

Eastern Nutrition

Properties of foods...

Nuts

Substances	Qualities	Functions and Indications
Peanut (hua sheng) longevity fruit	Neutral Sweet Spleen, Lung and Stomach	Nourishes Blood Stops Bleeding Moistens Lung and Benefits Skin Harmonizes Stomach
Chestnuts (li zi)	Warm Sweet Spleen, Kidney and Stomach	Tonifies Kidney Tonifies Spleen: stops diarrhea
Sunflower seeds	Neutral Sweet Spleen, Kidney and Liver	Hypertension
Pine Nuts	Warm Sweet Lung, Liver and Large Intestine	Moisten Intestine

Notes:

