

Eastern Nutrition

Properties of foods...

Beans

Substances	Qualities	Functions and Indications
Legumes	Neutral Sweet Spleen	Promotes Urination Clears Toxins
Mung beans (lu dou)	Cool Sweet Heart, Stomach and Liver	Promotes Urination Clears Toxins Clears Heat: skin Tonifies Qi
Red Beans (aduki beans) (chi xiao dou)	Neutral Sweet Spleen, Heart, Small Intestine and Large Intestine	Nourishes Blood: gyn disorders Invigorates Blood Promotes Urination: edema
Black beans (hei dou)	Neutral Sweet Spleen and Kidney	Tonifies Kidney: back and knee pain Tonifies Spleen Qi Promotes Urination
Yellow Soy Beans (huang dou)	Neutral Sweet Spleen, Stomach and Large Intestine	Tonifies Spleen Qi Clears Toxins Directs Qi Downward: constipation
Bean Curd (dou fu)	Cool Sweet Spleen, Stomach and Large Intestine	Clears Heat Clears Toxins Promotes Urination
Bean Curd Skin (fu pi)	Cool Sweet Spleen and Stomach	Tonifies Qi: sweating, spontaneous sweat good with Huang Qi
Soy Milk	Neutral Sweet Spleen, Stomach and Lung	Generates Fluids: Promotes Urination Clears Constipation
String Beans	Neutral Sweet Spleen and Kidney	Tonifies Kidney: back and knee pain Tonifies Spleen Qi

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