

The 5 Element Diet:

A Master inventory of foods (comprising all biological Kingdoms), minerals, and therapeutic botanicals listed under each of the Chinese Five Elements.

- Learn how to use foods, minerals, and therapeutic botanicals to balance your body using the Chinese 5 Element theory.
- Learn how to use advanced muscle testing techniques to find the foods and herbs that are the most nourishing for your body.

This project is dedicated in loving to the work of *Huang ti*, Beloved Spiritual Master and Healer of ancient China.

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PLEASE NOTE: Foods have been listed in singular (as opposed to plural) format wherever possible in order to prepare them for their inclusion into a searchable database.

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Wood

- Taste: Sour
- Body Organs: Liver (Yin); Gallbladder (Yang)
- Generation Cycle: Wood feeds Fire
- Control Cycle: Wood apart Earth
- Most frequent effect upon body temperature, post-assimilation: *Cg (1°), *W (2°)

Meats: chicken, Cornish game hen, goose, pork (bacon [salt 2°=Water], ham [salt 2°=Water], sausage)

Fish/Seafood:

Dairy/Eggs: asiago cheese, brie cheese, buttermilk, cheddar cheese, feta cheese (cow, sheep milk), havarti, kefir, milk (sheep), manchego (sheep milk), Monterey jack, parmesan, pecorino romano (sheep milk), queso cotija, sour cream, yogurt

Grains/Pseudocereals: durum, emmer|farro, oat, spelt, teff, triticale, wheat

Legumes: peanut

Nuts/Seeds: brazil nut, cashew, walnut (black, English)

Oils: cottonseed oil, lard, olive oil, peanut oil, walnut oil

Vegetables: artichoke, carrot, rhubarb

Fruits: avocado, bitter melon, cherimoya, cranberry, gooseberry, grapefruit, lemon, lime, orange [Citrus sinensis, C. reticulata, etc.] (common orange, blood, naval, acidless, mandarin, clementine, kumquat, tangerine), pawpaw, soursop|graviola [Annona spp.]

Prepared/Fermented/Fungi: kimchi (fermented) [2°=depends on ingredients added], kombucha (cultured), nutritional yeast, olive, peanut butter, pickle (not sweet), sauerkraut, shiitake mushroom, vinegar (apple cider, balsamic [2°=Earth], red wine, rice)

Herbs/Spices/Flavorings/Botanicals/Therapeutic:

Common Name(s), AKA	Botanical Name or Genus	Chinese Name (Pinyin)	Most Valued Part(s) or Preparation	*Temp. Post-Assimilation
acai palm	Euterpe oleracea		fruit (drupe)	Cg
acerola cherry West Indian cherry	Malpighia emarginata		fruit (drupe)	Cg
baccharis carqueja	Baccharis dracunculifolia		leaf, flower	Cg
bergamot orange	Citrus bergamia		rind, oil	Cg
bitter orange Seville orange neroli	Citrus × aurantium	zhi ke zhi shi	fruit, peel, oil	Cg
black cohosh	Actaea racemosa		leaf, flower	Cg
black walnut	Juglans nigra		hull, nut	Cg
burdock gobo	Arctium lappa	niu bang zi	root, seed	Cg
cascara shrub	Rhamnus purshiana		bark	W

castor bean	Ricinus communis		oil	Cg
cod liver	Gadidae spp.		oil	Cg
evening primrose	Oenothera spp.	yue jian cao you	oil, seed	Cg
feverfew	Tanacetum parthenium		leaf, flower	Cg
ginkgo	Ginkgo biloba	bai guo	leaf, seed	Cg
ginseng (Korean, South China, American)	Panax ginseng P. notoginseng P. quinquefolius	ren shen hong shen xi yang shen	root	W
goldenseal	Hydrastis canadensis		root, rhizome	W
hemp (NOT recommended for medicinal use! Only the hulled seeds contain no THC.)	Cannabis sativa (industrial variety)	huo ma ren	hulled seed	Cg
hibiscus, red Jamaica roselle carcade	Hibiscus sabdariffa		sepal (calyx), flower, leaf	Cg
hops	Humulus lupulus		seed cone (strobiles)	W
krill	Euphausia spp.		oil	Cg
milk thistle	Silybum marianum		flower, seed	Cg
myrrh	Commiphora myrrha C. molmol	mo yao	resin (gum) oil	Cg
noni	Morinda citrifolia	ba ji tian	fruit, root, leaf	Cg
pau d'arco lapacho taheebo	Handroanthus impetiginosus		inner bark	W
plantain psyllium	Plantago spp.		leaf, seed, seed husk	Cg
red clover	Trifolium pratense		flower blossom, sprouts	W
reishi polypore fungus	Ganoderma lucidum Ganoderma spp.	ling zhi	fruiting body	Cg
sea-buckthorn	Hippophae rhamnoides		fruit	Cg
senna cassia	Senna spp.	fan xie ye	seed pod, leaf	Cg
spirulina (blue-green algae)	Arthrospira spp.		dried biomass	Cg
tamarind	Tamarindus indica		fruit	Cg
wheat germ	Triticum spp.		seed germ oil	W
wheat grass	Triticum spp.		sprouts	W
yellow mombin tree hog plum	Spondias mombin Spondias spp.		fruit, bark, leaf, flower	Cg

*Hot = H; Warming = W; Cooling = Cg; Cold = C

**External/Topical Use Only = ETUO

Fire

- Taste: Bitter-Sweet
- Body Organs: Heart (Yin); Small Intestine (Yang)
- Generation Cycle: Fire creates Earth
- Control Cycle: Fire melts Metal
- Most frequent effect upon body temperature, post-assimilation: *W

Meats: lamb

Fish/Seafood:

Dairy/Eggs:

Grains/Pseudocereals: maize|dent corn|flour corn (silage corn)

Legumes:

Nuts/Seeds: almond, pistachio nut, sesame seed, sunflower seed

Oils: canola oil (rapeseed LEAR), corn oil, safflower oil, sesame oil (raw more beneficial than toasted), sunflower oil

Vegetables:

Fruits: apricot, bell pepper (green, red), cherry (sweet, black, sour), chili pepper (arbol, habanero, jalapeno, manzano, pasilla, serrano, tabasco, etc.), persimmon, strawberry, sweet corn|sugar corn, sweet pepper (red, yellow), tejocote|manzanita|Mexican hawthorn [Crataegus spp.], tomato

Prepared/Fermented/Fungi: alcohol, chocolate [sugar 2° =Earth], hot sauce [vinegar 2° =Wood], popcorn, sriracha sauce, tahini, wine (red or white)

Herbs/Spices/Flavorings/Botanicals/Therapeutic:

Common Name(s), AKA	Botanical Name or Genus	Chinese Name (Pinyin)	Most Valued Part(s) or Preparation	*Temp. Post-Assimilation
aconite monkshood (All plant parts toxic when fresh! Must be dried/aged before use.)	Aconitum Carmichaeli A. Kusnezoffii Aconitum spp.	wu tou bei wu tou fu zi	below-ground stem, root	H
arnica **ETUO	Arnica montana		flower, rhizome	H
cayenne	Capsicum annuum C. frutescens C. chinense	la jiao	fruit	H
cinchona quinine	Cinchona spp.		bark	H
cinnamon	Cinnamomum spp.	gui zhi rou gui	bark	W
cloves	Syzygium aromaticum	ding xiang	flower bud, oil	W
cocoa cacao	Theobroma cacao		pod bean	W
cordyceps fungus	Ophiocordyceps sinensis	dong chong xia cao	fruiting body	H

cumin	Cuminum cyminum		seed	W
dandelion	Taraxacum officinale		root, leaf, flower	W
goji wolfberry	Lycium spp.	gou qi zi	fruit, root	W
hawthorn	Crataegus spp.	shan zha	fruit	W
manuka manuka myrtle New Zealand tea tree	Leptospermum scoparium		leaf, bark, sap, oil	W
neem tree	Azadirachta indica		leaf, bark, twig, fruit, oil	W
paprika	Capsicum spp. (bell pepper cultivars)		fruit	W
poppy (toxic except for the seeds)	Papaver somniferum	ying su ke, ying su qiao	seed, seed oil	W
prickly-ash shrub pricklyash (common, southern)	Zanthoxylum americanum Z. clava-herculis	mei zhou hua jiao mei guo ci jiao	bark, follicle	W
St. John's wort	Hypericum perforatum		leaf, flower	W
schisandra (northern) magnolia-vine	Schisandra chinensis	bei wu wei zi	fruit	W
tea tree **ETUO	Melaleuca alternifolia		leaf, oil	W
tobacco (toxic)	Nicotiana tabacum		leaf	H

*Hot = H; Warming = W; Cooling = Cg; Cold = C

**External/Topical Use Only = ETUO

Earth

- Taste: Sweet
- Body Organs: Stomach (Yang); Spleen/Pancreas (Yin)
- Generation Cycle: Earth bears Metal
- Control Cycle: Earth dams Water
- Most frequent effect upon body temperature, post-assimilation: *Cg

Meats:

Fish/Seafood: anchovy [2° =depends on ingredients during curing process], blue mussel [*Mytilus* spp.], catfish, lobster [*Homarus* spp. | *Nephrops* spp. | *Metanephrops* spp.], mackerel (True) [tribe Scombrini], mahi-mahi, salmon, sardine, tilapia, tuna

Dairy/Eggs:

Grains/Pseudocereals: millet (finger | foxtail | pearl | proso), sorghum

Legumes: garbanzo bean | chickpea | gram flour, pea (green) (English, snap, snow)

Nuts/Seeds: coconut, macadamia nut, pecan, pine nut, pumpkin seed | pepita, sweet chestnut, water chestnut (water caltrop)

Oils: coconut oil, grape seed oil, pumpkin seed oil

Vegetables: beet (leaf, root), Jerusalem artichoke (tuber), jicama | yam bean (tuber), lettuce varieties (butterhead/Bibb, crisphead/iceberg, leaf/looseleaf), malanga | yautia | cocoyam | *Xanthosoma* (corm), miner's lettuce, spinach, sugar beet, sugar cane, sweet potato [*Ipomoea* spp.], yam [*Dioscorea* spp.]

Fruits: ackee, acorn squash, apple (most orchard cultivars), asian pear [*Pyrus pyrifolia*], banana, butternut squash, carambola | starfruit, date, dragon fruit | sweet pitaya, fig, grape, kabocha squash, kiwifruit, lychee, mango, nectarine, okra, papaya, passion fruit | maracuja | maypop [*Passiflora* spp.], pattypan squash, peach, pear, plantain, plum, pomegranate, prune, pumpkin, quince, raisin, sapodilla, spaghetti squash

Prepared/Fermented/Fungi: blackstrap molasses, blue agave syrup, chanterelle, heart of palm | peach palm | chontaduro | pejibaye [*Bactris gasipaes*], honey, maple syrup [*Acer* spp.], sorghum syrup, white sugar (beet, cane)

Herbs/Spices/Flavorings/Botanicals/Therapeutic:

Common Name(s), AKA	Botanical Name or Genus	Chinese Name (Pinyin)	Most Valued Part(s) or Preparation	*Temp. Post-Assimilation
arbor-vitae, Chinese thuja biota	<i>Platycladus orientalis</i> <i>Thuja orientalis</i> (old)	ce bai ye bai zi ren	leaf, seed	Cg
astragalus Chinese milkvetch	<i>Astragalus membranaceus</i>	huang qi	root	Cg
birch tree (sweet, black)	<i>Betula lenta</i>		sap, oil	Cg
carob locust bean gum St. John's-bread	<i>Ceratonia siliqua</i>		pod pulp	Cg
chamomile, German	<i>Matricaria recutita</i>		flower	Cg

chamomile, Roman	Chamaemelum nobile		flower	Cg
eyebright	Euphrasia spp.		leaf, flower	Cg
geranium (scented)	Pelargonium graveolens Pelargonium spp.	xiang ye	leaf, oil	Cg
juniper Eastern redcedar	Juniperus spp.		fruit, oil	Cg
licorice	Glycyrrhiza glabra	gan cao	root	Cg
pine	Pinus spp.		nut, resin, oil	Cg
purslane, common	Portulaca oleracea	ma chi xian	leaf, flower	Cg
rooibos African red bush	Aspalathus linearis		leaf, stem	Cg
spruce	Picea spp.		needle, resin, oil	Cg
stevia	Stevia rebaudiana		leaf	Cg
vanilla orchid	Vanilla spp.		seed pod (bean)	C
wild yam	Dioscorea villosa D. nipponica	chuan shan long	rhizome	Cg

