Food Energetics and Dietary Materia Medica

Power Point 3

Fruits

- Usually sweet and or sour and cool to cold.
- Usually better suited to warmer climates and seasons.
- Functions to clear heat, generate fluids and moisten dryness.

Apple

- Temp / Taste: Neutral to cool, sweet. sour
- Channels: ST, SP, LU
- Actions: Clears heat, generates body fluids, moistens LU, alleviates summerheat, relieves irritability, stops diarrhea
- Indications:
- Heat patterns: restlessness, thirst, after excessive alcohol intake: raw apples
- Yin deficiency: lack of appetite, indigestion: shred apple serve as compote

Apricot

- Temp / Taste: Neutral to warm, sweet, sour
- Channels: ST, LU
- Actions: Generates body fluids, moistens LU, relieves thirst, stops cough
- Indications:
- ST yin deficiency: thirst, dry mouth: fresh apricots

Apricot

- LU dryness: dry cough, shortness of breath, wheezing: raw or as syrup with honey
- Pregnancy: generally recommended for warming effect and high iron content
- Caution: heat patterns, diarrhea; excessive consumption can cause tooth decay

Banana

- Temp / Taste: Cold, sweet
- Channels: ST, LI
- Actions: Clears heat, enriches yin, generates body fluids, moistens LI & ST
- Indications:
- Heat damaging ST/LI yin: thirst, dry throat, dry stools, hemorrhoids: raw bananas
- Contraindications: Cold deficiency in middle jiao, phlegm patterns

Cherry

- Cherry
- Temp / Taste: Warm, sweet
- Channels: ST. SP, LR, KD
- Actions: Supplements center, qi and blood, supplements LR and SP, invigorates blood, dispels cold, dispels winddampness
- Indications:
- SP/ST deficiency: exhaustion, lack of appetite, fatigue, dry mouth: decoct

Cherry

- LR/KD deficiency: weakness & pain in lower limbs: soak in brandy to make cherry wine
- Wind-damp bi: cherry wine
- Blood deficiency: Dizziness, memeory problems, palpitations, insomnia, anemia: wine with cherries and longan fruit
- Cold patterns: chronic feelings of cold
- Caution: heat patterns

Grapefruit

- Temp / Taste: Cool to cold, sweet, sour (peel: warm, sweet, bitter)
- Channels: ST, LU (peel: ST, KD, GB)
- Actions: Generates fluid, relieves thirst (peel: transforms phlegm, downbears qi, reduces food stagnation)

Grapefruit

- Indications:
- ST yin deficiency: restlessness, thirst, after excessive alcohol intake: raw grapefruit
- ST qi counterflow: nausea, vomiting, ST pain, food stagnation: simmer whole fruit (with peel), add sugar or honey
- Phlegm heat in LU: cough with sticky yellow phlegm: with honey

Grape

- Temp / Taste: Neutral, sweet, sour
- Channels: SP, LU, KD, LR
- Actions: Supplements LR & KD, supplements qi and blood, generates fluids, strengthens sinew and bone, promotes urination
- Indications:
- LR/KD deficiency: weakness and pain in back and lower limbs: soak in brandy with ginseng to make wine, take 2 tbsp daily

Grape

- ST/KD yin deficiency: thirst, dry mouth, agitation: syrup made from grapes and honey
- Blood deficiency: Dizziness, palpitations, forgetfulness: decoct/ make syrup from raisins
- Note: raisins stronger for LR/KD deficiency, grapes better to generate body fluid

Kiwi

- Temp / Taste: Cold, sweet, sour
- Channels: ST, GB, KD
- Actions: Clears heat, generates body fluids, downbears ST qi, promotes urination
- Indications:
- Heat patterns: Thirst, dry mouth, diabetes: raw or decocted with honey
- ST qi counterflow: nausea, vomiting: juice of 3 kiwis wth 1 tbsp ginger juice
- Lin syndrome: dysuria, urinary stones: raw or juice
- Contraindications: Cold deficiency in middle jiao

Kiwi

- Temp / Taste: Cold, sweet, sour
- Channels: ST, GB, KD
- Actions: Clears heat, generates body fluids, downbears ST qi, promotes urination
- Indications:
- Heat patterns: Thirst, dry mouth, diabetes: raw or decocted with honey
- ST qi counterflow: nausea, vomiting: juice of 3 kiwis wth 1 tbsp ginger juice
- Lin syndrome: dysuria, urinary stones: raw or juice
- Contraindications: Cold deficiency in middle jiao

Lemon

- Temp / Taste: Cool to cold, sour
- Channels: ST, LR, LU
- Actions: Clears heat (including summerheat), relieves thirst, generates body fluids, harmonizes ST, transforms phlegm, relieves cough, calms fetus
- Indications:
- Heat/summerheat: Thirst, agitation, sweating: lemon juice with sugar

Lemon

- ST qi counterflow: nausea, vomiting, belching: salted lemon
- Phlegm heat: cough with sticky yellow phlegm, sinusitis
- LR qi stagnation: mood swings, hypochondriac pain, temporal headache, menopausal symptoms: decoct lemon peels with grapefruit peels
- Contraindications: ST hyperacidity, ulcers (lemons are 4-6x more acidic than oranges)

Orange

- Temp / Taste: Cool to cold, sweet, sour
- Channels: ST, GB
- Actions: Clears heat, generates body fluids, relieves thirst, downbears qi
- Indications:
- ST yin deficiency: restlessness, thirst, after excessive alcohol intake: raw or with honey
- ST qi counterflow: nausea, vomiting: simmer w/ honey
- Damp heat in lower jiao:
- Contraindications: Cold def middle jiao, cold in LU

Peach

- Temp / Taste: Warm to hot, sweet, sour
- Channels: ST, LI, LR
- Actions: Generates body fluids, moistens LI, moves blood, softens hardness
- Indications:
- ST yin deficiency: Thirst, dry throat, constipation
- LI heat or dryness: chronic constipation in elderly: raw or steamed
- Blood stasis: dysmenorrhea
- Contraindications: Blood heat skin disorders

Pear

- Temp / Taste: Cool, sweet
- Channels: LU, ST
- Actions: Clears heat, generates body fluids, moistens LU, transforms phlegm
- Indications:
- Heat damaging fluids: Reslessness, dry mouth

Pear

- LU heat: sore throat, dysphagia, loss of voice, dry cough: pear juice
- Dry stool constipation: pear juice
- Phlegm heat in LU: cough with sticky yellow phlegm, sinusitis: pear juice or syrup with lemon juice, 1-3 cup daily

Pineapple

- Temp / Taste: Neutral to cool, sweet, sour
- Channels: ST, GB
- Actions: Clears summerheat, generates body fluids, relieves thirst, promotes urination
- Indications:
- ST yin deficiency heat: fresh or juice
- Dysuria
- Contraindications: eczema, skin ulcers

Plum

- Temp / Taste: Neutral to warm, sweet, sour
- Channels: LR, KD, ST
- Actions: Clears LR heat, generates body fluids, moves qi and blood, promotes urination
- Indications:
- LR qi stagnation with heat: Irritability, anger, night sweat, constipation: juice with honey
- ST yin deficiency: dry mouth, thirst: raw or juice
- Ascites from LR disorders
- Contraindications: excess weakens ST & SP, can cause diarrhea or phlegm

Watermelon

- Temp / Taste: Cold, sweet
- Channels: ST, H, UB
- Actions: Clears heat (+ summerheat), generates body fluids, relieves thirst, promotes urination
- Indications:
- Qi-level heat or summerheat: thirst, agitation, sweating, headaches: fresh or juice (w/ tomato juice)
- Heart fire: tongue ulcers, palpitations, restlessness, insomnia, dark urine
- Damp heat in lower jiao: scanty dark urine, dysuria
- Contraindications: SP/ST cold deficiency, dampness

Meat, Dairy and Fish

Meat

- Most meat is warming and thus good for supplementing qi and yang.
- •Especially good for cooler weather, meat consumption should be limited or avoided altogether in heat or excess patterns.
- •Excess consumption of meat can make for dampness as well as heat.

Beef

- •Temp / Taste: Warm to neutral, sweet
- •Channels: SP, ST, KD
- •Actions: Supplements qi and blood (and to some degree yang), supplements ST and SP, strengthens sinew and bone

- •Indications:
- •Qi & blood deficiency: weakness, spontaneous sweating, emaciation, especially following blood loss (trauma, childbirth, menstruation, etc): beef stock or stew combined with carrots, celery, spinach.
- •ST/SP deficiency: Lack of appetite, weakness, bloating, diarrhea: beef stock or stew combined with carrots, leeks, onions.
- Caution: Excessive intake can cause damp-heat, caution also in blood heat

