



Alive Meditation & Yoga

## Traditional Chinese Medicine Food Chart

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There are different codes which have a meaning of identifying which organ is being affected.

HT = Heart / SI = Small Intestines / PC = Pericardium / ST = Stomach / SP = Spleen / LU = Lungs / LI = Large Intestines / KD = Kidney / UB = Urinary Bladder / LV = Liver / GB = Gallbladder / SJ = San Jiao (Triple Burner)

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### Vegetables

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**Alfalfa Sprout** - Cool, bitter, salty. (Tonifies: Blood, Yin) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: ST, SP, LI, KD

**Artichoke, globe** - Neutral, sweet, bitter, salty. (Tonifies: Blood, Yin) (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Resolves Water Accumulations). Channels: LV, GB

**Artichoke, Jerusalem** - Neutral, sweet. Channels: LU, SP, LI

**Asparagus** - Cool, sweet, bitter, pungent. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: LU, SP, KD

**Bamboo Shoot** - Cool, sweet, bitter. (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Resolves Phlegm). Channels: LU, ST, LI

**Beets, root** - Neutral, sweet. (Tonifies: Blood) (Special Healing Properties: Qi, Disperses Cold). Channels: HT, SI, LI, LV

**Bell Pepper** - Warm, sweet, pungent. (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: ST, KD

**Bittermelon** - Bitter, Cool. (Special Healing Properties: Cleanses the Blood, Clears Liver Heat, Cools Summer Heat, Nourishes Blood, Moves Qi, Eliminates Inflammation, Tonifies the Liver). Channels: Heart, Lung, Spleen, Liver.

**Bok Choy** - Cold, sweet, sour. (Special Healing Properties: Clears Heat, Resolves Water Accumulations, Eliminates Toxins). Channels: ST, LI

**Broccoli** - Cool, sweet, bitter, pungent. (Special Healing Properties: Qi, Clears Heat, Resolves Water Accumulations). Channels: ST, SP, UB, LV

**Brussel Sprouts** - Warm, sweet, pungent. (Special Healing Properties: Disperses Cold). Channels: ST, LI

**Cabbage** - Neutral, sweet, pungent. (Special Healing Properties: Qi, Clears Heat). Channels: LU, ST, LI

**Caper** - Warm, bitter, pungent. (Special Healing Properties: Circulates Blood, Disperses Cold, Dries Dampness, Resolves Water Accumulations).

**Carrot** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Eliminates Toxins). Channels: LU, SP, LV

**Cauliflower** - Neutral, sweet, bitter. Channels: ST, SP, SI, LI

**Celery** - Cool, sweet, bitter. (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Calms Spirit). Channels: ST, UB, KD, LV

**Chard, Swiss** - Cool, sweet. (Tonifies: Blood) (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: LU, ST, SP, LI

**Chicory** - Cool, bitter. (Special Healing Properties: Resolves Water Accumulations).  
Channels: LV, GB

**Chinese Cabbage** - Cool, sweet. (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations). Channels: LU, ST, LI

**Collard Greens** - Warm, sweet, bitter. (Tonifies: Blood, Yin) (Special Healing Properties: Qi, Dries Dampness). Channels: LU, ST

**Coriander Leaf (Cilantro)** - Warm, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Disperses Wind). Channels: LU, ST, SP

**Courgette (Zucchini)** - Cool, sweet. (Special Healing Properties: Clears Heat).  
Channels: LU, ST, SP

**Cucumber** - Cold, sweet. (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: LI, ST, SP, UB

**Daikon** - Cool, sweet, pungent. (Special Healing Properties: Dries Dampness, Resolves Phlegm). Channels: LU

**Dandelion Leaf** - Cold, sweet, bitter, salty. (Tonifies: Blood) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations).  
Channels: SP, LV, GB

**Eggplant (Aubergine)** - Cool, sweet. (Special Healing Properties: Circulates Blood, Clears Heat). Channels: ST, SP, LI, LV, Uterus

**Endive** - Cool, sweet, bitter. (Special Healing Properties: Clears Heat, Dries Dampness). Channels: HT, LI

**Fennel bulb** - Warm, pungent. (Special Healing Properties: Disperses Cold).  
Channels: ST, SP, KD, LV

**Green Onions** - Warm, pungent. (Special Healing Properties: Disperses Cold, Eliminates Toxins, Disperses Wind, Reduces Swelling). Channels: LU, ST

**Kale** - Warm, sweet, bitter. (Tonifies: Blood). Channels: LU, ST

**Kohlrabi** - Neutral, sweet, bitter, pungent. (Special Healing Properties: Qi, Circulates Blood, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: ST, SP

**Leeks** - Warm, sweet, sour, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: LU, ST, SP, LV

**Lettuce** - Cool, sweet, bitter. (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Resolves Water Accumulations, Calms Spirit). Channels: LI, ST

**Mungbean Sprout** - Cold, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: LI

**Mushroom, button** - Cool, sweet. (Special Healing Properties: Qi, Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, ST, SI, LI

**Mustard leaf (Mustard Greens)** - Warm, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Resolves Water Accumulations, Resolves Phlegm). Channels: LU, ST, SP

**Olive** - Neutral, sweet, sour. (Special Healing Properties: Clears Heat, Dries Dampness, Eliminates Toxins). Channels: LU, ST

**Onion** - Warm, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Dries Dampness, Resolves Phlegm). Channels: LU, LI, ST, LV

**Parsnips** - Warm, sweet, pungent. (Special Healing Properties: Dries Dampness). Channels: LU, ST, SP, LV

**Plantain** - Cold, sweet. (Special Healing Properties: Clears Heat, Resolves Water Accumulations, Resolves Phlegm). Channels: SP, SI, LI, LV

**Potato** - Neutral, sweet. (Tonifies: Qi, Yin) (Special Healing Properties: Clears Heat). Channels: ST, SP, KD

**Pumpkin** - Warm, sweet. (Tonifies: Qi) (Special Healing Properties: Circulates Blood, Disperses Cold, Dries Dampness, Resolves Phlegm). Channels: LU, ST, SP, LI

**Radish** - Cool, sweet, pungent. (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Eliminates Toxins, Resolves Phlegm). Channels: LU, ST

**Rhubarb** - Cold, bitter. (Special Healing Properties: Circulates Blood, Clears Heat, Eliminates Toxins). Channels: LI

**Scallion (Spring Onion)** - Warm, bitter, pungent. (Tonifies: Yang) (Special Healing Properties: Circulates Blood, Disperses Cold, Dries Dampness, Eliminates Toxins, Disperses Wind). Channels: LU, ST, HT, LI

**Seaweed** - Cold, salty. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins, Resolves Phlegm). Channels: ST, KD

**Spinach** - Cool, sweet. (Tonifies: Blood, Yin) (Special Healing Properties: Clears Heat, Moistens Dryness). Channels: ST, LI, LV

**Squash, summer** - Cool, sweet. (Tonifies: Yin). Channels: LU, ST, SP, LI

**Squash, winter (Butternut squash) (Winter squash)** - Warm, sweet. (Tonifies: Qi) (Special Healing Properties: Circulates Blood, Disperses Cold, Dries Dampness, Resolves Phlegm). Channels: LU, LI, ST, SP

