

David Melly

Acupuncture

Food Categories

Each type of food has inherent energies – not the physical, objective temperature of the food, but the food's own energy and its effect on body temperature. In general, cooked foods are more warming than raw foods and root vegetables are warmer than other parts of the plant.

COLD

bamboo shoots, clam, crab, water chestnut, banana, kelp, grapefruit, watermelon

COOL

cucumber, barley, egg white, lettuce, mango, radish, strawberry, wheat, apple, tofu, eggplant, loquat, pear, spinach, tangerine, wheat bran

NEUTRAL

apricot, carrot, celery, corn, pork, peanuts, milk, almonds, plum, yams, beef, potato, whole eggs, grapes, kidney beans, pineapple, olive, papaya, rice, white sugar

WARM

cherry, chicken, dates, ginger, ham, peach, leek, pumpkin, vinegar, chestnut, chive, garlic, green onion, raspberry, nectarine, lamb, summer squash, sunflower seeds

HOT

black pepper, dried ginger, cayenne, cinnamon, bell peppers, soybean oil

HEAT REDUCING

asparagus, banana, elderflower, lettuce, mung bean sprout, salt, wheat, eggplant, chicken egg white, grapefruit, millet, peppermint, tofu, bamboo shoot, clam, lemon, potato, watermelon (*In chronic conditions Heat is simply treated by the avoidance of hot foods and the use of more cooling foods and methods of food preparation. Where there is a pathogenic invasion, the pungent flavor is used to drive the hot invader to the surface of the body.*)

Additional types of foods with actions I recommend.

RESOLVE DAMPNESS

adzuki bean, barley, corn, green tea, Job's tears, lemon, parsley, rye, umeboshi plum, alfalfa, daikon, horseradish, buckwheat tea, kidney bean, mackerel, mustard leaf, pumpkin, scallion, anchovy, celery, garlic, jasmine tea, kohlrabi, marjoram, radish, turnip, onion, white fungus, button mushrooms

TONIFY SPLEEN

squash, carrots, sweet potatoes, yams, turnips, onions, pumpkin, rice, oats, chicken, turkey, beef, cherry, honey, maple syrup

CALM THE LIVER

nori, plum, celery, mulberry

COOL LIVER YANG

celery, lettuce, watercress, kelp

MOVE QI

basil, bay leaf, beets, pepper, garlic, cabbage, leek, clove, carrot, orange peel, tangerine peel, caraway, cayenne, coriander, marjoram, radish, turmeric, cardamom, chive, dill seed, mustard leaf, star anise

TONIFY QI

beef, coconut, fig, grape, lentil, mackerel, oats, rabbit, sweet potato, sturgeon, cherry, date, ginseng, ham, licorice, octopus, rice, shiitake mushroom, tofu, chicken, eel, goose, herring, longan, molasses, potato, royal jelly, squash, yam

LUBRICATE THE INTESTINES

apple, milk, walnut, pear, peach, honey, peanut oil

MOVE BLOOD

eggplant, safflower oil, chestnut, basil, brown sugar, crab, onion, sturgeon, vinegar, hawthorn berry, peach, chili pepper, chive, mustard leaf, scallion

TONIFY BLOOD

adzuki beans, beets, cuttlefish, dark leafy greens, grape, longan, octopus, sardines, watercress, apricot, bone marrow, dandelion, date, kidney bean, algae, oyster, spinach, beef, chicken egg, fig, liver, nettle, parsley, sweet rice

RESOLVE PHLEGM

mushroom, string bean, pumpkin, ginger, mustard greens, papaya, radish, tuna, strawberry, potato, garlic, watercress, almond, daikon, lemon peel, olive, pear, persimmon, seaweed, walnut, apple peel, onion, plantain, tea, clam, marjoram, peppermint, shrimp, thyme

DRAIN WATER

adzuki bean, barley, celery, frog, kelp, sardines, alfalfa, black soybean, clam, grape, lettuce, seaweed, anchovy, broad bean, fenugreek, Job's tears, mackerel

TONIFY YANG

basil, chive seed, dill seed, garlic, lamb, pistachio, sage, star anise, cassio fruit, cinnamon bark, fennel seed, dried ginger, lobster, raspberry, savory, thyme, chestnut, clove, fenugreek seed, kidney, nutmeg, rosemary, shrimp, walnut

TONIFY YIN

Apple, chicken egg, honey, malt, oyster, pineapple, rabbit, tomato, asparagus, clam, duck, kidney bean, mango, pea, pomegranate, string bean, watermelon, cheese, crab, duck egg, lemon, milk, pear, pork, tofu, yam