

# Eastern Nutrition

Properties of foods...

# Fungus

Substances	Qualities	Functions and Indications
<b>Dry Mushrooms</b>	Neutral Stomach Spleen	Tonifies Spleen Anti-Cancer
<b>Fresh Mushrooms</b>	Cool Sweet Spleen, Stomach and Lung	Clears Heat Boosts Spleen Regulates Qi
<b>Ling Zhi</b>	Warm Sweet Spleen, Heart, and Lung	Revives Yang Nourishes Heart Anti-Cancer
<b>White Fungus</b>	Neutral Sweet Stomach	Lung Yin Deficiency Yin Deficiency Bleeding
<b>Black Fungus</b>	Neutral Sweet Stomach, Liver and Lung	Cools the Blood Stops Bleeding Anti-Cancer

Notes: