



Food Energetics and Dietary Materia Medica



Power Point 3





Vegetables



Bamboo Sprouts



- Temp / Taste: Cool, sweet
- Channels: ST, LU
- Actions: Clear heat, enrich yin, relieve irritability, transform phlegm, downbear qi, promote urination, move stool



Bamboo Sprouts



- Indications:
- **ST heat**: Heartburn, gastritis, stomach/intestinal ulcers, thirst, dry mouth
- **LU phlegm-heat**: Bronchitis, sinusitis with viscous yellow phlegm: boil bamboo sprouts, eat cold with ginger, vinegar and salt



Cabbage

- Temp / Taste: Neutral (PP: sl warming), sweet (PP: + acrid)
- Channels: LI, ST
- Actions: Supplements middle jiao, stops pain, promotes digestion, moistens LI



Cabbage

- Indications:
- SP/ST disharmony with stagnation: Cramping stomach pain, constipation
- Stomach/intestinal ulcers
- External: skin eruptions (PP)



Carrot

- Temp / Taste: Neutral, sweet
- Channels: LU, SP, LR
- Actions: **Benefits LU**, supplements SP, regulates LR, promotes urination, expels stones, downbears ST qi, **benefits skin and eyes**



Cucumber

- Temp / Taste: Cool, sweet
- Channels: SP, ST, LI
- Actions: Clears heat, promotes urination, reduces swelling, alleviates toxicity, clears skin



Cucumber

- Indications:
- **Heat:** Thirst, anxiety, swelling and pain in throat, red swollen eyes, skin inflammation and eruption
- **Summerheat:** Good for conditions aggravated by hot weather
- **External application:** Red, swollen, dry eyes; facial skin renewal; sunburn
- **LI damp-heat:** Traveler's diarrhea

Eggplant

- Temp / Taste: Cool, sweet, sl bitter
- Channels: ST, SP, LI
- Actions: **Clears heat, moves blood, cools blood**, reduces swelling, stops pain, harmonizes LR & uterus
- Indications:
- **Blood heat**: Itching red skin, skin ulcers, mastitis, carbuncle, bloody stool, hemorrhoids



Green Onion

- Temp / Taste: Warm, acrid
 - Channels: LU, ST
 - Actions: Releases exterior, dissipates cold, alleviates toxicity
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Green Onion

- Indications:
- **Wind-cold invasion**: Aversion to cold, fever without sweating, headaches, stuffy nose
- **Cold in middle jiao**: Abdominal pain, diarrhea: decoct with ginger
- **Parasites**: Abdominal pain: 30g green onion juice with 30g sesame oil daily
- Contraindications: Spontaneous sweating, general weakness



Leek 韭

- Temp / Taste: Warm, acrid
- Channels: LU, LR, ST, KD
- Actions: **Regulates qi, dispels blood stasis**, supplements **KD yang**, warms middle jiao, dissipates cold, releases exterior, alleviates toxicity



Leek

- Indications:
- Cold in middle jiao: Abdominal pain, diarrhea, difficulty swallowing
- **KD yang deficiency: Impotence**, low libido, premature ejaculation, lumbar pain/weakness
- Blood stasis: Abdominal swelling and pain
- Wind-cold: Initial stage, chills, aversion to cold
- Contraindications: Heat symptoms, yin deficiency

Lettuce生菜

Temp / Taste: Cool, sweet, bitter

Channels: LI, ST

Actions: Clears heat, promotes urination, promotes lactation

Indications:


Heat: Restlessness, thirst, anxiety

UB damp heat: Burning scanty dark urine

Post-partum: Lack of breast milk




Onion

- Temp / Taste: Warm, acrid (sweet if braised)
 - Channels: LU, ST, LI
 - Actions: **Supplements ST, regulates qi**, dispels blood stasis, expels cold, effuses sweat, regulates qi, supplements middle jiao
- 



Onion

- Indications:
 - Hyperlipidemia, hypertension, arteriosclerosis
 - **Phlegm-damp in LU**: Cough: boil onion with 1 tsp honey, apply externally on chest
 - Use onion juice for insect bites, swelling & pain
 - Contraindications: Heat symptoms, yin deficiency
- 



Seaweed

- Temp / Taste: Cold, salty
- Channels: KD, LR, LU
- Actions: Clears heat, moistens dryness, enriches yin, softens hardness, transforms phlegm, promotes urination




Seaweed

- Indications:
- LU phlegm-heat: Cough with sticky yellow phlegm
- Alcohol consumption in excess with heat symptoms
- Edema
- Caution: Too salty to be consumed in excess



Spinach

- Temp / Taste: Cool, sweet
 - Channels: ST, LR, LI, SI
 - Actions: Clears heat, moistens dryness, generates fluids, supplements blood, supplements LR, yin, downbears qi
- 



Spinach



- Indications:
- ST heat: Heartburn, gastritis, stomach ulcers, thirst, dry mouth, restlessness
- LR **yin deficiency heat**: Headache, dizziness, tinnitus, red eyes, restlessness, blurred vision, night blindness, insomnia
- **Alcohol intoxication**: Tinnitus, hypertension: blanch spinach and let cool, season with soy sauce, vinegar and salt




Spinach



- Blood heat: Nosebleeds, itching red skin eruptions
- **LI dry heat**: Constipation, anal fistula, hemorrhoids, bloody stool, chronic constipation in elderly
- Contraindications: Middle jiao deficiency with diarrhea



Sweet Potato

- Temp / Taste: Neutral, tends to warm, sweet
 - Channels: SP, ST, KD
 - Actions: **Supplements middle jiao**, supplements qi and blood, regulates qi, harmonizes blood, generates fluids, nourishes KD yin
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Sweet Potato

- Indications:
- **ST/SP qi or yang deficiency**: Cold-type diarrhea or constipation, weakness
- Contraindications: Excessive amounts lead to stagnation with abdominal bloating and distension



Tomato

- Temp / Taste: Cold, sweet, sour
 - Channels: ST, LR
 - Actions: **Clears heat, enriches LR yin, generates fluids**, moistens dryness, cools blood, strengthens ST
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Tomato

- Indications:
- Blood heat: Nosebleeds, itching red skin eruptions, seasonal or sun allergies
- **LR yin deficiency heat:** Headache, dizziness, tinnitus, red eyes, restlessness, blurred vision, night blindness, insomnia, hypertension
- **ST yin deficiency:** Thirst, dry throat, lack of appetite, restlessness



Tomato


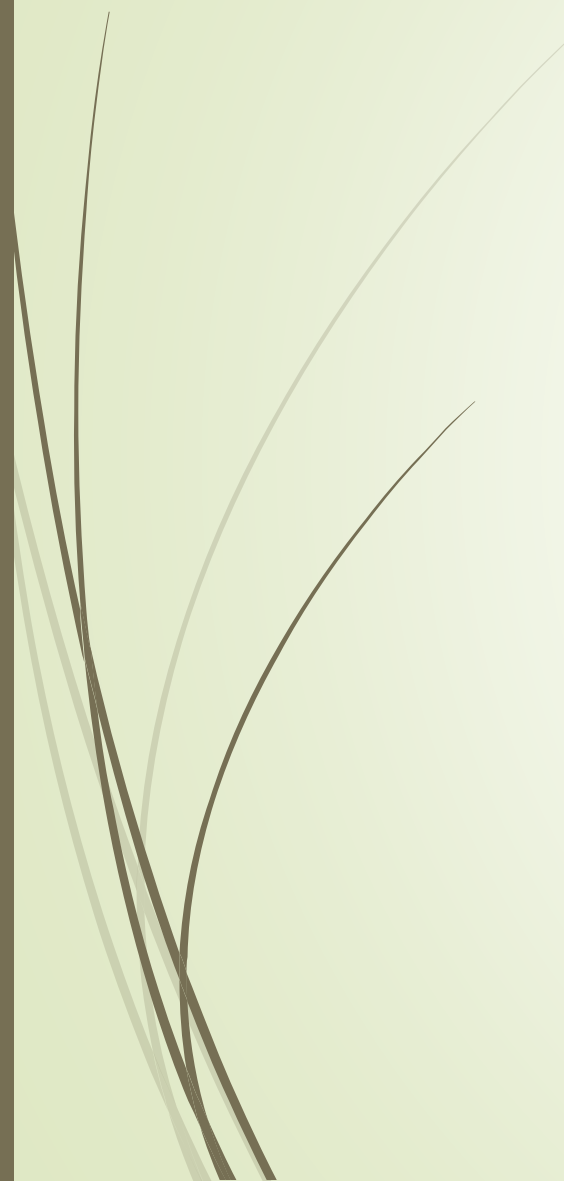


- **Heat, fluid deficiency:** Restlessness, nervousness: fresh tomato with sugar or mix with melon juice
- **Contraindications:** Cold in middle jiao. Very cooling, do not exceed two tomatoes per day; green tomatoes weaken KD.



GRAINS



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- According to TCM, grains should be the main part of the daily diet
 - Mostly sweet, warm-neutral-cool, primarily affect SP-ST
 - Support Qi, Yin and Yang
 - Calming, emotional balance



Barley大麦

- Temp / Taste: Cool, salty, sweet
- Channels: SP, ST, UB
- Actions: Clears heat, moistens dryness, relieves thirst, nourishes yin, harmonizes ST, removes food stagnation, promotes urination



Barley

- Indications:
- **Heat symptoms:** Agitation, insomnia, dry mouth
- **Middle jiao disharmony:** Nausea, vomiting, bloating, abdominal pain
- Edema
- Dysuria: decoct with ginger juice and honey



Buckwheat 荞

- Temp / Taste: Cool (PP: neutral, some say warm), sweet
- Channels: ST, SP, LI
- Actions: Downbears qi, supplements SP, drains dampness, resolves food stagnation

Buckwheat

- Indications:
- Counterflow ST qi: Nausea, vomiting, bloating, abdominal pain, take roasted or decoct with turnips
- **Damp-heat in lower jiao**: for dysentery powder and take with white sugar, for leukorrhea powder and mix with chicken's egg whites to form pills
- **Skin eruptions & burns**: Roast, powder & apply topically with vinegar




Corn



- Temp / Taste: Neutral, sweet
- Channels: K, LI, ST
- Actions: **Supplements middle jiao, kidneys, qi and blood.** Aids transportation of fluids, harmonizes ST, seeps dampness.



