, sweet, LI & Sp, Qi & Blood tonic, clears Heat, lubricates dryness, eliminates edema
Tofu:	cool, sweet, Sp, St, LI, Qi tonic, produces fluids, lubricates dryness, detoxifies

NUTS

Walnut:	warm, sweet, Ki & Lu, Ki tonic, lubricates intestines, astringes Jing
Chestnut:	warm sweet, Sp, St & Ki tonic, circulates Blood & stops bleeding
Peanut:	neutral, sweet, Sp & Lu, Qi & Blood tonic, lubricates Lu, harmonizes stomach
Peanut Oil:	neutral, sweet, Qi & Blood tonic, lubricates intestines, pushes accumulations downward
Almond:	neutral, sweet, Lu, Qi & Blood tonic, lubricates Lu, relieves cough, transforms phlegm, lowers Reb Qi

SEEDS

Cottonseed:	hot, pungent, Sp & Ki, Sp & Ki tonic, arrests bleeding, stops Sp Qi sinking
Sunflower seed:	warm & neutral, sweet & bland, Liv & LI, stops diarrhea, facilitates eruption of measles, subdue Liv
Pinenut:	warm, sweet, Lu, LI & Liv, lubricates Lu & LI, stops cough, Qi, Yang & Blood tonic, promotes fluids, moves Stagnant Blood, expels cold & wind
Dill seed:	warm, pungent, Sp & Ki, Qi & Yang tonic, moves Stagnant Blood, regulates Qi, expels cold
Fennel seed:	warm, pungent, St, UB & Ki, Qi & Yang tonic, moves Stagnant Blood, regulates Qi, expels cold, harmonizes St
Bitter apricot seed:	warm, pungent & bitter, toxic, Lu & LI, stops cough, relieves asthma, lubricates intestines
Sweet apricot seed:	warm, pungent & sweet, Lu, LI, Sp, Sp Qi tonic, lubricates intestines, stops cough
Sesame seed:	sl. warm, sweet, Liv & Ki tonic, lubricates intestines, "blackens" gray hair, general tonic
Black sesame seed:	neutral, sweet, Liv & Ki tonic
Cherry seed:	neutral, bitter & pungent, LI, promotes measles eruption, detoxifies
Lotus seed:	neutral, sweet & harsh, Sp, Ht & Ki tonic, Qi & Blood tonic, constricts the intestines
Sesame oil:	cool, sweet, St, detoxifies, lubricates dryness, promotes bowel movements, produces muscles

FRUIT

Warm

Guava:	warm, sweet, (St & LI) obstructive & constrictive, stops diarrhea & bleeding
Chinese Date (red & black):	warm, sweet, Sp & St, Qi & Blood tonic, produces fluids, detoxifies,
Longan (Long Yan/Dragon's Eyes):	warm, sweet, Sp & Ht, Yang, Qi & Blood tonic, removes Blood Stag., calms Shen
Coconut milk & meat:	warm, sweet, produce fluids, promote urination, kills intestinal worms
Peach:	warm, sweet & sour, (Lu & LI), activates Blood, Qi, Blood & Yang tonic, produces fluid, lubricates intestines, stops cough, expels cold
Raspberry:	warm, sweet & sour, Liv & Ki, Liv & Ki tonic, controls urination, astringes Jing
Litchi:	warm, sweet & sour, Sp & Liv, Yang, Qi & Blood tonic, Regulates Qi & Blood, soothes Liv & calms Shen
Cherry:	warm, sweet & harsh: Qi, Yang, & Blood tonic, activates Qi & Blood, expels Cold, Wind, & Damp
Kumquat:	warm, pungent, sweet & sour, (Lu & Sp), circulates Qi, relieves cough, transforms Phlegm
Dried Mandarin orange peel:	warm, pungent & bitter, Sp & Lu, regulates Qi, dries dampness, transforms Phlegm
Hawthorn Fruit:	sl. warm, sweet & sour, Sp, St & Liv, harmonizes Middle Jiao, removes Qi, Blood & Food Stagnation (esp. meat), expels tapeworms