Beef Liver

- Temp / Taste: Neutral, sweet
- •Channels: SP, LR
- Actions: supplements LR, qi and blood
- •Indications:
- •Blood deficiency: Pale dull complexion, poor concentration, numbness, fatigue, palpitations, weakness
- •LR blood deficiency: scant menses, amenorrhea, blurred vision, dizziness, insomnia: combine with green vegetables, green salads, or apple

Chicken

•Temp / Taste: Warm, sweet

Channels: ST, SP

•Actions: Warms middle jiao, supplements qi and blood, enriches yang, engenders marrow

Chicken

- •Indications:
- Qi deficiency: Pale face, weakness, spontaneous sweating, exhaustion
- •Blood deficiency: Pale dull complexion, poor concentration, numbness, fatigue, amenorrhea, palpitations, weakness, emtional depression
- Post-partum: Weakness, postpartum depression, palpitations, agalactia: combine with carrots, parsley, ginger, egg yolk, soybean sprouts; simmer for at least three hours.

Chicken

- •ST/SP deficiency: Lack of appetite, weakness, edema, diarrhea.
- •KD deficiency: Weakness and pain in lower limbs, tinnitus, frequent urination: boil in rice wine with ginger and pepper.
- Caution: Blood heat, heat symptoms in general; may retain pathogens in exterior wind conditions

Chicken Liver

- Chicken Liver
- •Temp / Taste: Warm, sweet
- Channels: KD, LR
- Actions: Supplements LR & KD, supplements qi & blood
- •Indications:
- •KD yang deficiency; Weakness, back pain, impotence, nocturnal urination, cold extremities
- •LR blood deficiency: night blindness, blurred vision, dizziness, insomnia, numbness: steamed or fried chicken liver with lettuce, spinach, arugula, parsley, chard.

Duck

- •Temp / Taste: Neutral to cool, sweet, salty
- •Channels: LU, KD, SP, ST
- •Actions: Nourishes yin, supplements blood, strengthens ST, moistens LU, clears heat, promotes urination, reduces swelling

Duck

- •Indications:
- •Yin deficiency with heat: Unsurfaced fever, thirst, irritability, night sweats, dry mouth and throat, persistant cough with scanty phlegm: boiled duck
- •SP deficiency with edema: braised duck stuffed with ginger, garlic, cloves
- •Blood and yin deficiency with hyperactive yang: blurred vision, palpitations, vertigo, headaches: Duck and chicken soup with parsley and seaweed
- Contrandication: Qi stagnation

Lamb/Mutton

- •Temp / Taste: Warm to hot, sweet
- Channels: SP, KD
- Actions: Warms middle jiao & KD, supplements qi and blood, benefits essence
- •Indications:
- •KD yang deficiency: Cold symptoms, weakness in legs and back, weak libido, impotence, frequent nocturnal urination with clear urine: roasted, grilled or well-cooked lamb with ginger, garlic, chives, walnuts, carrots, seasoned with rosemary, thyme and oregano

Lamb/Mutton

- •Post-partum blood deficiency with cold symptoms: abdominal pain, agalactia, cold lower extremities: Lamb with fresh ginger
- •ST/SP yang deficiency: Lack of appetite, exhaustion, chills, cold extremities, fatigue
- Contraindications: Heat symptoms

Pork

- Temp / Taste: Neutral, sweet, salty
- Channels: SP, ST, KD
- Actions: Nourishes yin, moistens dryness, supplements blood
- •Indications:
- Qi & blood deficiency: weakness, emaciation
- •LR & KD yin deficiency: dry eyes, scant menses, weakness and pain in hips and back
- •Dryness: dry mouth and throat, dry cough, dry skin
- Caution: Excessive consumption leads to phlegm-damp, obesity

Rabbit

- Temp / Taste: Cool to neutral, sweet
- •Channels: LR, LI, ST, SP
- Actions: Supplements middle jiao, supplements qi, cools blood
- •Indications:
- •ST/SP qi dieficiency: Fatigue, weakness, lack of appetite
- •ST/LI heat: Constipation, nausea, vomiting, rapid hungering
- •ST yin deficiency: Dry mouth, lack of appetite, constipation
- Contraindications: Cold patterns

Venison

- Temp / Taste: Warm to hot, sweet, acrid
- Channels: KD
- Actions: Supplements qi, blood and yang, moves blood
- •Indications:
- •Qi & blood deficiency: weakness, emaciation
- •KD yang deficiency: Aversion to cold, chills, weakness and pain in low back and knees, weak libido, impotence, frequent nocturnal urination: in red wine with garlic, ginger, carrots, walnuts
- Caution: Heat symptoms, esp in yin deficiency; can cause hyperactive yang