Corn

- Indications:
 - Middle jiao deficiency: Low appetite, indigestion, diarrhea
 - Kidney yin deficiency: Weakness in lower limbs, impotence
 - Edema: Corn silk tea
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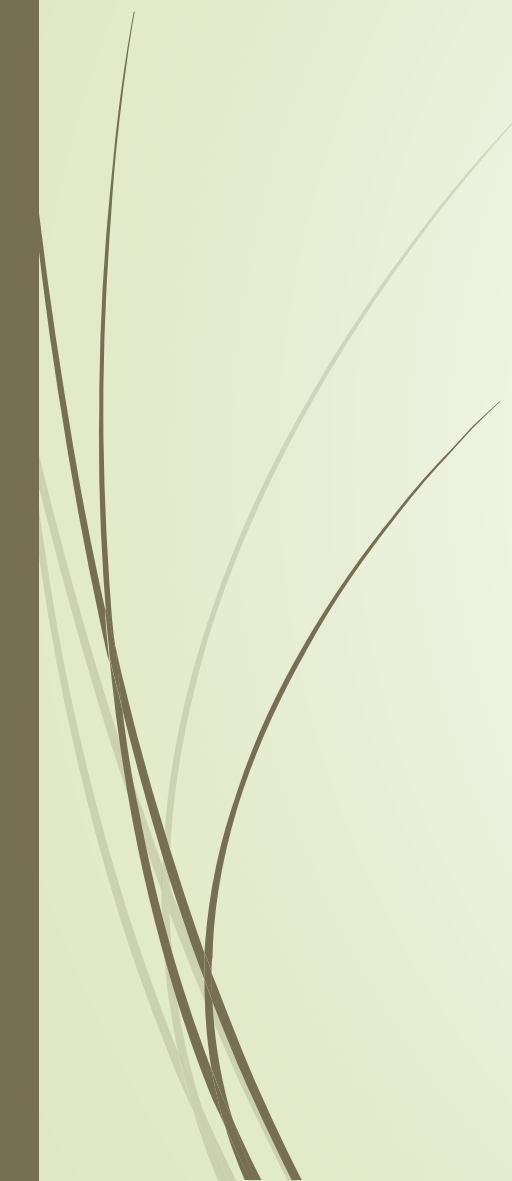


Millet 粟

- Temp / Taste: Neutral or slightly warm (Liu: slightly cold, PP: cooling), sweet, salty
- Channels: ST, SP, KD
- Actions: **Supplements and harmonizes middle jiao** (second only to rice), strengthens KD, **supplements blood and qi**, dispels dampness, transforms phlegm, downbear counterflow ST qi, promotes urination, alleviates toxicity



Millet

- Indications:
 - **Middle jiao deficiency**: Low appetite, general weakness, fatigue, diarrhea
 - **SP qi deficiency** with damp
 - Phlegm disorders: Heavy head, sinus congestion, heavy limbs, nausea
 - ST qi counterflow: Vomiting, morning sickness
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Millet



- **Stomach or intestinal infections:** Acute nausea, diarrhea following intake of spoiled food
- General weakness and cold, especially in lower body

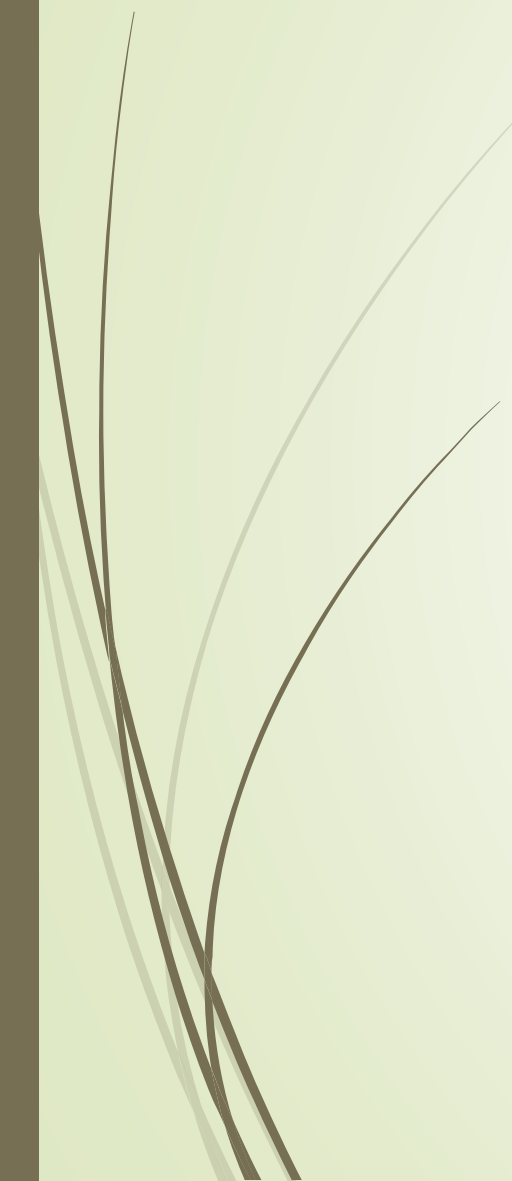


Oats 燕麦

- Temp / Taste: Neutral to warm, sweet, sl bitter
 - Channels: ST, SP, KD
 - Actions: **Supplements qi and blood**, moves qi, strengthens sinews, dispels dampness
- 




Oats

- Indications:
 - General qi, blood and yang deficiency
 - Exhaustion
 - Recovery after chronic illness
 - General weakness, esp children & elderly
 - Caution in heat patterns; excessive amounts can produce anxiety, nervousness, sleep disturbance
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Rice (White and Brown)

- ▶ Temp / Taste: Neutral, sweet
 - ▶ Channels: SP, ST, LU
 - ▶ Actions: **Supplements qi and blood**, harmonizes ST, strengthens SP, regulates and produces fluids, stops diarrhea, seeps dampness
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Rice (White and Brown)

- Indications:
- **SP/ST deficiency**: General weakness, low appetite, nausea, vomiting, diarrhea. Take powdered with wheat bran in millet gruel boiled with pork
- **ST yin deficiency with heat**: Thirst, dry mouth, restlessness, insomnia, stabilizes mood
- **Glutinous rice** is more warming, supplements qi and blood, enters LU, SP & ST; long grain rice supplements SP/ST and relieves thirst.



Rye 黑麦

- Temp / Taste: Neutral to cool, bitter
- Channels: GB, LR, SP, HT
- Actions: Dispels dampness, promotes urination, moves stagnant LR qi, strengthens sinew & bone, fingernails and hair
- Indications:
- Accumulation of phlegm and fluids.



Spelt

- ▶ Temp / Taste: Neutral to cool, sweet
- ▶ Channels: SP, ST, LR
- ▶ Actions: Similar to wheat, with slightly more warming nature, not as likely to form dampness
- ▶ Indications:
- ▶ Similar to wheat. Preferred to wheat where the patient may be allergic to wheat.



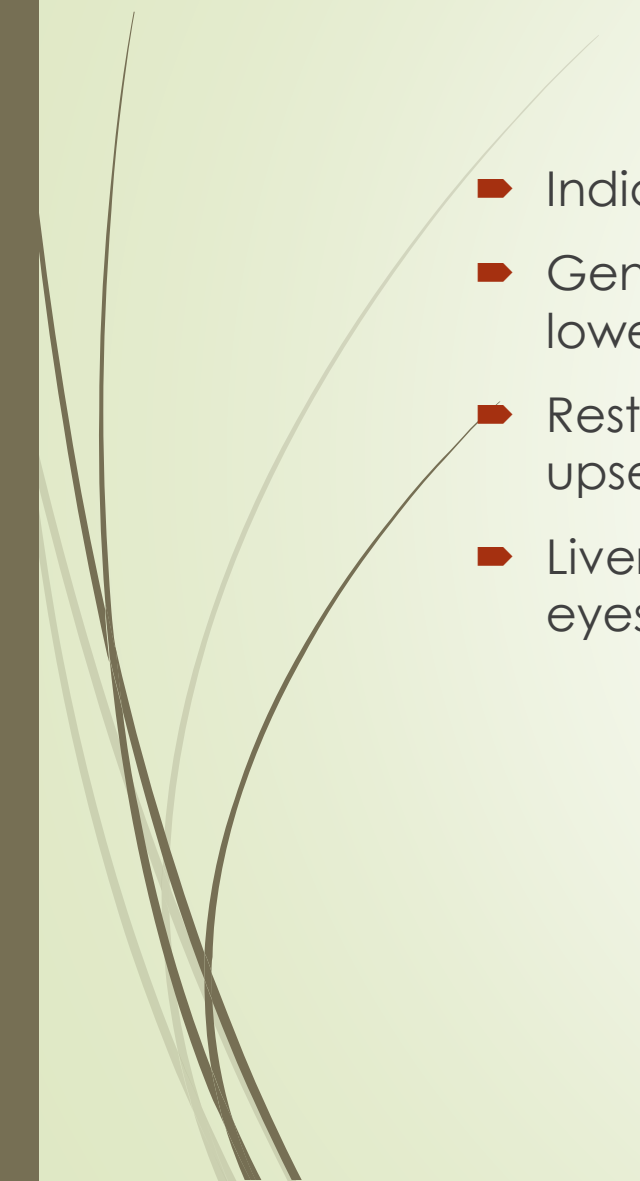
Wheat



- Temp / Taste: Cool, possibly cold, sweet
- Channels: HT, LR, SP, KD
- Actions: Clears heat, supplements SP/KD, nourishes HT yin, builds qi and blood (when combined with warm foods), relieves thirst, promotes urination



Wheat

- Indications:
 - General heat symptoms: Dry mouth, fever, sweating; well suited to lower fever in small children
 - Restless organ: Agitation, anxiety, irritability, insomnia, emotional upset. (w/licorice and jujube)
 - Liver heat or yang rising: Irritability, disturbed sleep, headache, itchy eyes
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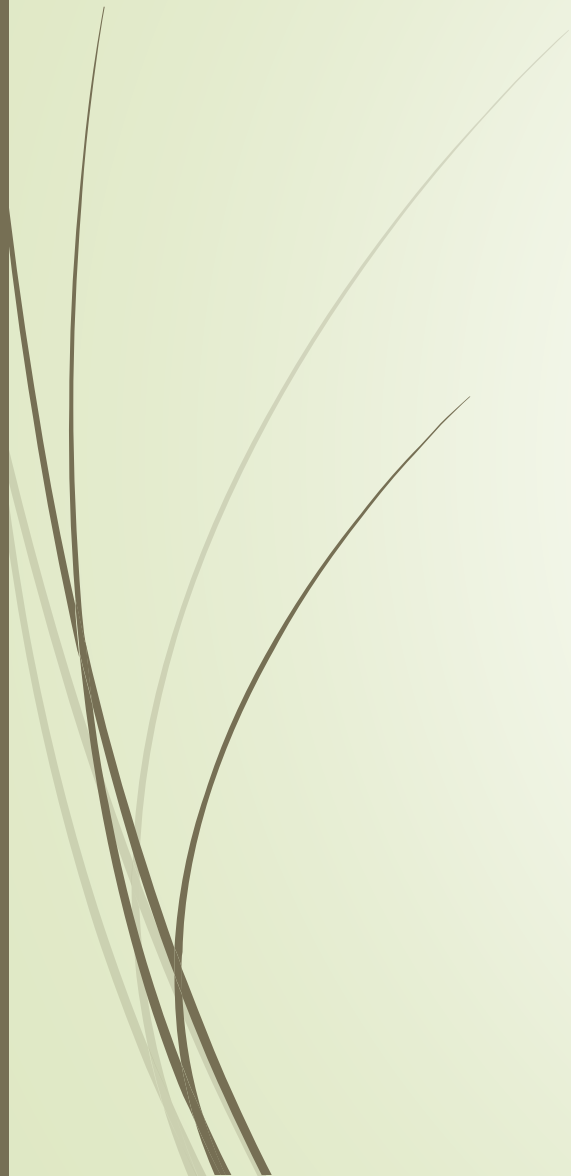
Wheat