**String beans** - Neutral, sweet. (Tonifies: Yin). Channels: SP, KD

**Sweet Potato** - Neutral, sweet. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Eliminates Toxins). Channels: LI, ST, SP, KD

**Taro** - Neutral, sweet, pungent. Channels: ST, SP

**Tomato** - Cold, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: ST, LV

**Turnip** - Neutral, sweet, bitter, pungent. (Special Healing Properties: Qi, Circulates Blood, Clears Heat, Dries Dampness, Eliminates Toxins, Resolves Phlegm). Channels: LU, ST, SP

**Water Chestnut** - Cold, sweet. (Special Healing Properties: Clears Heat, Resolves Water Accumulations, Resolves Phlegm). Channels: LU, ST, SP, LI, UB, LV

**Watercress** - Cool, bitter, pungent. (Tonifies: Qi, Blood) (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Resolves Water Accumulations, Resolves Phlegm). Channels: LU, LI

**Yam** - Neutral, sweet. (Tonifies: Qi, Yin). Channels: LU, SP, KD

## Fruits

**Apples** - Cool, sweet, sour. (Tonifies: Qi, Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins, Moistens Dryness, Clears Summer Heat). Channels: LU, LI, ST, SP, HT

**Apricot** - Neutral, sweet, sour. (Tonifies: Blood, Yin). Channels: LU, ST, LI

**Avocado** - Cool, sweet. (Tonifies: Blood, Yin). Channels: LU, LI, ST, LV

**Banana** - Cold, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: LU, LI, ST, SP

**Blackberry** - Warm, sweet, sour. Channels: KD, LV

**Blackcurrant** - Cool, sweet, sour. Channels: KD, LV

**Blueberry** - Cool, sweet, sour. (Special Healing Properties: Clears Heat, Dries Dampness, Eliminates Toxins). Channels: LU, ST, SP

**Carambola** - Neutral, sweet, sour. (Tonifies: Yin). Channels: LU, ST, SP, LI, UB

**Cherry** - Warm, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Circulates Blood, Disperses Cold, Dries Dampness, Disperses Wind). Channels: LU, ST, SP, HT, KD, LV

**Crabapple** - Neutral, sweet, sour. Channels: LU, HT, LV

**Dates** - Warm, sweet. (Tonifies: Qi, Blood). Channels: LU, SP, LV

**Fig** - Neutral, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: LU, ST, SP, LI

**Gooseberry** - Cold, sweet, sour. Channels: LV

**Grape** - Neutral, sweet, sour. (Tonifies: Qi, Blood) (Special Healing Properties: Resolves Water Accumulations). Channels: LU, ST, SP, KD, LV

**Grapefruit** - Cold, sweet, sour. (Special Healing Properties: Qi, Clears Heat, Resolves Phlegm). Channels: LU, ST, SP

**Grapefruit Peel** - Warm, sweet, bitter. (Special Healing Properties: Qi, Dries Dampness, Resolves Phlegm). Channels: ST, UB, KD

**Guava** - Warm, sweet, sour. Channels: LU, ST, SP, LI

**Kiwi** - Cool, sweet, sour. (Special Healing Properties: Clears Heat). Channels: ST, SP, UB

**Kumquat** - Warm, sweet, sour, pungent. (Special Healing Properties: Qi, Dries Dampness, Resolves Phlegm). Channels: ST, SP, LV

**Lemon** - Cold, sour. (Special Healing Properties: Qi, Circulates Blood, Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, SP, KD, LV, GB

**Lemon Peel** - Warm, bitter, pungent. (Special Healing Properties: Qi, Dries Dampness, Resolves Phlegm). Channels: LU, SP

**Lime** - Cold, sour. (Special Healing Properties: Qi, Circulates Blood, Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, SP, KD, LV, GB

**Longan** - Warm, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: SP, HT

**Loquat** - Cool, sweet, sour. (Special Healing Properties: Clears Heat, Moistens Dryness). Channels: LU, ST, SP

**Lychee** - Warm, sweet, sour. (Tonifies: Blood) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: ST, SP, LV

**Mandarin** - Cool, sweet, sour. (Special Healing Properties: Clears Heat, Resolves Water Accumulations, Resolves Phlegm). Channels: LU, SP

**Mango** - Cool, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Qi, Clears Heat, Resolves Water Accumulations). Channels: LU, ST, SP

**Melon** - Cold, sweet. (Special Healing Properties: Clears Heat). Channels: LU

**Mulberry** - Cold, sweet. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Clears Heat, Resolves Water Accumulations, Eliminates Toxins, Calms Spirit). Channels: LU, SP, KD, LV

**Orange** - Cool, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Qi). Channels: LU, ST, LV. Channels: LU, ST, LV

**Orange Peel** - Warm, bitter, sour. (Special Healing Properties: Qi, Dries Dampness, Resolves Phlegm). Channels: LU, ST, SP

**Papaya** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Circulates Blood, Dries Dampness, Resolves Phlegm). Channels: LU, ST, SP

**Peach** - Warm, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: LI, ST, SI

**Pear** - Cool, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Resolves Phlegm, Moistens Dryness). Channels: LU, ST, SP

**Persimmon** - Cold, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Resolves Phlegm, Moistens Dryness). Channels: LU, ST, SP, HT, LI

**Pineapple** - Neutral, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Disperses Wind). Channels: ST, SP, UB



**Plum** - Neutral, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Qi, Clears Heat, Resolves Water Accumulations). Channels: ST, SP, LI, UB, LV

**Pomegranate** - Neutral, sweet, sour. (Tonifies: Yin) (Special Healing Properties: Clears Heat). Channels: LU, ST, SP, LI, UB

**Pomelo** - Cool, sweet, sour. (Special Healing Properties: Dries Dampness, Resolves Water Accumulations, Eliminates Toxins, Resolves Phlegm). Channels: LU, ST, SP

**Quince** - Warm, sour. (Special Healing Properties: Dries Dampness). Channels: ST, SP, LV

**Raspberry** - Warm, sweet, sour. (Tonifies: Yin). Channels: KD, LV

**Rhubarb** - Cold, bitter. (Special Healing Properties: Circulates Blood, Clears Heat, Eliminates Toxins). Channels: LI

**Strawberry** - Cool, sweet, sour. (Tonifies: Yin). Channels: LU, ST, SP, KD, LV

**Tamarind** - Cool, sweet, sour. (Special Healing Properties: Clears Heat). Channels: ST, LI

**Tangerine** - Cool, sweet, sour. (Special Healing Properties: Qi, Clears Heat). Channels: LU, ST, SP

**Tangerine Peel** - Warm, bitter, pungent. (Special Healing Properties: Qi, Dries Dampness, Resolves Phlegm). Channels: LU, SP

**Umeboshi Plum** - Warm, sour. (Tonifies: Qi). Channels: LU, SP, LI, LV

**Watermelon** - Cold, sweet. (Special Healing Properties: Clears Heat, Resolves Water Accumulations). Channels: ST, HT, UB

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## Grains

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**Amaranth** - Cool, sweet, bitter. (Tonifies: Qi) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: LU, LI, UB, LV

**Barley** - Cool, sweet, salty. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations, Eliminates Toxins, Moistens Dryness). Channels: ST, SP, UB, GB