Dairy products

Dairy products

- Mostly sweet and neutral to cold, moisten dryness and enrich yin.
- •Excessive consumption can lead to phlegm accumulation.
- Children are especially at risk.
- Harder cheeses are generally less yin (warmer and less dampcreating)

Butter/Cream

- •Temp / Taste: Warm to neutral, sweet
- Channels: SP, LR, LU, KD, LI
- Actions: Supplements qi, yin & blood, moistens dryness, disperses blood stasis
- •Indications:
- Qi deficiency: Fatigue, exhaustion, mental exhaustion
- Yin deficiency: Dry mouth/ throat, dry cough, dry skin, constipation, nervousness
- Contraindications: Blood heat; excess can weaken SP, cause phlegm-damp

Cow's Milk

- •Temp / Taste: Neutral to cool, sweet
- •Channels: LU, ST, HT
- Actions: Supplements qi, yin and blood, generates fluids, moistens intestines and skin, alleviates toxicity
- •Indications:
- •General qi and blood defciency: weakness, over exertion, exhaustion, dizziness: cook with glutinous rice, raisins, cinnamon
- •ST yin deficiency: Dry mouth and throat, lack of appetite, constipation: boil with ginger juice
- Contraindications: Excess can weaken SP, cause phlegm-damp

Cow's Milk Cheese

- •Temp / Taste: Neutral to cool (blue cheese: warm), sweet, sour
- •Channels: ST, SP, LU, LR
- Actions: Supplements and regulates qi, nourishes yin, moistens intestines
- •Indications:
- •LU Yin deficiency: Sore throat, dry cough, dry skin, night sweats
- •LI dryness: Constipation
- Contraindications: Excess can weaken SP, cause phlegm-damp

Chicken Eggs

- •Temp / Taste: Raw: Neutral to cool; Cooked: warm; sweet
- Channels: White: LU; Yolk: HT, KD
- Actions: Supplements qi, yin and blood, moistens, calms fetus;
- White: moistens LU, clears heat;
- •Yolk: Enriches yin and blood, moistens

Chicken Eggs

- •Indications:
- Qi deficiency: (Yolk) Exhaustion, weakness, fatigue, recovery from illness
- Yin and blood deficiency: Nervousness, sleep disorders, palpitations, dizziness
- •LU Yin deficiency: Sore throat, dry cough, loss of voice
- ST yin deficiency: Lack of appetite
- •Heat: (White) Red eyes, fetal retlessness, post-partum thirst
- Contraindications: Wind rash, qi stagnation, damp-heat

Goat's Milk/Sheep's Milk

•Temp / Taste: Warm, sweet

Channels: LU, ST

Actions: Warms and moistens ST, intestines

•Indications:

 General qi deficiency: Fatigue, weakness, indigestion, emaciation

•ST yin deficiency: Dry mouth and throat, lack of appetite, constipation.

Goat's Milk Cheese / Sheep's Milk Cheese

- •Temp / Taste: Warm to neutral, sweet, sour, salty
- Channels: ST, SP, LR, HT, KD
- Actions: Supplements and moves qi, warms ST & SP, nourishes yin
- •Indications:
- •ST & SP deficiency: Indigestion
- •LI dryness: Constipation
- Contraindications: Excess can cause phlegm-damp

Yogurt

- Temp / Taste: Cool to cold, sweet, sour
- Channels: LR, LU, LI
- Actions: Nourishes yin, clears heat, softens LR, moistens LU, relieves thirst
- Indications:
- Heat patterns: Restlessness, sleep disorders, thirst

Yogurt

- ST heat: Epigastric pain, heartburn, ulcers
- LR heat: Irritability, temporal headache, dizziness, red eyes
- LI dryness: Constipation
- External use: Skin eruption, itching, dry skin, sunburn
- Contraindications: Cold in middle jiao, diarrhea, excess can cause phlegm-damp

Fish & Seafood

- Mostly neutral to warm and salty; fresh water fish may also be sweet.
- Generally supplements qi, blood and yang, especially affects ST, SP and KD.
- Many are contraindicated for skin disorders.