- LR blood deficiency: Itchy skin disorders, allergies
- Menopause: hot flashes, night sweats
- Difficult urination: decoct with Deng Xin Cao
- Excessive amounts can cause dampness or phlegm
- Wheat flour: warm Wheat germ: cold Wheat bran: cool




LEGUMES 豆类






Aduki bean

- Temp / Taste: Neutral, sweet, sour
 - Channels: HT, SI
 - Actions: Clears Heat and promotes urination; Disperses Congealed Blood, swelling, and Fire Toxin. Clears Damp Heat.
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Aduki bean

- Indications:
 - Clears Heat and promotes urination; used for ascites, painful urination and Leg Qi edema.
 - Disperses Congealed Blood, swelling, and Fire Poison associated with sores and abscesses.
 - Clears mild cases of Damp Heat with jaundice.
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Black Bean

- Temp / Taste: Warm, sweet
- Channels: KD
- Actions: Tonifies KD, benefits essence, supplements yin and blood, promotes urination
- Indications:
- KD deficiency: Low back ache, knee pain, spermatorrhea and infertility

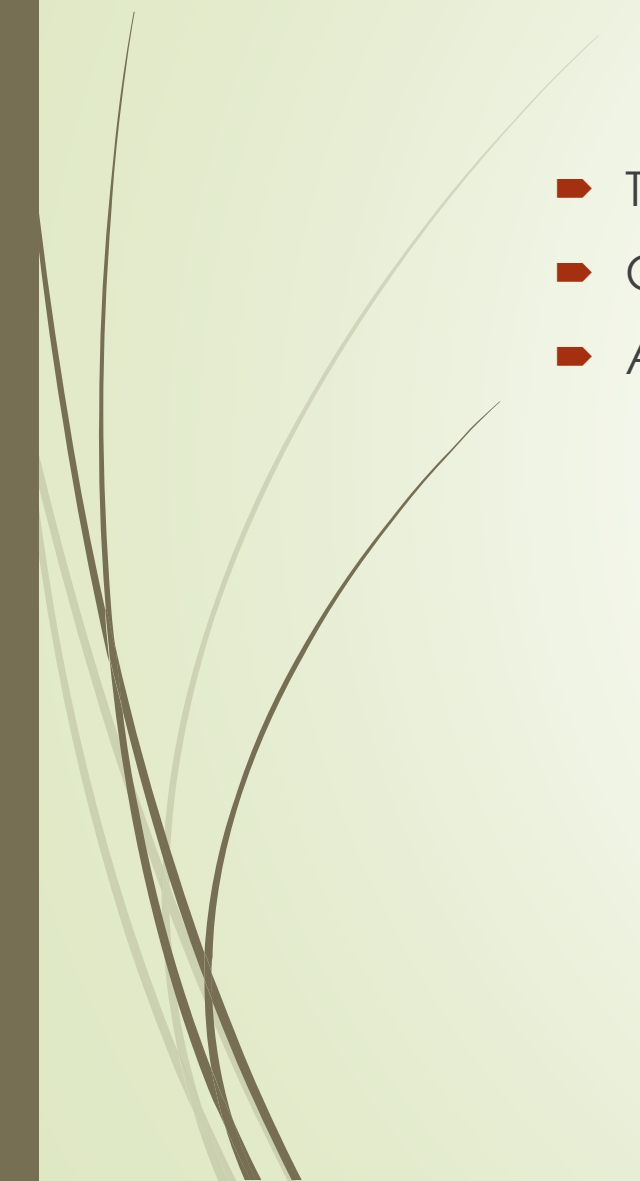


Kidney Bean

- ▶ Temp / Taste: Neutral (PP:Cool), sweet
- ▶ Channels: SP, LI, SI
- ▶ Actions: Supplements SP, dispels Damp, moves blood, alleviates toxicity
- ▶ Indications:
 - ▶ Edema, leg qi: Boil with carp
 - ▶ Diarrhea: decoct or powder with bian dou, yi yi ren



Lentils

- ▶ Temp / Taste: Neutral, bland
 - ▶ Channels: HT, KD
 - ▶ Actions: Benefits HT, circulation, supplements KD essence
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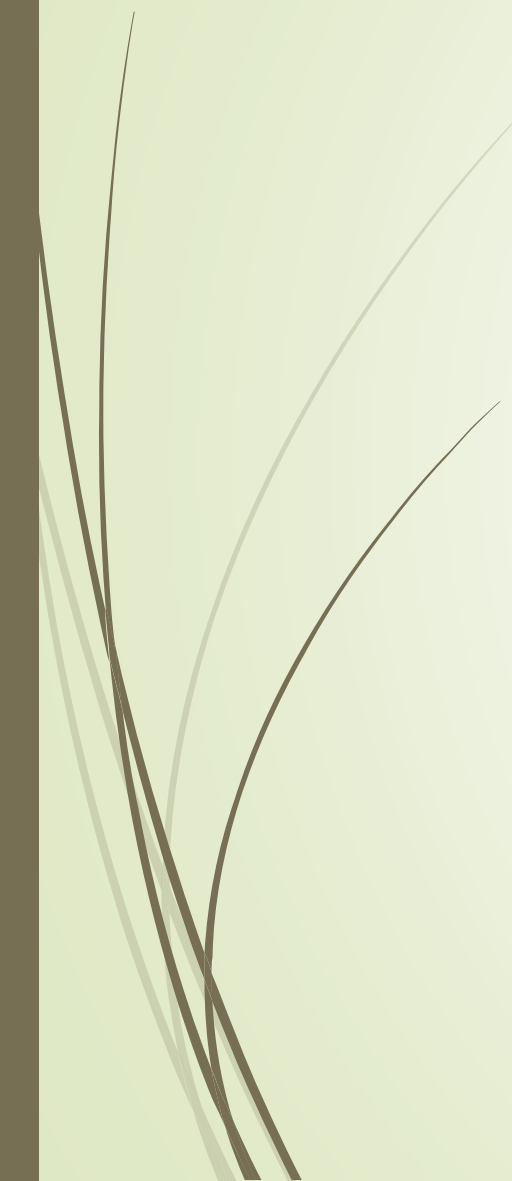


Pea

- ▶ Temp / Taste: Neutral, sweet
- ▶ Channels: SP, ST
- ▶ Actions: Supplement SP, dispel damp, generates fluids and relieves thirst
- ▶ Indications:
 - ▶ SP/ST deficiency
 - ▶ ST yin deficiency w/ thirst: boil, add white sugar
 - ▶ May cause abdominal fullness




Soybean, Black

- ▶ Temp / Taste: Neutral, sweet
 - ▶ Channels: SP, KD
 - ▶ Actions: Supplements SP/KD, nourishes KD yin, moves blood, dispels wind, dispels dampness, alleviates toxicity, strengthens SP, supplements qi and blood, clears heat and drains yang, moistens dryness, regulates fluids
- 




Soybean, Black

- Indications:
 - SP deficiency with damp: Water swelling, edema, heavy limbs, bloating
 - KD yin deficiency: Weakness in lower extremities, hearing loss, premature graying of hair, thirst, dry eyes, blurry vision, night sweats, low back pain
 - Wind Damp
 - Excessive amounts weaken SP and can cause phlegm disorders
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Soybean, Yellow

- Temp / Taste: Neutral to warm; hot if roasted; sweet
 - Channels: ST, SP, LI
 - Actions: Supplements SP, qi and blood, downbears qi, moistens dryness, generates fluids, alleviates toxicity
- 



Soybean, Yellow

- Indications:
- SP/ST weakness with qi and blood deficiency: fatigue, weakness, cool extremities, low appetite, use boiled soymilk or take powdered with dates
- Water swelling, edema, bloating, take soymilk in gruel with peanuts and Job's Tears.




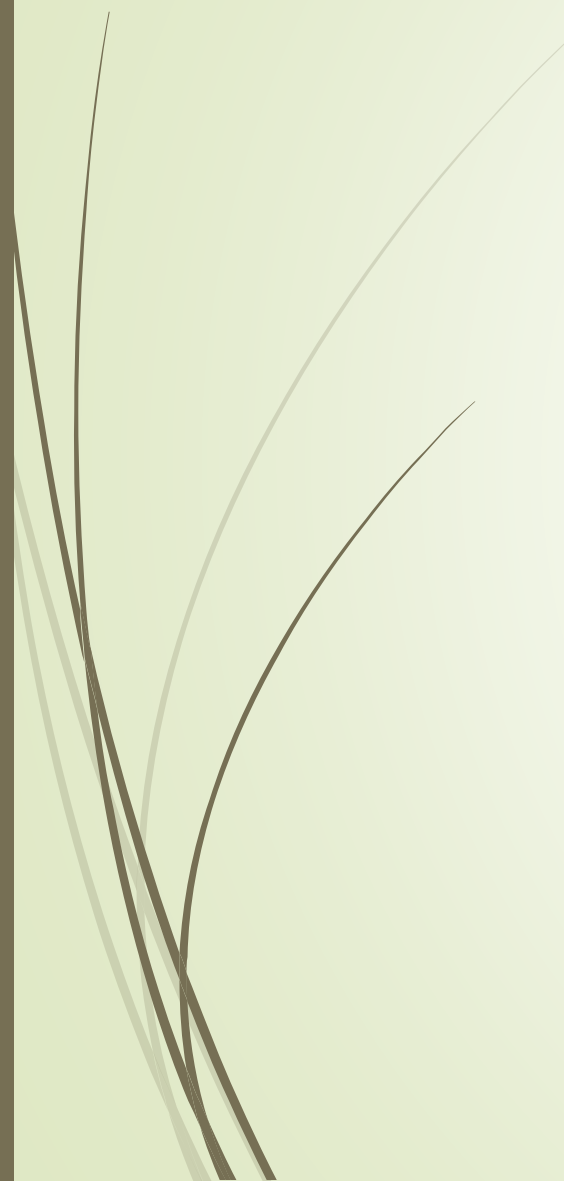
Soybean, Yellow

- Acute and chronic diarrhea, abdominal distension, especially in children
- After consuming spoiled foods
- Counteract hot properties or overdose of Fu Zi: decoct with licorice or take soymilk.
- Excessive amounts cause qi stagnation in abdomen and can cause dampness or phlegm disorders



Spices, Condiments, Sweeteners



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- Spices: Mostly warm to hot and acrid
 - Sweeteners: Warm and sweet
 - Too much spice can cause Heat; use for Cold patterns but avoid in Heat patterns
 - Sweeteners can cause stagnation in middle jiao, caution in damp patterns



Chili



- Temp / Taste: Hot, Acrid; ST, SP, HT
- Actions: Expels cold, warms middle, reduces food stagnation, effuses sweat, dries dampness
- Indications: Wind-Cold; Wind-Cold-Damp Bi; Cold or Cold-Damp in middle Jiao
- Use sparingly. Caution: Yin deficiency or internal Heat