**Buckwheat** - Cool, sweet. (Special Healing Properties: Qi, Clears Heat, Dries Dampness). Channels: SP, SI, LI

**Corn (Maize)** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Resolves Water Accumulations). Channels: LI, ST, KD

**Kamut** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat). Channels: SP, HT, KD

**Millet** - Cool, sweet, salty. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins, Moistens Dryness). Channels: ST, SP, KD

**Oats** - Warm, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Qi, Calms Spirit). Channels: LU, LI, ST, SP, HT, KD

**Rice** - Neutral, sweet. (Tonifies: Qi, Blood). Channels: ST, SP

**Rice, sweet** - Warm, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: LU, ST, SP

**Rice, wild** - Cool, sweet, bitter. Channels: UB, KD

**Rye** - Neutral, sweet, bitter. (Tonifies: Qi) (Special Healing Properties: Qi, Dries Dampness, Resolves Water Accumulations). Channels: SP, HT, LV, GB

**Seitan (gluten)** - Cool, sweet. (Tonifies: Qi) (Special Healing Properties: Clears Heat). Channels: ST, SP, LV

**Sorghum** - Warm, sweet. (Special Healing Properties: Disperses Cold, Clears Heat, Dries Dampness). Channels: LU, ST, SP, LI

**Spelt** - Warm, sweet. (Tonifies: Yin) (Special Healing Properties: Moistens Dryness). Channels: SP

**Wheat** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Calms Spirit). Channels: SP, HT, KD

**Wheat Germ** - Cold, sweet, pungent. (Tonifies: Qi, Blood) (Special Healing Properties: Circulates Blood, Clears Heat). Channels: HT, SI

## Beans

**Aduki bean** - Neutral, sweet, sour. (Tonifies: Blood) (Special Healing Properties: Circulates Blood, Clears Heat, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: SP, HT, SI, KD

**Black Bean** - Warm, sweet. (Tonifies: Blood, Yin) (Special Healing Properties: Resolves Water Accumulations). Channels: KD

**Blackeyed Peas** - Neutral, sweet. (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: ST, SP, UB

**Fava Bean (Broad bean)** - Neutral, sweet. (Special Healing Properties: Dries Dampness). Channels: ST, SP, KD

**Garbanzo (Chickpea)** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Dries Dampness). Channels: ST, SP, HT

**Green Peas** - Neutral, sweet. (Tonifies: Yin) (Special Healing Properties: Resolves Water Accumulations). Channels: ST, SP, HT, LI

**Kidney Bean** - Neutral, sweet. (Tonifies: Blood, Yin) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations). Channels: SP, SI, LI, KD

**Lentil** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: ST, SP, HT, KD

**Lima Bean** - Cool, sweet. (Tonifies: Yin). Channels: LU, LV

**Mung Bean** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: ST, HT

**Soybean, black** - Neutral, sweet. (Tonifies: Blood, Yin) (Special Healing Properties: Circulates Blood, Resolves Water Accumulations, Eliminates Toxins). Channels: LI, ST, SP

**Soybean, yellow** - Cool, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Clears Heat, Eliminates Toxins, Moistens Dryness). Channels: ST, SP, LI

**Tempeh** - Warm, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Moistens Dryness).

**Tofu** - Cold, sweet. (Tonifies: Qi, Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins, Moistens Dryness). Channels: LI, ST, SP

## Dairy

**Butter** - Warm, sweet. (Tonifies: Yin) (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: ST, SP

**Cheese** - Neutral, sweet, sour. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Moistens Dryness). Channels: LU, SP, LV

**Egg white** - Neutral, sweet. (Special Healing Properties: Clears Heat). Channels: LU

**Egg yolk** - Neutral, sweet. (Tonifies: Blood, Yin). Channels: HT, KD, LV

**Egg, chicken** - Neutral, sweet. (Tonifies: Blood, Yin, Jing) (Special Healing Properties: Circulates Blood, Moistens Dryness). Channels: LU, ST, SP, HT, KD, LV.

**Egg, Duck** - Cool, sweet. (Tonifies: Yin, Jing). Channels: LU, ST, HT

**Egg, Pigeon** - Neutral, sweet, salty. (Tonifies: Yin, Jing). Channels: HT, KD

**Egg, Quail** - Neutral, sweet. (Tonifies: Qi, Blood, Jing). Channels: SP, KD, LV

**Ghee** - Warm, sweet. (Tonifies: Yin, Jing). Channels: ST, SP

**Milk, cow** - Neutral, sweet. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Moistens Dryness). Channels: LU, ST, HT

**Milk, cow (raw)** - Warm, sweet. (Tonifies: Qi, Blood, Yin, Jing) (Special Healing Properties: Moistens Dryness). Channels: LU, ST, HT

**Milk, goat/sheep** - Warm, sweet. (Tonifies: Qi, Blood, Yin, Jing) (Special Healing Properties: Moistens Dryness). Channels: LU, ST, KD

**Yogurt** - Cold, sweet, sour. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Moistens Dryness). Channels: LU, LI, ST, LV

### Nuts and Seeds

**Almond** - Neutral, sweet. (Tonifies: Qi, Jing) (Special Healing Properties: Qi, Resolves Phlegm, Moistens Dryness). Channels: LU, SP, LI

**Cashew** - Neutral, sweet. Channels: LU

**Chestnut** - Warm, sweet. (Tonifies: Qi, Yang) (Special Healing Properties: Circulates Blood). Channels: ST, SP, KD

**Chia seed** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Moistens Dryness, Calms Spirit). Channels: ST, LI

**Coconut** - Warm, sweet. (Tonifies: Qi, Blood). Channels: LI, ST, SP, HT

**Coconut Milk** - Neutral, sweet. (Tonifies: Yin) (Special Healing Properties: Disperses Cold). Channels: HT

**Flax (linseed)** - Neutral, sweet. (Tonifies: Yin). Channels: ST, LI, LV

**Ginkgo** - Neutral, sweet, bitter. (Special Healing Properties: Calms Spirit). Channels: LU, SP, KD

**Hazel Nut** - Neutral, sweet. (Tonifies: Qi, Blood). Channels: ST, SP

**Peanut** - Neutral, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Resolves Water Accumulations, Resolves Phlegm, Moistens Dryness). Channels: LU, SP

**Pine Kernel (Pine Nut)** - Warm, sweet. (Tonifies: Qi, Yin) (Special Healing Properties: Circulates Blood, Disperses Cold, Moistens Dryness). Channels: LU, LI, LV

**Pistachio** - Neutral, sweet, bitter, sour. (Tonifies: Qi, Yang). Channels: LI, SI, KD, LV

**Poppy Seed** - Neutral, sweet. Channels: ST, KD

**Pumpkin Seed** - Warm, sweet, bitter. (Special Healing Properties: Resolves Water Accumulations). Channels: ST, SP, LI

**Sesame, black (Black Sesame Seeds)** - Neutral, sweet. (Tonifies: Blood, Yin, Jing) (Special Healing Properties: Moistens Dryness). Channels: LI, SI, KD, LV

**Sesame, white** - Neutral, sweet. (Tonifies: Blood, Yin, Jing) (Special Healing Properties: Moistens Dryness). Channels: SI, LI, KD, LV