Anchovies

- Temp / Taste: Neutral, sweet, salty
- Channels: ST, SP
- Actions: Supplements qi and blood, warms ST & SP
- Indications:
- ST/SP qi and yang deficiency: Lack of appetite, weakness, weak digestion
- Contraindications: Heat patterns, especially skin disorders.

Carp

- Temp / Taste: Neutral, sweet
- Channels: SP, KD
- Actions: Supplements qi and blood, warms ST & SP, dispels dampness, downbears qi, reduces swelling
- Indications:
- SP qi and yang deficiency: Swelling, edema
- Qi and blood deficiency: Agalactia, recovery from illness, weakness
- LU deficiency: Cough, chest fullness, shortness of breath
- Contraindications: skin disorders.

Crab

- Temp / Taste: Cold, salty (Pitchford: neutral)
- Channels: LR, ST
- Actions: Clears heat, moves blood, strengthens sinew and bone
- Indications:
- Blood stasis: pain due to trauma
- Post-partum abdominal pain: soak and boil crab in rice wine
- Contraindications: Pregnancy, skin disorders.

Eel

- Temp / Taste: Neutral to warm, sweet
- Channels: SP, LR, KD
- Actions: Supplements qi and yang, dispels wind-damp
- Indications:
- Qi and yang deficiency: Weakness, exhaustion, shortness of breath
- Wind-damp bi: cook in rice wine with salt, vinegar, fresh ginger
- Contraindications: Phlegm patterns, SP/ST deficiency diarrhea.

Herring

- Temp / Taste: Neutral, sweet
- Channels: SP, LU
- Actions: Supplements qi of ST, SP, LU
- Indications:
- SP/ST qi deficiency: Lack of appetite, weakness, chronic digestive probs
- LU deficiency: Fatigue, sweating, shortness of breath
- Contraindications: skin disorders.

Mackerel

- Temp / Taste: Neutral, sweet
- Channels: ST, LR
- Actions: Supplements qi and blood, dispels dampness
- Indications:
- Swelling, edema, damp bi

Mussels

- Temp / Taste: Neutral to warm, salty
- Channels: LR, KD
- Actions: Enriches yin and yang of LR & KD, nourishes essence and blood
- Indications:
- KD yang deficiency: Impotence, low back weakness and pain: cook in rice wine with onions, leeks, garlic, pepper
- Yin deficiency: Night sweats, dizziness

Oyster

- Temp / Taste: Neutral, sweet, salty
- Channels: KD, LR
- Actions: Supplements qi and blood, enriches yin and yang of LR & KD, moistens dryness, cools blood
- Indications:
- Yin deficiency: Night sweats, nervousness, sleep disturbance, dryness
- KD deficiency: Exhaustion, premature ejaculation, spermatorrhea
- Contraindications: skin disorders.

Prawns/Lobster/ Crayfish

- Temp / Taste: Warm, sweet
- Channels: KD, LR
- Actions: Supplements qi and blood, enrichesKD yang, dispels cold, invigorates blood, extinguishes wind, transforms phlegm
- Indications:
- KD yang deficiency: Impotence, premature ejaculation, weakness, low libido, back pain: fry in alcohol with garlic, ginger and leeks
- Qi and blood deficiency: post-partum, agalactia
- Contraindications: Heat patterns, especially skin disorders.

Sardines

- Temp / Taste: Neutral to warm, sweet, salty
- Channels: ST, SP, KD
- Actions: Supplements qi, yang & blood, warms middle jiao
- Indications:
- ST/SP deficiency, Lack of appetite, weakness, indigestion, edema
- KD deficiency: Impotence, weakness, low libido, back pain, weak sinew and bone: grill with garlic
- Contraindications: Heat patterns, especially skin disorders.

Squid/Octopus

- Temp / Taste: Cold, sweet, salty
- Channels: KD, LR, UB
- Actions: Supplements qi, blood and yin, clears heat
- Indications:
- LR & KD yin deficiency with hyperactive yang: Tinnitus, vertigo, menorrhagia and dysmenorrhea with light-red blood
- Blood heat: Itching skin
- LR invading ST: Heartburn, gastritis, ulcers
- Contraindications: Heat patterns avoid frying or grilling.

Trout

- Temp / Taste: Warm to hot, sweet
- Channels: ST, SP
- Actions: Enriches yang, regulates qi, dispels cold, warms middle jiao
- Indications:
- ST/SP deficiency: Lack of appetite, weakness, bloating, diarrhea.
- Qi & yang deficiency: Exhaustion, weakness, cold extremities, shortness of breath: grill with garlic and onions
- Contraindications: Heat patterns, especially skin disorders.

Nuts and seeds

- Highly nutritious and mostly warm.
- Build up qi and yang in the body, act very quickly to build up deficiency in energy.

Almonds

- Temp / Taste: Neutral, sweet
- Channels: LU, LI, SP
- Actions: Moistens LU, relieves cough, transforms phlegm, downbears qi, moistens LI

Almonds

- Indications:
- Dryness & LU deficiency: Cough, dyspnea, wheezing, dry mouth and throat: grind and mix with honey dissolved in warm water.
- Dryness in LI: Constipation
- SP deficiency: Lack of appetite
- Contraindications: Dampness and phlegm

Black Sesame Seed

- Temp / Taste: Neutral to cool (warm if roasted), sweet
- Channels: LR, KD
- Actions: Supplements LR & KD, moistens dryness, strengthens sinew & bone
- Indications:
- LR & KD deficiency: General weakness, weakness in knees, back and limbs, muscle pain, tinnitus, vertigo, impotence: roast in dry pan until fragrant, eat 1-2 tsp/day, or in rice congee.

Black Sesame Seed

- Blood and fluid deficiency: Postpartum lactation problems, dizziness, forgetfulness
- Wind bi
- Dryness in LI: Constipation
- Caution: Diarrhea, heat symptoms

Chestnut

- Temp / Taste: Warm, sweet
- Channels: ST, SP, KD
- Actions: Supplements KD, supplements qi and blood, disperses stagnant qi, dispels cold, strengthens sinews, harmonizes middle jiao
- Indications:
- KD deficiency: Weakness in hips, legs, low back: roast or make in congee with walnuts.

Chestnut

- SP/KD yang deficiency: Diarrhea, cold extremities, weakness, impotence, back pain: roast
- External application: Trauma, swelling due to blood stasis
- Contraindications: Excessive consumption may cause bloating, abdominal distension

Hazelnut

- Temp / Taste: Neutral, sweet
- Channels: SP, ST
- Actions: Harmonizes middle jiao, regulates qi
- Indications:
- SP deficiency: Lack of appetite, fatigue

Peanut

- Temp / Taste: Neutral, cool (raw) or warm (boiled or roasted), sweet
- Channels: SP, LU
- Actions: Supplements middle jiao, moistens LU, relieves cough, promotes lactation, moistens LI
- Indications:
- SP deficiency: Lack of appetite, weakness: decoct 60g each peanuts, adzuki beans, jujube, taken throughout day.

Peanut

- LU deficiency with dryness: Chronic dry cough with scanty sputum, dry throat: mix peanut butter, almond butter and honey.
- Dryness in LI: Constipation
- Qi and blood deficiency: Post partum with reduced lactation
- Caution: Excess intake produces dampness, phlegm, diarrhea

Pine Nut

- Temp / Taste: Neutral to warm, sweet
- Channels: LU, LI, LR
- Actions: Moistens LU & LI, generates fluids, expels windcold-damp
- Indications:
- LU deficiency with dryness: Chronic dry cough with scanty sputum, dry throat: grind 30g with 60g ground walnuts, mix with honey.

Pine Nut

- Dryness in LI: Constipation
- Wind-damp bi or internal wind: joint pain, dizziness, drowsiness
- Caution: Excess intake produces dampness, phlegm

Sunflower seeds

- Temp / Taste: Neutral, sweet
- Channels: LU, LI
- Actions: Supplements SP, enriches yin, moistens LI
- Indications:
- SP deficiency: Weakness, lack of drive, diarrhea
- Hyperlipidemia, hypertension, arteriosclerosis
- Caution: Heat symptoms

Beverages

Coffee

- Temp / Taste: Warm to hot, sweet, bitter
- Channels: HT, LI, LR, KD?
- Functions: Tonifies Heart, promotes urination, warms interior, purgative
- Indications:
- Qi and Yang deficiency
- Blood stasis
- Constipation
- Caution: Blood deficiency. Use in moderation

Tea

- Temp / Taste: cool to cold, sweet, bitter
- Channels: ST, LU, HT, KD
- Functions: Clears heat, downbears qi, promotes urination, transforms phlegm-damp, harmonizes Stomach
- Indications:
- Wind-heat (especially head & eyes)
- Summerheat
- Damp-heat
- Caution: SP/ST deficiency cold, Blood deficiency