

FOOD INFLUENCES ON Qi, BLOOD, FLUID, & THERMODYNAMICS

	Supplement Qi	Supplement Blood	Supplement Moisture	Move Qi	Move Blood	Move Moisture
C O O L I N G	Apple, Barley, Buckwheat, Carambola, Lettuce, Lotus Root, Mango, Millet, Mungbean, Octopus, Pear, Soybean, Tofu, Watercress, Wheat, Wheatberry, Wheat Germ	Abalone, Blue-Green Algae, Chlorella, Eggplant, Lotus Root-cooked, Sesame Oil, Spinach, Swiss Chard, Tofu, Wheat Grass	Abalone, Agar, Apple, Asparagus, Asparagus-white, Bean Sprouts, Clams, Cucumber, Eggwhite, Kuzu Starch, Lemon, Lily Bulb, Lime, Mango, Pear, Radish, Seaweed, Sesame Oil, Soy milk, Spinach, Tofu, Tomato, Water Chestnut, Yogurt	Apple, Endive, Oat Bran, Pepper-white, Peppermint, Radish-red, Rhubarb, Wheat Bran	Crab, Crab Claw, Eggplant, Lotus Flower, Lotus Root, Marjoram, Pepper-white, Swiss Chard, Watercress, Wheat Germ	Amaranth, Alfalfa Sprouts, Asparagus, Barley, Bamboo Shoots-bitter, Cantaloupe, Celery, Endive, Kelp, Lettuce, Mango, Millet, Mung Bean, Mushroom-button, Muskmelon, Nori, Pearl Barley, Pepper-white, Plantain, Quinoa, Romaine Lettuce, Seaweed, Tea-green, Watercress, Watermelon, Watermelon Rind Tea
N E U T R A L	Aduki Bean, Almond, Beef, Beet, Carob, Carrot, Cashew, Coconut Meat, Codonopsis, Corn, Duck, Fig, Grape, Herring, Mackerel, Papaya, Peanut, Pistachio, Potato, Pumpkin, Raisin, Raspberry, Rice, Shitake, Stringbean, Tuna, Turnip, Vanilla, Whitefish, Winter Squash, Yam	Aduki Bean, Beef, Beet, Black Bean, Carrot, Coconut Meat, Date-red, Egg, Fig, Herring, Kidney Bean, Lycii Berry, Oyster, Raisin, Sardines, Sesame Seed-white, Sesame Seed-black	Almond, Apricot, Artichoke, Beet, Black Bean, Blueberry, Cheese, Chinese Cabbage, Codonopsis, Duck, Fungus-white, Grapes, Honey, Licorice, Lycii Berry, Milk, Oat, Olive, Olive Oil, Orange, Oyster, Peanut, Peanut Oil, Pineapple, Pinto Bean, Plum, Sesame Seed-black, Strawberry, Stringbean, Sugar Cane, Tangerine, Yam	Barley Sprout, Beet, Cabbage, Castor Bean, Mushroom, Orange Leaf, Pea, Pineapple, Prune-black, Rice Bran, Rice Sprout, Rose, Saffron, Taro, Turnip	Fungus-black, Leek, Olive-dried, Rice Bran, Rose Hip, Saffron, Sardine, Shark, Soybean-black, Sturgeon, Taro	Aduki Bean, Almond, Black Bean, Broad Bean, Cabbage, Corn, Corn Silk, Duck, Grape, Kidney Bean, Mackerel, Papaya, Pea, Pineapple, Pumpkin, Rice Bran, Whitefish
W A R M I N G	Amasake, Anchovy, Apricot, Artichoke, Astragalus, Basil, Bayleaf, Chestnut, Chicken, Coconut Milk, Currant, Date, Gluten Flour, Lamb, Malt Syrup, Mussel, Mustard Green, Nutmeg, Peach, Pinenut, Rice-Sweet, Shrimp, Sorghum, Sweet Potato, Tempeh, Trout, Walnut, Wheat Flour	Amasake, Anchovy, Butter, Cherry, Chestnut, Chicken, Chicken Liver, Chive, Currant, Eel, Gluten, Lamb, Leek, Longan, Mugwort Mochi, Mussel, Pinenut, Raspberry-dried, Rice-sweet, Salmon, Shrimp, Tempeh, Trout, Turkey, Walnut, Yeast-nutritional	Coconut Milk, Litchi Nut, Malt Syrup, Nectarine, Peach, Pinenut, Potato-sweet, Rice Milk, Rice-sweet, Soy Oil	Anise, Basil, Bayleaf, Cabbage-red, Canola Oil, Caper, Caraway, Cardamon, Chive, Coriander, Dill Seed, Fennel, Garlic, Ginger-fresh, Grapefruit Flower, Jasmine Flower, Kumquat Leaf, Leek, Lemon Peel, Mustard Green, Mustard Seed, Nutmeg, Onions, Orange Peel, Parsley, Safflower Oil	Amasake, Basil, Bayleaf, Canola Oil, Caper, Cayenne, Chive, Coconut Milk, Coriander, Dill Seed, Fennel, Garlic, Ginger-dried, Malt, Mussel, Mustard Green, Onion, Pinenut, Peach-dried, Pepper-black, Rice, Wine, Safflower Oil, Shrimp, Spearmint, Sugar-brown, Tumeric, Vinegar	Artichoke, Caper, Cinnamon, Coriander, Ginger Peel, Kohlrabi, Oregano, Parsley, Shrimp, Turkey