

# Eastern Nutrition

Properties of foods...

# Minerals

Substances	Qualities	Functions and Indications
<b>Sugar</b>	Warm Stomach, Spleen and Lung	Tonifies Spleen Qi Transforms Phlegm
<b>Rock Sugar</b>	Warm	Tonifies Spleen Qi Moistens: dry throat
<b>Brown Sugar</b>	Warm	Harmonizes the Middle
<b>Salt</b>	Cold	Clears Heat: constipation Benefits the Skin: eczema
<b>Vinegar</b>	Warm Sweet, Bitter Liver and Stomach	Dispels Blood Stasis Transforms Phlegm Aids in Digestion
<b>Alcohol</b>	Warm Bitter Sour Liver Stomach	Dispels Blood Stasis Dispels Cold Relieves pain Aids in Digestion

Notes:



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