**Sunflower Seed** - Neutral, sweet. (Tonifies: Qi). Channels: SP, SI, LI

**Walnut** - Warm, sweet. (Tonifies: Qi, Yang, Jing) (Special Healing Properties: Disperses Cold, Resolves Phlegm). Channels: LU, SI, LI, KD

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**Aniseed** - Warm, aromatic, sweet, pungent. (Tonifies: Qi, Yang) (Special Healing Properties: Qi, Dries Dampness, Resolves Phlegm). Channels: LU, ST, SP, HT, KD, LV

**Asafoetida** - Warm, bitter, pungent. (Special Healing Properties: Disperses Cold, Resolves Phlegm). Channels: ST, SP, LV

**Basil** - Warm, aromatic, sweet, bitter, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Disperses Wind, Resolves Phlegm, Calms Spirit). Channels: LU, LI, ST, SP, KD

**Bay Leaves**- Warm, aromatic, pungent. (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: Lung, Stomach

**Caraway** - Warm, sweet, pungent. (Special Healing Properties: Qi, Disperses Cold, Disperses Wind, Resolves Phlegm). Channels: ST, UB, KD

**Cardamom** - Warm, aromatic, sweet, bitter, pungent. (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Resolves Phlegm). Channels: LU, LI, ST, SP

**Carob** - Warm, sweet, sour.

**Cayenne** - Hot, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Dries Dampness, Disperses Wind). Channels: LU, ST, SP, HT

**Chilli** - Hot, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Dries Dampness, Disperses Wind). Channels: LU, ST, SP, HT

**Chive leaf** - Warm, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Circulates Blood). Channels: ST, KD, LV

**Chive seed** - Warm, salty, pungent. (Tonifies: Yang) (Special Healing Properties: Disperses Cold). Channels: KD, LV

**Cinnamon bark** - Hot, aromatic, sweet, pungent. (Tonifies: Qi, Yang) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Dries Dampness). Channels: LU, SP, HT, UB, KD.

**Clove** - Warm, aromatic, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold). Channels: ST, SP, KD

**Coriander seed** - Neutral, sour, pungent. (Special Healing Properties: Qi, Disperses Cold). Channels: ST

**Cumin** - Warm, pungent. Channels: SP, LV

**Dill seed** - Warm, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold). Channels: ST, SP, KD

**Fennel seed** - Warm, aromatic, sweet, pungent. (Tonifies: Qi, Yang) (Special Healing Properties: Qi, Disperses Cold, Resolves Phlegm). Channels: ST, SP, UB, KD, LV

**Fenugreek seed** - Warm, aromatic, sweet, bitter, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Resolves Water Accumulations). Channels: LU, SP, KD, LV

**Galangal** - Hot, pungent. (Special Healing Properties: Disperses Cold). Channels: ST, SP

**Garlic** - Hot, sweet, salty, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Dries Dampness, Eliminates Toxins, Disperses Wind, Resolves Phlegm). Channels: LU, ST, SP, HT, LV

**Ginger (dry)** - Hot, sweet, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Resolves Phlegm). Channels: LU, ST, SP, HT, SI, LI, UB

**Ginger (fresh)** - Hot, sweet, pungent. (Special Healing Properties: Qi, Disperses Cold, Disperses Wind, Resolves Phlegm). Channels: LU, LI, ST, SP, HT, SI, UB



**Hawthorn** - Warm, sweet, sour. (Tonifies: Qi) (Special Healing Properties: Qi, Circulates Blood). Channels: ST, SP, HT, LV, PC

**Horseradish** - Hot, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Disperses Wind, Resolves Phlegm). Channels: LU, ST, SP, UB, KD

**Juniper** - Warm, sweet, sour, pungent. (Special Healing Properties: Qi, Disperses Cold, Clears Heat, Dries Dampness, Disperses Wind, Resolves Phlegm). Channels: LU, SP, LI, UB, KD, LV

**Marigold** - Cool, bitter. (Special Healing Properties: Clears Heat). Channels: ST

**Marjoram** - Cool, sweet, bitter, pungent. (Tonifies: Yin) (Special Healing Properties: Qi, Clears Heat, Disperses Wind). Channels: LU, ST, SP

**Mint** - Cool, aromatic, pungent. (Special Healing Properties: Qi, Clears Heat, Disperses Wind). Channels: LU, LV

**Mustard** - Hot, pungent. (Special Healing Properties: Qi, Resolves Phlegm). Channels: LU

**Nettle** - Cool, sweet, salty. (Tonifies: Blood, Yin, Jing) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: SP, UB, KD, LV

**Nutmeg** - Warm, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: ST, SP, LI

**Oregano** - Warm, aromatic, bitter, pungent. (Special Healing Properties: Qi, Clears Heat, Disperses Wind). Channels: SP, HT, UB, KD, LV

**Parsley** - Warm, bitter, salty, pungent. (Tonifies: Blood) (Special Healing Properties: Resolves Water Accumulations, Eliminates Toxins). Channels: ST, UB, KD

**Pepper, black** - Hot, sweet, pungent. (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Eliminates Toxins, Resolves Phlegm). Channels: ST, HT, LI, KD

**Pepper, white** - Hot, bitter, pungent. (Special Healing Properties: Dries Dampness, Resolves Phlegm). Channels: LI, ST, SI

**Rosemary** - Warm, aromatic, sweet, pungent. (Tonifies: Yang) (Special Healing Properties: Disperses Cold, Dries Dampness, Disperses Wind, Resolves Phlegm, Calms Spirit). Channels: LU, SP, HT, KD, LV

**Saffron** - Neutral, aromatic, sweet, pungent. (Special Healing Properties: Qi, Circulates Blood). Channels: HT, LV

**Sage** - Warm, aromatic, bitter, pungent. (Tonifies: Qi) (Special Healing Properties: Disperses Cold, Clears Heat, Dries Dampness, Disperses Wind, Resolves Phlegm, Calms Spirit). Channels: LU, HT, UB, KD, LV

**Savory** - Warm, aromatic, sweet, bitter, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold, Resolves Phlegm). Channels: LU, KD

**Tamarind** - Cool, sweet, sour. Channels: SI, LI

**Thyme** - Warm, aromatic, bitter, pungent. (Tonifies: Qi) (Special Healing Properties: Qi, Disperses Cold, Disperses Wind, Resolves Phlegm). Channels: LU, SP, HT, UB, KD, Uterus

**Turmeric (Tumeric)** - Warm, aromatic, bitter, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Wind). Channels: SP, LV

**Winter Savory** - Warm, sweet, bitter, pungent. (Tonifies: Yang) (Special Healing Properties: Resolves Phlegm). Channels: LU, KD

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## Beverages

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**Beer** - Cool, sweet, bitter. Channels: ST, SP, HT

**Black Tea** - Neutral, sweet, bitter. (Special Healing Properties: Qi, Resolves Water Accumulations, Eliminates Toxins, Resolves Phlegm). Channels: LU, LI, ST, HT, UB, LV

**Chamomile Tea** - Cool, sweet, bitter. (Special Healing Properties: Qi, Calms Spirit). Channels: LU, SP, LI, LV, PC

**Chrysanthemum Tea** - Cold, aromatic, sweet, bitter. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Disperses Wind). Channels: LU, LV

