

## Medicinal Actions of Food

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From: Chinese System of Food Cures, by Henry Lu and The Tao of Nutrition, by Dr. Ni

Chinese nutrition is the tasty counterpart to Chinese Herbology. The only significant difference between the two is that the nutrition tends to be more appetizing than the herbal tea formulas.

The basis for therapeutic qualities is exactly the same. On a related page, we take a look at energetics and therapeutic qualities categorized by the kind of food.

On this page we go the opposite direction. We begin with the desired results and then list the foods that are known to have the appropriate effect.



## Actions Of Food

<b>Arrest Bleeding:</b>	Black Fungus, Chestnut, Chicken Eggshell, Cottonseed, Cuttlebone, Guava, Lotus Plumule, Spinach, Vinegar
<b>Calm Shen:</b>	Licorice, Lily Flower
<b>Reduce Stomach Acid:</b>	Chicken Eggshell, Cuttlebone
<b>Stop Perspiration:</b>	Oyster Shell, Peach
<b>Stop Urination:</b>	Raspberry
<b>Astringe Jing:</b>	Lotus Plumule, Oyster Shell, Walnut, Black Fungus,
<b>Clear Toxins:</b>	Abalone, Banana, Bean Curd, Black Soybean, Castor Bean, Cherry Seed, Chicken Egg White, Chinese Wax Gourd, Clam (Freshwater), Cucumber, Date (Red & Black), Fig, Honey, Job's
<b>Disperse Blood Stagnation:</b>	Brown Sugar, Chive, Chiveroot, Crab, Hawthorn Fruit, Saffron, Vinegar
<b>Disperse Cold:</b>	Ginger (Fresh), Wine
<b>Transform Phlegm:</b>	Chinese Wax Gourd, Clam (Saltwater), Longevity Fruit, Pear, Radish, Sea Grass Seaweed
<b>Facilitate Measle Eruptions:</b>	Cherry Seed, Coriander, Sunflower Seed
<b>Improve Appetite:</b>	Green & Red Pepper, Ham
<b>Induce Bowel Movement:</b>	Castor Bean, Sesame Oil
<b>Induce Perspiration:</b>	Cinnamon Twig, Coriander, Ginger, Green Onion, Marjoram, Rosemary
<b>Lubricate Dryness:</b>	Bean Curd, Chicken Egg & Yolk, Honey, Maltose, Mother's Milk, Pear, Pork, Sesame Oil, Spinach, Sugar Cane Juice, Yellow Soy Bean

<b>Promote Digestion:</b>	Apple, Coriander, Ginseng, Green & Red Pepper, Hops, Malt, Nutmeg, Papaya, Pineapple, Plum, Radish & Leaf, Sweet Basil, Tomato
<b>Promote Energy Circulation:</b>	Caraway, Chive & Root, Dillseeds, Dry Mandarin Orange Peel, Fennel, Garlic, Kumquat, Litchi, Marjoram, Radish Leaf, Spearmint, Star Anise, Sweet Basil, Tangerine, Tobacco
<b>Promote Milk Secretion:</b>	Common Carp, Lettuce
<b>Promote Urination:</b>	Asparagus, Barley, Chinese Cabbage, Carrot, Chinese Wax Gourd, Coconut, Coffee, Corn Silk, Cucumber, Grape, Hops, Job's Tears, Kidney Bean, Lettuce, Mandarin Orange, Mango, Mung Bean, Muskmelon, Onion, Pineapple, Plum, Star Fruit, Sugar Cane Juice, Water Chestnut, Watermelon
<b>Quench Thirst:</b>	Crab Apple, Cucumber, Loquat, Mango, Muskmelon, Persimmon, Pineapple
<b>Reduce Fever:</b>	Muskmelon, Star Fruit, Water Chestnut
<b>Relieve Asthma:</b>	Bitter Apricot Seed
<b>Relieve Cough:</b>	Sweet & Bitter Apricot Seed, Kumquat, Longevity Fruit, Mandarin Orange, Tangerine, Thyme
<b>Relieve Diarrhea:</b>	Guava, Sunflower Seed
<b>Relieve Heat Sensations:</b>	Chicken Egg White, Crab, Mung Bean, Sea Grass
<b>Relieve Pain:</b>	Honey, Litchi, Spearmint, Squash, Tobacco
<b>Sharpen Vision (Brighten Eyes):</b>	Abalone, Bitter Gourd, Wild Cucumber, Freshwater Clam, Cuttlefish
<b>Soften Hardness:</b>	Saltwater Clam, Kelp, Oyster Shell, Sea Grass, Seaweed
<b>Tonify Blood Deficiency:</b>	Beef, Chicken Egg & Yolk, Cuttlefish, Mother's Milk, Oyster, Spinach
<b>Tonify Qi Deficiency:</b>	Sweet Apricot Seed, Bean Curd, Beef, Brown Sugar, Chicken, Eel, Licorice, Maltose, Mutton, Polished Rice, Potato, Sweet Rice, Sweet Potato
<b>Tonify Heart:</b>	Coffee, Wheat
<b>Tonify Kidneys:</b>	Black Sesame Seed, String Bean, Sword Bean, Wheat, Kidney
<b>Tonify Liver:</b>	Black Sesame Seed, Liver
<b>Tonify Lungs:</b>	Job's Tears, Milk
<b>Tonify Spleen:</b>	Beef, Gold Carp, Ham, Horse Bean, Hyacinth Bean, Job's Tears, Polished Rice, Potato, String Bean, Sweet Potato, Yellow Soybean
<b>Tonify Stomach:</b>	Beef, Hops, Milk, Rosemary
<b>Relieve Drunkenness:</b>	Apple, Ginseng, Strawberry
<b>Warm Interior:</b>	Black & White Pepper, Chicken, Chive Roots, Clove, Fennel, Dried Ginger, Green & Red Pepper, Mutton, Nutmeg,