Neutral

Papaya:	neutral, sweet, (Sp, St, Lu & LI), promotes digestion, destroys intestinal worms, lubricates Lu, stops cough
Figs:	neutral, sweet, Sp & LI, St tonic, detoxifies
Grape:	neutral, sweet & sour, Lu, Sp & Ki, Qi & Blood tonic, strengthens tendons & bones, promotes urination
Crab apple:	neutral, sweet & sour, Ht, Liv & Lu, quenches thirst, stops diarrhea, astringes Jing
Olive:	neutral, sweet & sour, Lu & St, Qi & Blood tonic, clears Lu, benefits throat, produces fluids, detoxifies
Loquat:	neutral, (sweet & sl. bitter),(Lu, St & Liv), lubricates dryness, harmonizes St & soothes Liv, descends Reb. Qi, stops cough
Apricot:	neutral, sweet & sour, Lu, lubricates Lu, produces fluids
Pineapple:	neutral, sweet & sour, Qi & Blood tonic, promotes urination & digestion, quenches thirst, stops diarrhea, clears Summer Heat
Plum:	neutral, sweet & sour, Liv & Ki, produces fluids, promotes digestion & urination, soothes the Liv
Sour Plum:	neutral, ex. sour, Liv, produces fluids, destroys worms

Cool

Lemon:	cool, ex. sour, promotes fluids, harmonizes St, relieves thirst
Mango:	cool, sweet & sour, (St & Lu), Qi & Blood tonic, benefits St, relieves vomiting, quenches thirst, diuretic
Mandarin Orange:	cool, sweet & sour, (Lu), diuretic, lubricates Lu, relieves cough, transforms Phlegm
Apple:	cool, sweet & sour, Lu & St, produces fluids, lubricates Lu, promotes digestion, relieves intoxication
Strawberry:	cool, sweet & sour, Lu & Sp, lubricates Lu, produces fluids, detoxifies alcohol
Pear:	cool, sweet & sl. sour, Lu & St, produces fluids, lubricates dryness, transforms phlegm, clears Heat
Persimmon:	cold, sweet, Ht, SI, Lu (& Sp), Qi, Blood & Yin tonic, quenches thirst, lubricates Lu, benefits Sp, clears Heat
Watermelon:	cold, sweet, Ht, St & UB, promotes urination, lubricates intestines, quenches thirst, clears Summer Heat, detoxifies
Banana:	cold, sweet, lubricates intestine, detoxifies
Grapefruit:	cold, sweet & sour, (St & Sp) harmonizes Middle Jiao, circulates Qi, detoxifies alcohol.
Star Fruit (Carambola):	cold, sweet & sour, (St, Ki & UB) clears Heat, produces fluids, promotes urination(treats stone Lin), detoxifies
Muskmelon:	cold, sweet, Ht & St, clears Heat, quenches thirst, promotes urination,

VEGETABLES

Warm

Leek:	warm, pungent, Liv & Lu, Qi & Yang tonic, regulates Qi, removes Blood Stagnation, expels Cold, sedates Yin, clears St Fire
Scallions:	warm, pungent, Lu & St, Assists Yang, tonifies & regulates Qi, clears Heat, sedates Yang, dries Damp, diuretic, removes Blood stagnation, expels Cold
Mustard Greens:	warm, pungent, Lu, Qi & Yang Tonic, circulates Qi & Blood, expels cold, sedates Yin, expands Lu, transforms Phlegm
Squash:	warm sweet, Sp & St, Qi, Yang & Blood tonic, circulates Blood, heals inflammation, relieves pain

Neutral

Chinese cabbage:	neutral, sweet, St & LI, promotes digestion & urination, tonifies Ki & Brain.
Carrot:	neutral, sweet, Lu & St, Sp Qi tonic, dries dampness & Phlegm
Corn:	neutral, sweet, St & LI, Qi & Blood tonic, regulates Middle Jiao stimulates appetite, diuretic
Black Fungus:	neutral, sweet, St & LI, Qi & Blood tonic, cools Blood, stops bleeding
White Fungus:	neutral, sweet, Lu, Yin tonic, produces fluids, lubricates Lu
Pumpkin:	neutral, sweet, (Lu & Sp), Qi & Blood tonic, dries Damp, diaphoretic
Potato:	neutral, sweet, Sp, Sp Qi tonic, heals inflammation
Sweet Potato:	neutral, sweet, Lu, Sp & Ki, Qi, Blood & Yin tonic, benefits Kidneys, astringes Jing
Shiitake Mushroom:	neutral, sweet, St, Qi & Blood tonic, benefits St
Celery:	neutral, sweet bitter, St & Liv, Qi & Blood tonic, clears Heat, sedates Yang, dries Damp, calms Liver, expels Wind
Taro:	neutral, sweet & pungent, St & LI, Qi, Yang & Blood tonic, circulates Qi & Blood, clears Heat, reduces swellings
Turnip:	neutral, sweet, pungent, bitter, Qi, Yang & Blood tonic, circulates Qi & Blood, clears Heat & Yang, dries Damp, diaphoretic, lowers Reb. Qi, detoxifies Yin tonic, clears Heat & Fire, dries Damp, clears Lu, lubricates Dryness, diaphoretic

Cool

Alfalfa sprouts:	cool, bitter, St & Sp, benefits St & Sp, dispels Damp-ness, lubricates intestines
Asparagus:	cool, sweet & bitter, Lu & Ki, Qi, Blood & Yin tonic, clears Heat & Fire, dries Damp, lubricates Dryness, clears Lu, diaphoretic
Lettuce (Iceberg):	cool, bitter & sweet, St & LI, Qi & Blood tonic, clears Heat & Yang, dries Dampness & diuretic, aids lactation
Cucumber:	cool, sweet, Sp, St & LI, clears Heat Yang, & detoxifies, promotes urination & quenches thirst
Eggplant:	cool, sweet, Sp, St & LI, Qi & Blood tonic, clears Heat & Yang, removes Blood Stagnation, relieves pain, heals swelling
Mushroom (button):	cool, sweet, Lu, LI, St & Sp, Qi & Blood tonic, clears Heat & Yang, calms Shen, stimulates appetite, regulates Qi, transforms Phlegm
Spinach:	cool, sweet, LI & SI, Qi & Blood tonic, clears Heat & Yang, hemostatic, lubricates Dryness
Winter Melon:	cool, sweet, Lu, LI, UB, & SI, detoxifies, diuretic, transforms Phlegm
Swiss Chard:	cool, sweet, Su, LI, Sp & St, Qi Y Blood tonic, clears Heat & Yang, detoxifies, hemostatic, relieves coagulations
Watercress:	cool, sweet & pungent, Lu & St, Qi, Yang & Blood tonic, circulates Qi & Blood, clears Heat & Yang, lubricates Lu, quenches thirst, diuretic
Radish:	cool, pungent & sweet, Lu & St, Qi, & Blood tonic, clears Heat & detoxifies, transforms Phlegm-Heat, lowers Reb. Qi
Bamboo shoot:	cold, sweet, Tonifies Qi, Blood & Yin, clears Heat, detoxifies (often used to balance warm energy of meat)
Kelp:	cold, salty, St & Sp, Yin tonic, clears Heat, lubricates Dryness, softens Hardness, promotes flow of Water
Lotus Root:	cold, sweet, Sp St & Ht, Qi, Blood & Yin tonic, cools Blood (when raw), stimulates appetite, produces muscles, relieves diarrhea (when cooked)
Water Chestnut:	cold, sweet, Lu & St, clears heat, Yin tonic, trans- forms Phlegm, diuretic
Lettuce (Romaine):	cold, bitter, LI & St, Qi & Blood tonic, clears Heat & Yang, dries Dampness, diuretic

SPICES & HERBS

Dried Ginger:	hot, pungent, Lu, St & Sp, Yang & Qi tonic, circulates Blood, warms Middle Jiao, opens the meridians
Pepper (black & white):	hot, pungent, St & LI, warms interior, descends Reb. Qi
Pepper (red & green):	hot, pungent, Ht & Sp, warms interior, harmonizes Middle Jiao, stimulates appetite
Cinnamon Bark:	hot, sweet & pungent, Sp, Ki, UB, diaphoretic, strengthens St, warms surface & interior
Fennel Seed:	warm, pungent, Ki, UB, St, Warms Interior, circulates Qi
Sweet Basil:	warm, pungent, Lu, LI, Sp, St, Qi & Yang tonic, circulates Qi & Blood, harmonizes St
Dill seed:	warm, pungent, Sp & Ki, Qi & Yang tonic, circulates Qi & Blood
Garlic:	warm, pungent, Sp, St & Lu, Qi & Yang tonic, circulates Qi & Blood, warms Middle Jiao, destroys worms
Clove:	warm, pungent, St, Sp & Ki, Yang tonic, warms Interior
Fresh Ginger:	warm, pungent, Lu, St & Sp, diaphoretic, Yang & Qi tonic, circulates Blood, transforms Phlegm, stops vomiting
Coriander:	warm pungent, Lu & Sp, diaphoretic, harmonizes Middle Jiao
Nutmeg:	warm pungent, Sp & LI, Qi & Yang tonic, warms Interior, circulates Blood, warms Middle Jiao, lowers Reb. Qi
Cinnamon Twig:	warm, pungent & sweet, UB, Ht, Lu, diaphoretic, warms Upper Jiao
Star Anise:	warm, pungent & sweet, Sp, Ki, Liv, Yang tonic, circulates Qi, harmonizes St, stops vomiting
Caraway Seed:	warm, sl. pungent, Ki & St, circulates Qi, descends Reb Qi
Spearmint:	warm, pungent & sweet, (Lu & Sp), diaphoretic, circulates Qi & Blood
Ginseng:	warm, sweet, & sl bitter, Sp, Lu (Ht), Qi tonic, produces fluids, calms Shen
Rosemary:	warm, pungent, (Lu, St), diaphoretic, activates Blood, strengthens St, calms Shen
Saffron:	neutral, sweet, Ht & Liv, circulates Qi & Blood, eliminates Blood Stagnation
Licorice:	neutral, sweet, Sp, St & Lu, lubricates lungs, detoxifies, moderates effects of other herbs
Peppermint:	cool, pungent, Lu & Liv, diaphoretic, regulates Qi & Blood
Marjoram:	cool, pungent, (Lu & Sp), diaphoretic, circulates Qi, drains dampness