**Coffee** - Warm, bitter, pungent. (Special Healing Properties: Qi). Channels: LU, ST, HT, KD, LV

**Dandelion Root Tea** - Cold, sweet, bitter. (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Resolves Water Accumulations). Channels: ST, LI, UB, KD, LV, GB

**Elderflower Tea** - Cool, bitter, pungent. (Special Healing Properties: Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, UB

**Green Tea** - Cool, sweet, bitter. (Special Healing Properties: Qi, Resolves Water Accumulations, Eliminates Toxins, Resolves Phlegm, Calms Spirit). Channels: LU, LI, ST, HT, UB, LV

**Jasmine Tea** - Warm, aromatic, sweet, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold, Resolves Phlegm, Calms Spirit). Channels: SP, KD, LV

**Lemon Balm Tea** - Cold, bitter, sour. Channels: LU, HT, KD, LV, PC

**Limeflower Tea** - Cool, sweet, pungent. (Special Healing Properties: Qi, Clears Heat, Disperses Wind). Channels: LU, HT, LV

**Peppermint Tea** - Cool, aromatic, sweet, pungent. (Special Healing Properties: Qi, Clears Heat, Disperses Wind, Resolves Phlegm, Calms Spirit). Channels: LU, SP, LV

**Raspberry Leaf Tea** - Cool, bitter, sour. (Special Healing Properties: Qi, Dries Dampness). Channels: ST, Uterus

**Rosehip Tea** - Cool, sweet, sour. (Special Healing Properties: Clears Heat). Channels: ST

**Soya Milk** - Neutral, sweet. (Tonifies: Qi, Yin) (Special Healing Properties: Clears Heat, Moistens Dryness). Channels: ST, SP

**Spirits** - Hot, sweet, sour, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: LU, ST, HT, LV

**Star Anise Tea** - Warm, sweet, pungent. (Tonifies: Yang) (Special Healing Properties: Qi). Channels: SP, KD, LV

**Wine** - Warm, sweet, sour, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold). Channels: LU, ST, HT, LV

## Fungus

**Black fungus (Wood ear)** - Neutral, sweet. (Tonifies: Yin) (Special Healing Properties: Circulates Blood, Clears Heat, Moistens Dryness). Channels: LU, ST, LV

**Ceps (boletus)** - Neutral, salty. (Special Healing Properties: Clears Heat). Channels: KD, LV

**Field Mushroom (agaricus)** - Cold, sweet. (Special Healing Properties: Resolves Phlegm). Channels: ST, SP, LV

**Mushroom, button** - Cool, sweet. (Special Healing Properties: Qi, Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, ST, SI, LI

**Oyster Mushroom** - Warm, sweet. (Special Healing Properties: Dries Dampness). Channels: ST, SP, LV

**Puffball, giant** - Neutral, pungent. (Special Healing Properties: Clears Heat).  
Channels: LU

**Reishi Mushroom** - Warm, sweet. (Tonifies: Qi, Blood). Channels: HT

**Shiitake mushroom** - Neutral, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Resolves Phlegm). Channels: ST, SP, LV

### Oils and Condiments

**Agar** - Cold, sweet, salty. (Special Healing Properties: Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, LI, LV

**Amasake** - Warm, sweet. (Tonifies: Blood) (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: LU

**Brown Sugar** - Warm, sweet. (Tonifies: Qi) (Special Healing Properties: Circulates Blood). Channels: LU, ST, SP, LV

**Honey** - Neutral, sweet. (Tonifies: Qi, Yin) (Special Healing Properties: Circulates Blood, Eliminates Toxins, Moistens Dryness). Channels: LU, LI, SP

**Kuzu** - Cool, sweet. (Special Healing Properties: Clears Heat). Channels: LU, ST, SP

**Malt Sugar** - Warm, sweet. (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: LU, ST, SP

**Miso** - Warm, sweet, salty. (Tonifies: Blood) (Special Healing Properties: Eliminates Toxins). Channels: ST, SP, KD

**Molasses** - Warm, sweet. (Tonifies: Qi, Blood). Channels: LU, ST, SP, KD, LV

**Olive Oil** - Neutral, sweet. Channels: SP, LV

**Peanut Oil** - Neutral, sweet. Channels: LU, LI, SP

**Rice Syrup** - Warm, sweet. (Special Healing Properties: Moistens Dryness).

Channels: ST, SP

**Salt** - Cold, salty. (Special Healing Properties: Clears Heat, Eliminates Toxins).

Channels: LI, ST, SP, SI, KD

**Sesame Oil** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: ST

**Soya Oil** - Warm, sweet, pungent. (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: LI

**Soya Sauce** - Cool, salty. (Special Healing Properties: Clears Heat, Eliminates Toxins). Channels: ST, SP, KD

**Vinegar** - Warm, bitter, sour. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Eliminates Toxins). Channels: ST, LV

**White Sugar** - Neutral, sweet. Channels: LU, ST, SP

## Meats

**Beef** - Warm, sweet. (Tonifies: Qi, Blood, Yin). Channels: ST, SP, LI, LV

**Chicken** - Warm, sweet. (Tonifies: Qi, Blood, Jing) (Special Healing Properties: Circulates Blood, Disperses Cold). Channels: Stomach, Spleen

**Duck** - Neutral, sweet, salty. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: LU, ST, SP, KD

**Goat** - Warm, sweet. (Tonifies: Qi, Blood, Yang) (Special Healing Properties: Disperses Cold). Channels: SP, KD

**Goose** - Neutral, sweet. (Tonifies: Qi, Yin). Channels: LU, SP

**Ham** - Warm, salty. (Tonifies: Qi). Channels: SP

**Lamb** - Hot, sweet. (Tonifies: Qi, Blood, Yang) (Special Healing Properties: Disperses Cold). Channels: SP, KD

**Mutton** - Warm, sweet. (Tonifies: Qi, Blood, Yang) (Special Healing Properties: Disperses Cold). Channels: SP, KD

**Pheasant** - Warm, sweet, sour. (Tonifies: Qi). Channels: ST, HT

**Pigeon** - Neutral, sweet, salty. (Tonifies: Qi, Blood, Yin). Channels: KD, LV

**Pork** - Neutral, sweet, salty. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Moistens Dryness). Channels: ST, SP, KD, LV

**Quail** - Neutral, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations). Channels: ST, SP, LI, LV

**Rabbit** - Cool, sweet. (Tonifies: Qi, Yin). Channels: ST, SP, LI, LV

**Turkey** - Warm, sweet. (Tonifies: Qi). Channels: ST, SP

**Venison** - Warm, sweet. (Tonifies: Qi, Yang). Channels: KD, LV

## Seafood

**Abalone** - Neutral, sweet, salty. (Tonifies: Yin, Jing) (Special Healing Properties: Clears Heat). Channels: KD, LV

**Anchovy** - Warm, sweet, salty. (Tonifies: Qi, Yang) (Special Healing Properties: Disperses Cold, Dries Dampness, Resolves Water Accumulations). Channels: ST, SP

**Carp** - Neutral, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Resolves Water Accumulations). Channels: ST, SP, KD, LV

**Clam (freshwater)** - Cold, sweet, salty. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Moistens Dryness). Channels: KD, LV

**Clam (saltwater)** - Cold, salty. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Resolves Phlegm, Moistens Dryness). Channels: ST

