



Acupuncture

Tonifying Foods

Yin Nourishing Foods

Apple, Asparagus, Cheese, Clam, Crab, Cuttlefish, Duck, Egg, Honey, Kidney bean, Lemon, Malt, Mango, Milk, Oyster, Pea, Pear, Pineapple, Pomegranate, Pork, Rabbit, Seaweed, Sesame, String Bean, Tofu, Tomato, Watermelon and Yam.

Yang Nourishing Foods

Basil, Chestnut, Chive Seed, Cinnamon, Clove, Dill Seed, Fennel Seed, Garlic, Ginger (dried), Kidney, Lamb, Lobster, Nutmeg, Pistachio, Quinoa, Rosemary, Sage, Shrimp, Thyme, Trout, Venison and Walnut.

Qi Nourishing Foods

Beef, Cherry, Chicken, Coconut, Date, Eel, Fig, Ginseng, Goose, Grape, Ham, Herring, Lentil, Licorice, Mackerel, Molasses, Oats, Octopus, Potato, Rabbit, Rice, Royal Jelly, Sweet Potato, Shitake Mushroom, Squash, Tofu and Yam.

Blood Nourishing Foods

Azuki Bean, Apricot, Beef, Beetroot, Bone Marrow, Chicken Egg, Cuttlefish, Dandelion, Fig, Grape, Kidney Bean, Liver, Nettle, Octopus, Oyster, Parsley, Sardine, Spinach, Sweet Rice and Water Cress.



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Regulating Foods

Qi Circulating

Basil, Cardamom, Carrot, Chive, Clove, Coriander, Dill Seed, Garlic, Mustard Leaf, Orange Peel, Radish, Tangerine peel, Turmeric.

Blood Circulating

Aubergine, Brown Sugar, Chestnut, Chilli Pepper, Chive, Crab, Hawthorne Berry, Mustard Leaf, Onion, Peach, Turmeric and Vinegar.

Heat

Apple, Asparagus, Aubergine, Bamboo Shoot, Banana, Barley, Cabbage, Clam, Elderflower, Grapefruit, Lemon, Millet, Mung Bean & Sprout, Peppermint, Potato, Salt, Tofu, Watermelon and Wheat.

Cold

Anchovy, Bay, Basil, Black Pepper, Butter, Cardamom, Cherry, Chestnut, Chicken, Dill Seed Fennel Seed, Garlic, Ginger, Goat Milk, Lamb Kidney, Leek, Muscle, Mustard Leaf, Mutton, Nutmeg, Onion, Peach, Pine Kernel, Rosemary, Shrimp, Squash, Sweet Rice, Trout, Vinegar, Walnut and Wine.

Damp

Aduki Bean, Alfalfa, Anchovy, Barley, Celery, Corn, Garlic, Green Tea, Horseradish, Jasmine Tea, Job's Tears, Kidney Bean, Lemon, Mackerel, Mushroom (button), Mustard leaf, Onion, Parsley, Pumpkin, Radish, Rye and Turnip.

Water

Aduki Bean, Alfalfa, Anchovy, Barley, Black Soy Bean, Broad Bean, Celery, Clam, Frog, Grape, Job's Tears, Kelp, Lettuce, Mackerel, Mung Bean, Pea, Sardine and Seaweed.

Phlegm

Almond, Apple Peel Clam, Garlic, Grapefruit, Lemon Peel, Licorice, Mushroom (button), Mustard Leaf, Mustard seed, Olive, Onion, Orange Peel, Pear, Black & White Pepper, Peppermint, Radish, Seaweed, Shiitake Mushroom, Shrimp, Tea, Thyme, Walnut and Watercress.



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Damp forming foods

Dairy Products (Sheep and Goat are less Dampening), Pork & Rich Meat, Roasted Peanuts, Concentrated Juices especially Orange & Tomato, Wheat Flour, Bread, Yeast, Beer, Bananas, Sugar and Sweeteners and Saturated fats.