Miscellaneous Foods

Brown sugar:	warm, sweet, Liv, Sp & St, Qi tonic, circulates blood
Vinegar:	warm, sour & bitter, Liv & St, disperses coagulations, detoxifies, arrest bleeding
Wine:	warm, sweet, bitter & pungent, Ht, Liv, Lu & St, promotes blood circulation, expels cold, speeds up effects of herbs
Coffee:	warm, sweet & bitter, Ht, Heart tonic, stimulant, diuretic
Molasses:	warm, sweet, Lu & Sp, Qi tonic, lubricates Lu, stops cough
White sugar:	neutral, sweet, Lu & Sp, lubricates Lu, produces fluids, Qi tonic
Honey:	neutral, sweet, Lu, Sp & LI, detoxifies, lubricates dryness, relieves pain
Tea:	sl cold, bitter, sweet, Ht, Lu & St, quenches thirst, promotes digestion & urination, awakens Shen
Salt:	cold, salty, St, Ki, SI & LI, detoxifies, clears Heat, lubricates dryness, Yin tonic

References:

1. The Tao of Nutrition, by Dr. Ni
2. Chinese System of Food Cures, by Henry Lu

Medicinal Actions of Food

From *Chinese System of Food Cures*, by Henry Lu and *The Tao of Nutrition*, by Dr. Ni

Chinese nutrition is the tasty counterpart to Chinese herbology. The only significant difference between the two is that the nutrition tends to be more appetizing than the herbal tea formulas.

The basis for therapeutic qualities is exactly the same. On the previous pages we took a look at energetics and therapeutic qualities categorized by the kind of food.

On this page we go the opposite direction. We begin with the desired results and then list the foods that are known to have the appropriate effect.

ACTIONS OF FOOD

ARREST BLEEDING:	black fungus, chestnut, Chicken eggshell, cottonseed, cuttlebone, guava, lotus plumule, spinach, vinegar
CALM SHEN:	licorice, lily flower
REDUCE STOMACH ACID:	chicken eggshell, cuttlebone
STOP PERSPIRATION:	oyster shell, peach
STOP URINATION:	raspberry
ASTRINGE JING:	lotus plumule, 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, chiveroot, crab, hawthorn fruit, saffron, vinegar
DISPERSE COLD:	ginger (fresh), wine
TRANSFORM PHEGM:	Chinese wax gourd, clam (saltwater), longevity fruit, pear, radish, sea grass seaweed
FACILITATE MEASLES ERUPTIONS:	cherry seed, coriander, sunflower seed
IMPROVE APPETITE:	green & red pepper, ham
INDUCE BOWEL MOVEMENT:	castor bean, sesame oil
INDUCE PERSPIRATION:	cinnamon twig, coriander, ginger, green onion, marjoram, rosemary
LUBRICATE DRYNESS:	bean curd, chicken egg & yolk, honey, maltose, mother's milk, pear, pork, sesame oil, spinach, sugar cane juice, yellow soy bean
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, 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 MILK SECRETION:	common carp, lettuce
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
QUENCH THIRST:	crab apple, cucumber, loquat, mango, muskmelon, persimmon, pineapple
REDUCE FEVER:	muskmelon, 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, mother's milk, 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
TONIFY KIDNEYS:	black sesame seed, string bean, sword bean, wheat, kidney
TONIFY LIVER:	black sesame seed, liver
TONIFY LUNGS:	Job's tears, 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
RELIEVE DRUNKENNESS:	apple, ginseng, strawberry
WARM INTERIOR:	black & white pepper, chicken, chive roots, clove, fennel, dried ginger, green & red pepper, mutton, nutmeg, sword bean

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 14 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP, PC: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns. Please use a separate sheet to do this assignment.

1. Dietary therapy provides a powerful tool for?
2. What foods would you use to promote milk secretion?
3. What foods would you use to tonify the liver?
4. What is the Five Element differentiation of meat?
5. What should you do To Treat Cold Symptoms with Deficient Qi
6. What are the digestive tonics for loose stools?
7. Describe shrimp