**Crab** - Cold, salty. (Tonifies: Yin) (Special Healing Properties: Circulates Blood, Clears Heat, Dries Dampness, Moistens Dryness). Channels: ST, LV

**Crawfish (Crayfish)** - Neutral, sweet, salty. (Tonifies: Yang) (Special Healing Properties: Resolves Phlegm). Channels: KD, LV

**Cuttlefish** - Neutral, sweet, salty. (Tonifies: Blood, Yin). Channels: HT, KD, LV

**Eel** - Warm, sweet. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Disperses Cold, Dries Dampness, Disperses Wind). Channels: LU, SP, UB, LV

**Herring** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Eliminates Toxins, Moistens Dryness). Channels: LU, SP

**Loach** - Neutral, sweet. (Tonifies: Qi, Yang) (Special Healing Properties: Dries Dampness). Channels: SP, KD

**Loach** - Neutral, sweet, salty. (Tonifies: Yang) (Special Healing Properties: Resolves Phlegm). Channels: KD, LV

**Mackerel** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: ST, LV

**Mullet** - Cold, sweet. (Tonifies: Qi, Yin) (Special Healing Properties: Resolves Water Accumulations). Channels: ST, SP

**Mussel** - Warm, salty. (Tonifies: Blood, Yang, Jing) (Special Healing Properties: Circulates Blood, Disperses Cold, Moistens Dryness). Channels: KD, LV

**Octopus** - Cold, sweet, salty. (Tonifies: Qi, Blood, Yin) (Special Healing Properties: Clears Heat).

**Oyster** - Neutral, sweet, salty. (Tonifies: Qi, Blood, Yin, Jing) (Special Healing Properties: Moistens Dryness). Channels: KD, LV

**Perch** - Neutral, sweet. Channels: ST, SP, KD, LV



**Salmon** - Warm, sweet. (Tonifies: Qi, Blood). Channels: ST, SP

**Sardine** - Neutral, sweet, salty. (Tonifies: Qi, Yin) (Special Healing Properties: Resolves Water Accumulations).

**Scallop** - Neutral, sweet, salty. (Tonifies: Yin). Channels: KD

**Shark** - Neutral, sweet, salty. (Tonifies: Qi, Blood) (Special Healing Properties: Circulates Blood). Channels: LU, ST, SP, HT, KD, LV

**Shrimp and Prawn** - Warm, sweet. (Tonifies: Qi, Yang) (Special Healing Properties: Circulates Blood, Disperses Cold, Resolves Phlegm). Channels: ST, SP, KD, LV

**Squid** - Neutral, sweet, salty. (Tonifies: Blood). Channels: KD, LV

**Sturgeon** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Circulates Blood). Channels: LU, SP, PC

**Trout** - Hot, sour. (Tonifies: Qi, Yang) (Special Healing Properties: Disperses Cold). Channels: ST, LV, GB

**Tuna** - Neutral, sweet. (Tonifies: Qi, Blood) (Special Healing Properties: Dries Dampness). Channels: ST, SP

**Whitebait fish** - Neutral, sweet. (Tonifies: Yin). Channels: ST, SP

**Whitefish** - Neutral, sweet. Channels: LU, ST, SP, LV

### Medicinal Herbs

*(Please consult with your herbalist first before taking any herbs.)*

**Aconite** - Hot, pungent. (Tonifies: Yang) (Special Healing Properties: Disperses Cold). Channels: SP, HT, KD

**Aloe** - Cold, bitter. (Special Healing Properties: Clears Heat). Channels: LU, ST, LI, LV

**Anemone** - Cold, bitter. Channels: HT, KD

**Angelica root** - Warm, sweet, bitter, pungent. (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Disperses Wind, Resolves Phlegm). Channels: LU, SP, HT, SI

**Arnica Flower** - Neutral, sweet, bitter, pungent. (Tonifies: Qi, Yin, Yang) (Special Healing Properties: Qi, Calms Spirit). Channels: HT, PC

**Astragalus** - Warm, sweet. (Tonifies: Qi). Channels: LU, SP

**Barberry** - Cool, bitter. (Special Healing Properties: Qi, Clears Heat). Channels: LU, ST, SP, UB, LV, GB, Uterus

**Bayberry Bark** - Warm, bitter, sour, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Resolves Phlegm). Channels: LU, ST, HT, LV, GB

**Bearberry Leaf** - Cool, bitter, sour. Channels: UB, KD

**Bitter Orange Flower** - Neutral, sweet, bitter, pungent. (Special Healing Properties: Qi, Calms Spirit). Channels: LU, ST, LV

**Bitter Orange Peel** - Warm, bitter, pungent. (Special Healing Properties: Qi). Channels: LU, ST, SP

**Black Cohosh** - Cool, sweet, bitter, pungent. (Tonifies: Qi, Yin) (Special Healing Properties: Qi). Channels: LU, KD, LV, Uterus

**Blackberry Leaf** - Cool, sour. (Special Healing Properties: Resolves Phlegm). Channels: LU, LI, UB

**Blackcurrant Leaf** - Cool, sweet, sour, pungent. (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: LI, KD, LV

**Blessed Thistle** - Cool, bitter. (Special Healing Properties: Circulates Blood). Channels: LV

**Blue Cohosh** - Neutral, bitter. (Special Healing Properties: Qi, Disperses Wind). Channels: LV, Uterus

**Boneset** - Cold, bitter, pungent. Channels: LU, LV

**Borage** - Cold, sweet, salty. (Tonifies: Yin). Channels: LU, HT, LI, UB, KD

**Buchu** - Hot, bitter, sour, pungent. (Tonifies: Qi) (Special Healing Properties: Disperses Cold, Dries Dampness). Channels: SP, UB, KD

**Burdock Root** - Cool, bitter, pungent. (Special Healing Properties: Clears Heat, Dries Dampness, Eliminates Toxins, Disperses Wind). Channels: LU, ST, UB, KD

**Burnet** - Cold, bitter, sour. (Special Healing Properties: Circulates Blood). Channels: LI, LV

**Butterbur** - Warm, bitter, pungent. (Special Healing Properties: Qi, Eliminates Toxins, Disperses Wind). Channels: LU, UB, KD, LV, Uterus

**Calamus** - Neutral, pungent. (Special Healing Properties: Dries Dampness, Resolves Phlegm). Channels: ST, HT, LV

**Camphor Resin** - Warm, bitter, pungent. (Special Healing Properties: Qi, Circulates Blood, Disperses Cold, Disperses Wind, Resolves Phlegm). Channels: LU, HT

**Catnip** - Cool, bitter, pungent. (Special Healing Properties: Qi). Channels: LU, HT, LI

**Celandine** - Warm, bitter, pungent. (Special Healing Properties: Qi, Dries Dampness, Disperses Wind). Channels: LU, HT, LV, GB

**Cereus** - Cool, sweet, bitter. (Tonifies: Qi, Yang) (Special Healing Properties: Qi). Channels: HT, PC, Uterus

**Chapparral Leaf** - Cold, bitter, salty, pungent. (Special Healing Properties: Clears Heat). Channels: UB, KD, LV

**Chaste Tree** - Neutral, bitter, pungent. (Special Healing Properties: Qi, Dries Dampness). Channels: SP, KD, LV, Uterus