*Hot = H; Warming = W; Cooling = Cg; Cold = C

**External/Topical Use Only = ETUO

Metal

- **Taste: Pungent**
- **Body Organs: Lung (Yin); Large intestine (Yang)**
- **Generation Cycle: Metal enriches Water**
- **Control Cycle: Metal chops Wood**
- **Most frequent effect upon body temperature, post-assimilation: *Cg (1°), *W (2°)**

Meats: American bison, beef, goat, turkey, venison|deer, water buffalo

Fish/Seafood: blue crab, dungeness crab, eel, flounder, pollock, red snapper [Lutjanus spp.], sea scallop [Placopecten spp.], snow crab|tanner crab [Chionoecetes spp.], sole, striped bass

Dairy/Eggs: blue cheese (roquefort, Danish blue, gorgonzola), butter, Colby cheese, cottage cheese, cream, cream cheese, egg white (chicken), ghee, Jarlsberg cheese, milk (cow, goat), milk|butter (water buffalo), mozzarella cheese, muenster cheese, Oaxaca cheese, queso asadero, queso fresco, queso panela, ricotta cheese, Swiss cheese, whey

Grains/Pseudocereals: einkorn, kamut|Khorasan wheat, quinoa, rice (brown, white), rye

Legumes: cowpea|black-eyed pea, fava|broad bean, lima bean, mung bean|mung dal, soybean|edamame, wax bean, white bean (cannellini, great northern)

Nuts/Seeds:

Oils: palm oil [Elaeis spp.], soybean oil

Vegetables: arugula, bokchoy, broccoli, broccolini, Brussels sprout, cabbage, cauliflower, celery, chive, collard green, cress (garden), daikon radish, eggplant, endive, garlic, kale, kohlrabi, leek, onion, parsley, parsnip, potato, radicchio, radish, rapini, romaine, rutabaga, scallion, shallot, Swiss chard, tomatillo|Mexican green tomato|miltomate, turnip, watercress

Fruits:

Prepared/Fermented/Fungi: caper (bud) [vinegar 2° =Wood], horseradish, lecithin (soy), mustard (prepared) [vinegar 2° =Wood], tempeh, tofu, whey protein

Herbs/Spices/Flavorings/Botanicals/Therapeutic:

Common Name(s), AKA	Botanical Name or Genus	Chinese Name (Pinyin)	Most Valued Part(s) or Preparation	*Temp. Post-Assimilation
allspice pimenta	Pimenta dioica		fruit	Cg
angelica dong quai (Chinese angelica)	Angelica spp.	dang gui, bai zhi	root, seed, leaf, oil	Cg
anise aniseed	Pimpinella anisum		seed	Cg
ashwagandha	Withania somnifera		root	Cg
basil sweet basil	Ocimum basilicum	jiu ceng ta	leaf, flower, seed	Cg
bay laurel tree	Laurus nobilis		leaf	Cg

