

Eastern Nutrition

Properties of foods...

Meat

| Substances | Qualities | Functions and Indications |
|----------------------|---|---|
| Chicken | Warm Sweet Liver Heart | Tonifies qi Tonifies spleen qi Benefits the blood (blood deficiency) Reduce Edema |
| Black Chicken | Neutral Sweet Liver Kidney | Infertility Tonifies spleen qi Empty heat |
| Chicken Eggs | Neutral Sweet Kidney Heart Lung Stomach | Nourishes blood Nourishes kidney essence |
| Duck | Slightly Cold Salty Lung Kidney | Nourishes yin Clears heat Promotes urination |
| Beef | Warm Sweet Spleen Stomach | Strengthen the spleen and stomach Builds blood Increases qi Strengthen the sinews and bones Benefits the back and knees |
| Lamb | Warm Sweet Kidney Spleen | Increases qi Promotes warmth Benefits lactation Benefits the production of blood Kidney def.: low back pain, impotence |
| Pork | Neutral Salty Sweet Kidneys Spleen Stomach | Moistens dryness Nourishes yin Defatted pork soup for: dry cough and constipation |

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