**Chickweed** - Cool, sweet, salty. (Tonifies: Blood, Yin) (Special Healing Properties: Clears Heat). Channels: LU, ST, SP, HT, LI

**Chrysanthemum** - Cold, sweet, bitter. (Tonifies: Yin) (Special Healing Properties: Clears Heat, Disperses Wind). Channels: LU, LV

**Cinnamon Twig** - Warm, sweet, pungent. (Special Healing Properties: Disperses Wind). Channels: LU, HT, UB

**Cleavers** - Cool, bitter, sour. (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: LU, UB, KD, LV

**Coltsfoot** - Neutral, pungent. (Special Healing Properties: Clears Heat, Resolves Phlegm). Channels: LU

**Comfrey Leaf** - Cool, sweet, bitter. (Tonifies: Yin). Channels: LU, ST, LI, UB

**Corn Silk** - Neutral, sweet. (Special Healing Properties: Clears Heat, Dries Dampness, Resolves Water Accumulations). Channels: UB, KD, LV, GB

**Couch Grass Root** - Cool, sweet, sour. (Special Healing Properties: Resolves Water Accumulations). Channels: UB, KD, LV

**Cowslip Root** - Neutral, sweet, salty, pungent. (Special Healing Properties: Qi, Disperses Wind, Resolves Phlegm). Channels: LU, UB

**Cramp Bark** - Cool, bitter. (Special Healing Properties: Qi, Circulates Blood). Channels: LU, HT, UB, LV

**Damiana** - Warm, bitter, pungent. (Tonifies: Qi, Yang). Channels: SP, KD

**Devils Claw** - Cool, bitter. (Tonifies: Qi). Channels: ST, SP

**Echinacea** - Cool, sweet, bitter, pungent. (Special Healing Properties: Clears Heat). Channels: LU, UB

**Elderflower** - Cool, bitter, pungent. (Special Healing Properties: Clears Heat, Eliminates Toxins, Disperses Wind, Resolves Phlegm). Channels: LU, UB

**Elecampane** - Warm, sweet, bitter, salty. (Tonifies: Qi) (Special Healing Properties: Eliminates Toxins, Resolves Phlegm). Channels: LU, SP, LV

**Eucalyptus** - Cool, bitter, pungent. (Special Healing Properties: Eliminates Toxins, Resolves Phlegm). Channels: LU, LI, UB

**Eyebright** - Cool, bitter, sour, pungent. (Special Healing Properties: Resolves Phlegm). Channels: LU

**Feverfew** - Cool, bitter. (Special Healing Properties: Clears Heat). Channels: LV

**Frankincense** - Warm, bitter, pungent. (Special Healing Properties: Qi, Circulates Blood, Dries Dampness, Disperses Wind). Channels: LU, SP, HT

**Galanga** - Warm, pungent. (Special Healing Properties: Disperses Cold, Dries Dampness). Channels: ST

**Gentian** - Cool, bitter. (Tonifies: Qi, Blood) (Special Healing Properties: Clears Heat). Channels: ST, SP, SI, LV, GB

**Ginkgo leaf** - Warm, bitter. (Special Healing Properties: Circulates Blood). Channels: LU, KD

**Ginseng (American)** - Neutral, sweet, bitter. (Tonifies: Qi, Yin) (Special Healing Properties: Calms Spirit). Channels: LU, ST, HT, KD

**Ginseng (Chinese)** - Warm, sweet. (Tonifies: Qi) (Special Healing Properties: Calms Spirit). Channels: LU, SP, HT

**Ginseng (Korean)** - Hot, sweet. (Tonifies: Qi, Yang) (Special Healing Properties: Calms Spirit). Channels: LU, SP

**Goldenrod** - Cool, bitter, sour. (Special Healing Properties: Resolves Water Accumulations). Channels: LU, KD

**Goldenseal** - Cool, bitter. (Special Healing Properties: Clears Heat, Resolves Phlegm). Channels: LU, ST, SP, UB, LV, GB, Uterus

**Heartsease** - Cool, sweet, bitter, sour. (Tonifies: Qi) (Special Healing Properties: Disperses Wind). Channels: LU, HT, UB, KD

**Hibiscus** - Neutral, sweet. Channels: UB, LV

**Honeysuckle** - Cold, sweet. (Special Healing Properties: Clears Heat). Channels: LU, ST, LI

**Hops** - Cold, bitter. (Tonifies: Yin) (Special Healing Properties: Qi, Calms Spirit). Channels: HT, LV

**Horny Goat Weed** - Warm, sweet, pungent. (Tonifies: Yang) (Special Healing Properties: Disperses Wind). Channels: KD, LV

**Horsetail** - Neutral, sweet, bitter. (Special Healing Properties: Resolves Water Accumulations). Channels: LU, LV

**Jamaican Dogwood** - Cold, bitter. (Special Healing Properties: Calms Spirit). Channels: HT, LV

**Jasmine Flower** - Warm, sweet, pungent. (Tonifies: Yang) (Special Healing Properties: Qi, Disperses Cold, Resolves Phlegm, Calms Spirit). Channels: SP, KD, LV

**Kava Kava** - Neutral, bitter, sour, pungent. (Tonifies: Qi) (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: SP, UB, KD

**Kudzu** - Neutral, sweet, bitter. Channels: ST, SP

**Ladys Mantle** - Cold, bitter. (Special Healing Properties: Clears Heat). Channels: ST, LI, UB, LV, Uterus

**Lemon Grass** - Warm, aromatic, bitter, pungent. (Special Healing Properties: Qi, Clears Heat, Dries Dampness, Calms Spirit). Channels: LU, ST

**Lemon Rind** - Cold, sweet, sour. (Special Healing Properties: Qi, Circulates Blood, Clears Heat, Eliminates Toxins). Channels: ST, HT, LI, LV, SJ

**Licorice** - Neutral, sweet. (Tonifies: Qi) (Special Healing Properties: Qi, Clears Heat, Eliminates Toxins, Resolves Phlegm). Channels: LU, ST, SP, HT, SI, LI, UB, KD, LV, GB, PC, SJ, Uterus

**Lily of the Valley** - Neutral, sweet, bitter. (Tonifies: Qi) (Special Healing Properties: Circulates Blood). Channels: HT, UB, KD

**Lobelia** - Cool, pungent. (Special Healing Properties: Qi, Circulates Blood, Resolves Phlegm). Channels: LU, HT, Uterus

**Lovage Root** - Warm, sweet, bitter, pungent. (Special Healing Properties: Dries Dampness, Resolves Water Accumulations). Channels: SP, KD, LV

**Marshmallow Root** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat). Channels: LU, ST, UB

**Meadowsweet** - Cool, sweet, bitter. (Special Healing Properties: Clears Heat, Resolves Water Accumulations). Channels: ST, UB

**Melissa** - Cold, bitter, sour. (Special Healing Properties: Calms Spirit). Channels: LU, HT, UB, KD, LV, PC, SJ

**Microalgae** - Cool, sweet, salty. (Tonifies: Qi, Blood, Jing). Channels: LU, ST, SP, HT, SI, LI, UB, KD, LV, GB, PC, SJ, Uterus