bee balm wild bergamot horsemint oswego tea	Monarda spp.		leaf, flower, oil	Cg
black peppercorns (white, green)	Piper spp.	hu jiao	seed	Cg
calendula pot marigold	Calendula officinalis Calendula spp.		flower	Cg
caraway Persian cumin	Carum carvi		seed	W
cardamom (green, white)	Elettaria spp.		seed	Cg
cajuput tree cajeput	Melaleuca cajuputi		leaf, oil	Cg
celery	Apium graveolens		stalk, leaf, seed	Cg
chaparral creosote bush	Larrea tridentata		leaf, twig	W
chasteberry chaste tree Chinese chaste tree	Vitex agnus-castus Vitex negundo	huang jing cao mu jing	fruit, seed, oil	Cg
chia	Salvia hispanica		seed, sprouts	Cg
cilantro	Coriandrum sativum		leaf	Cg
coriander	Coriandrum sativum	yan sui zi	seed	Cg
chrysanthemum	Chrysanthemum morifolium C. indicum	ju hua chu hua	flower	Cg
diatomaceous earth (food grade)			fossilized diatoms	
dill	Anethum graveolens		leaf, seed	Cg
echinacea purple coneflower	Echinacea spp.		root, flower	Cg
eucalyptus Tasmanian bluegum	Eucalyptus globulus	an ye you	oil, leaf	Cg
frankincense Boswellia olibanum	Boswellia sacra		resin, tears, oil	Cg
galangal	Alpina spp.	gao liang jiang	rhizome	Cg
ginger	Zingiber spp.	shen jiang gan jiang	rhizome	Cg
gotu kola Indian pennywort	Centella asiatica Hydrocotyle asiatica	bang dai wun	leaf, stem	Cg
holy basil tulsi tulasi	Ocimum tenuiflorum O. sanctum		leaf, oil	Cg
horehound (white)	Marrubium vulgare		leaf, flower	Cg
horseradish	Armoracia rusticana		root	W
horsetail	Equisetum arvense	mu zei	leaf, buds	Cg
hyssop	Hyssopus officinalis		leaf, flower	Cg
lavender (English, French) **ETUO	Lavandula angustifolia L. stoechas L. dentata		flower, oil	Cg
lemon balm balm mint	Melissa officinalis		leaf	Cg
lemon verbena	Aloysia citrodora		leaf	Cg
lemongrass citronella	Cymbopogon citratus C. nardus	xiang mao cao	leaf	Cg
lovage Szechuan lovage Scottish lovage	Levisticum officinale Ligusticum spp.	chuan xiong	root, seed, leaf	Cg
marjoram	Origanum majorana		leaf, flower	Cg
marsh mallow marshmallow	Althaea officinalis	yao shu kui	root, leaf, flower	Cg

moringa	Moringa oleifera		leaf, seed pod, seed, flower, oil	Cg
mustard (black, brown Indian, white)	Brassica spp.		seed	Cg
nasturtium	Tropaeolum spp.		leaf, flower	Cg
nutmeg mace	Myristica fragrans		seed, aril	Cg
oregano	Origanum vulgare		leaf, flower	Cg
peppermint	Mentha × piperita	bo he bohe you	leaf, flower	Cg
rosemary	Rosmarinus officinalis		leaf, flower, oil	Cg
saffron	Crocus sativus		flower (stigma)	Cg
sage	Salvia officinalis		leaf, flower, oil	Cg
schisandra (southern)	Schisandra sphenanthera	nan wu wei zi	fruit	Cg
Solomon's seal	Polygonatum spp.	huang jing yu zhu	rhizome, leaf, stem	W
spearmint	Mentha spicata		leaf, flower	Cg
star anise tree	Illicium verum	ba jiao hui xiang	fruit, seed, oil	W
tansy	Tanacetum vulgare		leaf, flower, oil	Cg
tarragon (French)	Artemisia dracunculus		leaf	Cg
thyme	Thymus spp.		leaf, flower, oil	Cg
turmeric	Curcuma longa	jiang huang yu jin	rhizome	Cg
valerian	Valeriana officinalis		root, oil	Cg
vetiver khus	Chrysopogon zizanioides Vetiveria zizanioides		root, oil	Cg
wasabi	Eutrema japonicum Wasabia japonica		basal stem, leaf	Cg
white willow	Salix alba Salix spp.		bark, stem, leaf	Cg
yarrow	Achillea millefolium		leaf, flower, oil	W

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**External/Topical Use Only = ETUO

Water

- Taste: Salty
- Body Organs: Kidney (Yin); Urinary Bladder (Yang)
- Generation Cycle: Water nourishes Wood
- Control Cycle: Water extinguishes Fire
- Most frequent effect upon body temperature, post-assimilation: *Cg

Meats:

Fish/Seafood: basa fish|swai|bocourti [Pangasius spp.], clam (hard) [Mercenaria spp.], cod [Gadus spp.], crayfish|crawfish, grouper, haddock, halibut, herring, king crab (red, blue) [Paralithodes spp.], mackerel (Spanish) [tribe Scomberomorini], octopus, oyster [Crassostrea spp.], shrimp (freshwater, marine), turbot

Dairy/Eggs: egg yolk (chicken)

Grains/Pseudocereals: amaranth, barley, buckwheat groat, wild rice [Zizania spp.]