Cinnamon

- Temp / Taste: Warm to Hot, Acrid;
- Channels: ST, SP, LR, KD (UB)
- Actions: Expels cold, warms middle, moves Blood, moves stagnation, promotes digestion
- Indications:
- Wind-Cold
- Bi pain



Cinnamon

- Blood Stasis d/t Cold
- ST/SP deficiency: low appetite
- Yang deficiency: KD Yang deficiency symptoms
- Caution: Yin deficiency, pregnancy



Coriander

- Temp / Taste: Warm, Acrid
- Channels: LU, SP
- Actions: Expels cold, warms middle, reduces food stagnation, effuses sweat, downbears Qi
- Indications:
 - Wind-Cold;
 - Cold stagnating in middle Jiao
- Caution: Qi deficiency



Ginger

- ▶ Temp / Taste: Warm to Hot, Acrid
- ▶ Channels: ST, SP, LU
- ▶ Actions: Expels cold, warms middle, restores Yang, reduces food stagnation, warms Lung, transforms Cold Phlegm, effuses sweat, warms meridians, stops bleeding, harmonizes Stomach, downbears Qi



Ginger



- Indications:
- Wind-Cold;
- ST qi disharmony;
- Cold in middle Jiao;
- Cold phlegm in Lung,
- bleeding from deficiency Cold
- Caution: Yin deficiency or internal Heat

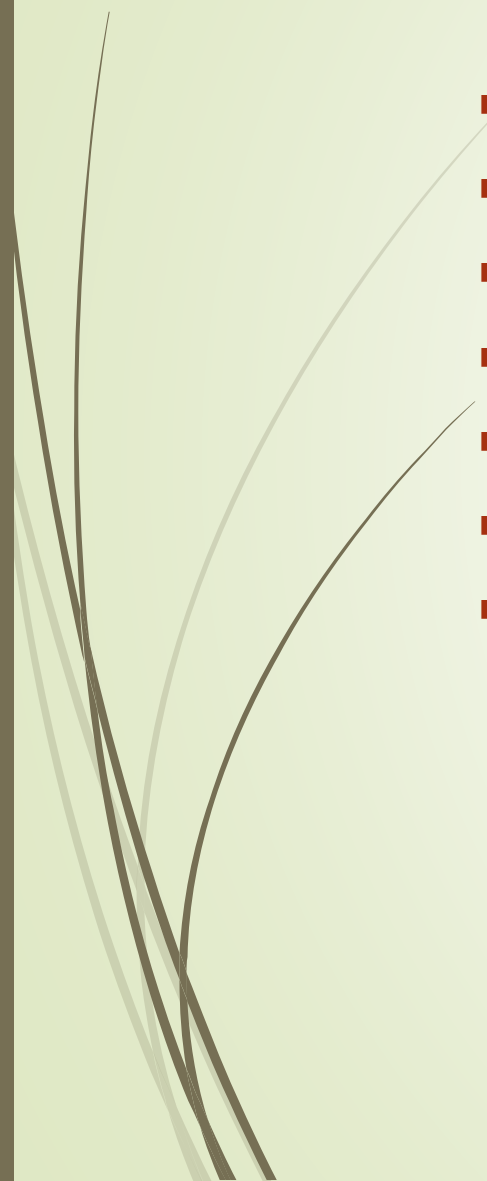


Garlic

- Temp / Taste: Warm (cooked) to Hot(raw), Acrid, (+ sweet if cooked)
- Channels: ST, SP, LU
- Actions: Expels cold, warms middle, strengthens ST, disperses Qi/Blood stagnation in abdomen, antiparasitic, relieves cough

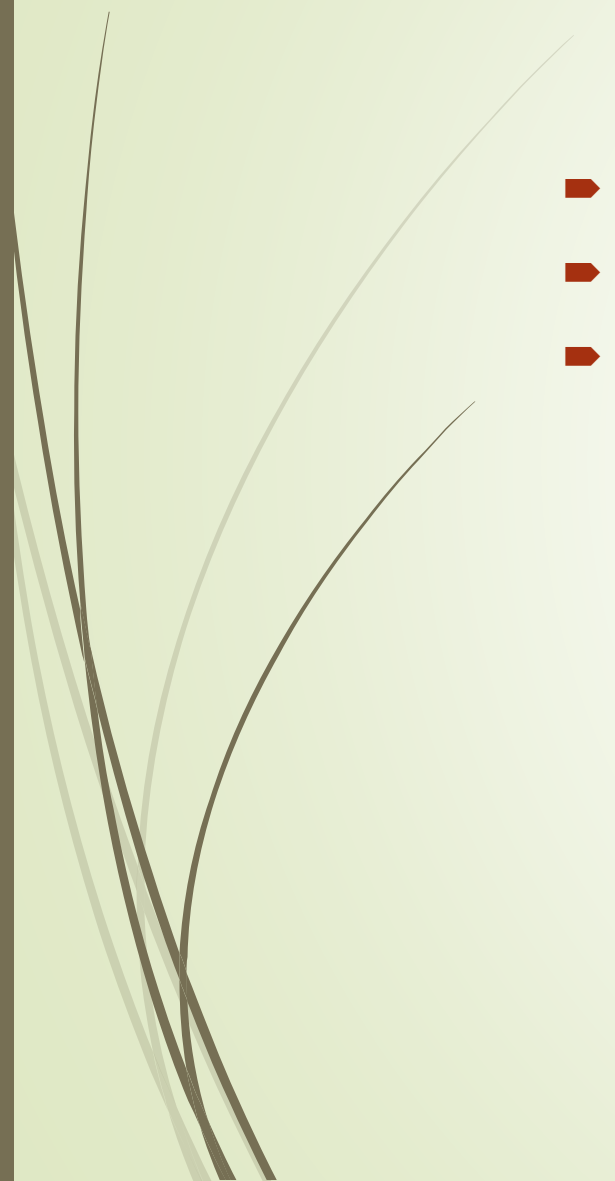


Garlic

- Indications:
 - Cold stagnation in middle jiao: abdominal pain
 - Nausea, vomiting, diarrhea, also food poisoning
 - Chronic or acute bronchitis
 - Parasites: hookworm, pinworm
 - Hypertension, hyperlipidemia
 - Contraindicated: Heat, yin def, thrush
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Pepper