**Mistletoe** - Cold, sweet, bitter. (Special Healing Properties: Qi, Calms Spirit). Channels: LU, HT, LV

**Motherwort** - Cool, bitter, sour. (Tonifies: Qi) (Special Healing Properties: Qi, Circulates Blood). Channels: HT, LV, Uterus

**Mugwort** - Warm, bitter, pungent. (Tonifies: Qi) (Special Healing Properties: Qi, Clears Heat). Channels: SP, KD, LV, Uterus

**Mullein** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Resolves Phlegm). Channels: LU, ST, LI, UB

**Myrrh** - Warm, bitter, pungent. (Special Healing Properties: Qi, Circulates Blood, Resolves Phlegm). Channels: LU, SP, HT, LV

**Osha** - Warm, bitter, pungent. (Special Healing Properties: Disperses Wind, Resolves Phlegm). Channels: LU, ST, SP, Uterus

**Pao D Arco** - Cold, bitter. (Special Healing Properties: Circulates Blood, Eliminates Toxins, Disperses Wind, Resolves Phlegm). Channels: LU, LI, UB

**Parsley Seed** - Neutral, bitter, pungent. (Special Healing Properties: Qi, Resolves Water Accumulations). Channels: UB, KD, LV

**Pasque Flower** - Neutral, bitter, pungent. Channels: LU, SP, HT, LI, LV

**Passionflower** - Neutral, bitter. (Special Healing Properties: Qi). Channels: LU, HT, UB, LV

**Pennyroyal** - Warm, bitter, pungent. (Special Healing Properties: Qi, Disperses Wind). Channels: HT, Uterus

**Perilla** - Warm, pungent. (Special Healing Properties: Qi, Disperses Wind). Channels: LU, SP

**Pine Needle** - Neutral, bitter, pungent. (Tonifies: Yang) (Special Healing Properties: Resolves Phlegm). Channels: LU, KD

**Plantain** - Cold, sweet. (Special Healing Properties: Clears Heat, Resolves Phlegm). Channels: SI, UB, LV, GB

**Pleurisy root** - Cold, bitter, pungent. (Special Healing Properties: Qi, Resolves Phlegm). Channels: LU

**Poke root** - Cool, bitter. (Special Healing Properties: Qi, Resolves Water Accumulations, Resolves Phlegm). Channels: LU, UB, KD, LV

**Pollen** - Neutral, sweet. (Tonifies: Qi, Blood, Jing). Channels: LU, ST, SP, HT, SI, LI, UB, KD, LV, GB, PC, SJ, Uterus

**Purslane** - Cold, sour. (Special Healing Properties: Clears Heat, Dries Dampness). Channels: LI, UB, LV

**Red Clover** - Neutral, sweet. (Tonifies: Yin) (Special Healing Properties: Qi, Dries Dampness, Resolves Water Accumulations, Eliminates Toxins). Channels: LU, LI, UB, KD



**Rhubarb Root** - Cold, bitter, sour. (Special Healing Properties: Qi, Clears Heat).  
Channels: SP, HT, LV

**Rose** - Cool, sweet, sour. (Special Healing Properties: Qi, Circulates Blood, Clears Heat, Calms Spirit). Channels: ST, HT, LV, GB, Uterus

**Rosehip** - Cool, sweet, sour. (Special Healing Properties: Clears Heat). Channels: ST

**Rue** - Warm, bitter, pungent. (Tonifies: Qi) (Special Healing Properties: Qi, Disperses Cold, Dries Dampness, Resolves Phlegm). Channels: ST, SP, HT, KD, Uterus

**Safflower** - Warm, pungent. (Special Healing Properties: Circulates Blood).  
Channels: HT, LV

**Sarsaparilla** - Cool, sweet, bitter. Channels: UB, KD, LV

**Sassafras** - Hot, sweet, pungent. (Special Healing Properties: Qi, Dries Dampness, Resolves Water Accumulations, Disperses Wind). Channels: LU, SP, KD

**Saw Palmetto** - Warm, sweet, sour. (Tonifies: Qi, Yang) (Special Healing Properties: Disperses Cold, Resolves Phlegm). Channels: SP, UB, KD, LV

**Scullcap** - Cool, sweet, bitter. (Special Healing Properties: Qi, Calms Spirit).  
Channels: HT, KD, LV

**Self Heal** - Cold, bitter, pungent. (Special Healing Properties: Clears Heat).  
Channels: LV, GB

**Senna Leaf** - Cool, bitter. (Special Healing Properties: Clears Heat). Channels: SI, LI, Uterus

**Shepherds Purse** - Cool, bitter, sour. (Special Healing Properties: Circulates Blood, Clears Heat). Channels: ST, LI, LV, Uterus

**Slippery Elm** - Cool, sweet. (Tonifies: Yin) (Special Healing Properties: Clears Heat). Channels: LU, ST, LI, UB

**Solomon Seal** - Cool, sweet. (Tonifies: Qi, Yin). Channels: LU, ST, HT

**Spearmint** - Cool, sweet, pungent. (Special Healing Properties: Qi, Clears Heat).  
Channels: LU, ST, LV

**Squawvine** - Neutral, sour. (Special Healing Properties: Circulates Blood, Resolves  
Water Accumulations). Channels: KD, LV, Uterus

**St Johns Wort** - Neutral, sweet, sour. (Special Healing Properties: Qi, Calms Spirit).  
Channels: HT, KD, LV

**Tansy** - Cool, bitter, pungent. (Special Healing Properties: Qi, Dries Dampness,  
Resolves Phlegm). Channels: ST, SP, UB, LV

**Tea Tree** - Neutral, sweet, sour. (Special Healing Properties: Clears Heat, Dries  
Dampness, Eliminates Toxins, Resolves Phlegm). Channels: LU, SP, LI, KD, LV

**Tormentil** - Neutral, bitter, sour.

**Valerian** - Cool, sweet, bitter. (Special Healing Properties: Clears Heat, Calms  
Spirit). Channels: ST, HT, LV

**Vervain** - Cool, bitter, pungent. (Special Healing Properties: Qi). Channels: LU, UB,  
KD, LV

**Violet** - Cool, bitter, pungent. (Special Healing Properties: Clears Heat). Channels:  
HT, LV

**Wheatgrass** - Neutral, sweet, salty. (Tonifies: Qi, Blood). Channels: ST, SP, LV

**White Deadnettle** - Cool, sour, pungent. (Tonifies: Qi) (Special Healing Properties:  
Circulates Blood). Channels: LU, UB, KD, Uterus

**White Horehound** - Cool, bitter, salty, pungent. (Special Healing Properties: Clears  
Heat, Resolves Phlegm). Channels: LU, SP, LV

**Woad** - Cold, bitter. (Special Healing Properties: Clears Heat). Channels: ST, HT

**Wood Sorrel** - Cold, sour. (Special Healing Properties: Clears Heat). Channels: ST, LI, KD, LV

**Yarrow** - Cool, bitter. (Tonifies: Qi) (Special Healing Properties: Resolves Phlegm). Channels: LU, SP, HT, Uterus

**Yellow Dock** - Cold, bitter, sour. (Tonifies: Blood) (Special Healing Properties: Qi, Circulates Blood). Channels: LI, KD, LV

**Yerba Santa** - Warm, bitter, sour, pungent. (Special Healing Properties: Resolves Phlegm). Channels: LU, LI