- ▶ Temp / Taste: Hot, Acrid
 - ▶ Channels: ST, SP, LI, LU
 - ▶ Actions: Expels cold, warms middle, moves Blood, regulates Qi, transforms phlegm, stops pain, effuses sweat, promotes digestion
- 




Pepper

- Indications:
- Wind-Cold;
- Bi pain;
- Cold/Damp in middle Jiao,
- Cold phlegm in LU
- Caution: Yin deficiency or internal Heat



Salt

- Temp / Taste: Cold, Salty
 - Channels: ST, KD, LI, SI
 - Actions: Clears heat, cools Blood, moistens dryness, downbears Qi, strengthens Kidneys, softens nodules and resolves phlegm
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Salt

- Indications:
- Kidney Yin and Yang deficiency
- Deficiency Fire blazing upward: dizziness, red eyes, mouth ulcers, bleeding gums
- Phlegm accumulation
- Caution: edema, hypertension, diabetes




Honey

- Temp / Taste: Neutral, sweet
- Channels: SP, LU, LI
- Actions: Tonifies middle, moistens LU / LI, relieves cough, stops pain
- Indications:
- SP/ST deficiency: Fatigue, diarrhea




Honey

- LU dryness: Dry cough, dry throat
 - LI dryness: Constipation
 - ST heat: Ulcers
 - External: chapped lips, mouth ulcers, burns, frostbite
 - Caution: middle jiao stagnation, phlegm-damp, diarrhea
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Maltose

- Temp / Taste: Warm, sweet
 - Channels: SP, ST, LU
 - Actions: Tonifies and warms middle, moistens LU, relieves cough, nourishes fluids, tonifies Qi, relieves spasms, stops pain
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Maltose

- Indications: SP/ST deficiency: Fatigue
- LU dryness
- Abdominal pain from deficiency
- Caution: damp, damp-heat, abdominal bloating

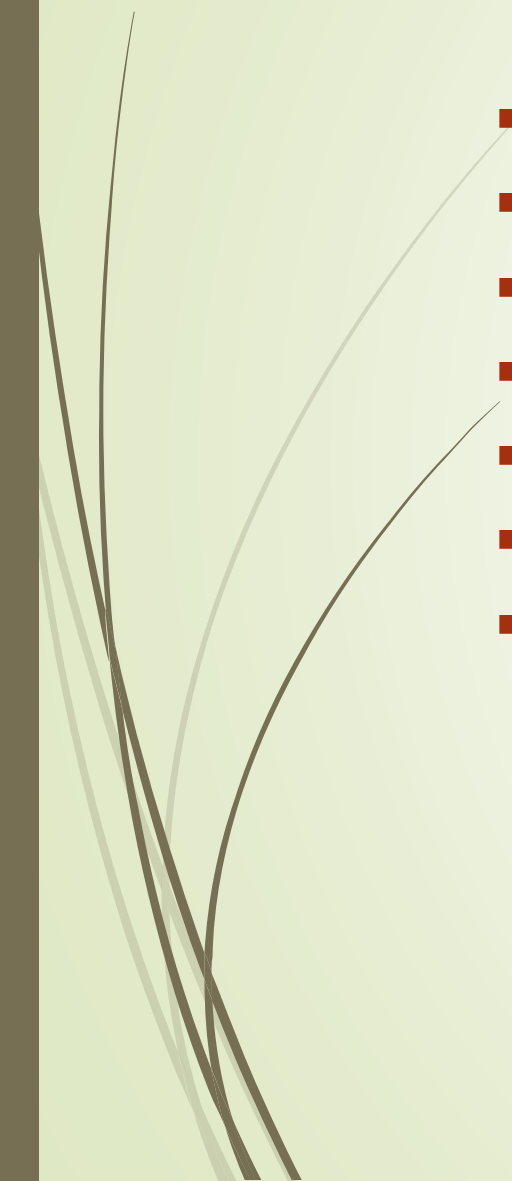


Sugar (Brown & White)

- Temp / Taste: Warm, sweet
- Channels: SP, ST, LR
- Actions: (Brown) Tonifies middle, tonifies Qi, harmonizes Blood, calms Liver, relieves spasms, stops pain; (White) Tonifies middle, moistens LU, nourishes fluids, stops pain



Sugar (Brown & White)

- Indications:
 - (Brown) ST/SP deficiency: Ab pain
 - Blood stasis due to cold: Dysmenorrhea
 - (White) SP/ST deficiency: Epigastric pain
 - LU dryness: hoarseness, dry cough
 - ST yin deficiency: Thirst, dry throat
 - Caution: phlegm-damp, damp-heat, dental caries
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Vinegar

- Temp / Taste: Warm, sour, bitter
 - Channels: ST, LR
 - Actions: Stops bleeding, moves qi and blood, promotes digestion
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Vinegar

- Indications:
 - Qi stagnation, Blood stasis: Ab pain,
 - Bleeding: Nosebleeds, bloody stool
 - Caution/Contraindication: damp stagnation in middle jiao
- 