Legumes: adzuki bean, bean (dry) [Phaseolus spp.] (black, kidney, navy, pink, pinto), French green bean|string bean, lentil (green, red), split pea (green, yellow), yellow pea [Pisum spp.]

Nuts/Seeds: flaxseed, hazelnut|filbert

Oils: flaxseed oil

Vegetables: amaranth (leaf), asparagus, cassava|yuca|manioc|tapioca (tuber), lotus|renkon (root), prickly pear [Opuntia spp.]

Fruits: blackberry, blueberry, boysenberry, cantaloupe, chayote, crookneck squash (yellow), cucumber, currant (black, red, white), dewberry, guava, honeydew melon, jackfruit|jakfruit, loganberry, loquat, marionberry, pineapple, raspberry, straightneck yellow squash, watermelon, zucchini squash (green, yellow), Zante currant (Corinthian raisin)

Prepared/Fermented/Fungi: beer|ale|stout (traditional ingredients) [2°=Fire], miso paste, morel, soba noodle (buckwheat flour more beneficial), tamari|soy sauce, truffle [Tuber spp.], white mushroom (commercial), yellow pea protein

Herbs/Spices/Flavorings/Botanicals/Therapeutic:

Common Name(s), AKA	Botanical Name or Genus	Chinese Name (Pinyin)	Most Valued Part(s) or Preparation	*Temp. Post-Assimilation
alfalfa lucerne	Medicago sativa		leaf, sprouts	Cg
aloe vera	Aloe vera A. barbadensis	lu hui	leaf, gel	Cg
barley grass	Hordeum vulgare		sprouts	Cg
bilberry European blueberry	Vaccinium myrtillus		fruit	Cg
black elder elderberry tree	Sambucus spp.		fruit, flower	Cg
borage	Borago officinalis		leaf, flower, seed, oil	Cg

bupleurum hare's ear	Bupleurum falcatum	chai hu	root	Cg
cardamom, black	Amomum subulatum A. tsao-ko	cao guo	seed pod, seed	Cg
chicory	Cichorium intybus		root, leaf, flower	Cg
chlorella [2° =Metal]	Chlorella vulgaris C. pyrenoidosa		single-cell green algae	Cg
cleavers goosegrass	Galium aparine		leaf, stem, flower	Cg
coffee	Coffea spp.		fruit, beans	C
comfrey **ETUO	Symphytum officinale		leaf, root	Cg
dulse seaweed	Palmaria palmata		sea vegetable	Cg
fennel	Foeniculum vulgare	xiao hui xiang	leaf, seed	Cg
fenugreek	Trigonella foenum-graecum	hu lu ba	leaf, seed, sprouts	Cg
guarana	Paullinia cupana		seed	Cg
hijiki seaweed	Sargassum fusiforme		sea vegetable	Cg
hydrangea, blue evergreen Chinese quinine dichroa	Dichroa febrifuga	chang shan	root	Cg
jasmine Arabian jasmine	Jasminum sambac	mo li hua cha	flower, oil	Cg
jujube Chinese date (black, red)	Ziziphus jujuba	da zao hong zao suan zao ren	fruit, seed	Cg
kava kava	Piper methysticum Piper spp.		root	Cg
kelp seaweed	Laminaria spp.		sea vegetable	C
kola tree	Cola spp.		nut, seed	Cg
kombu seaweed	Saccharina japonica	hai dai	sea vegetable	C
laver seaweed nori	Porphyra spp.		sea vegetable	C
luo han guo momordica fruit monk fruit	Siraitia grosvenorii	luo han guo	fruit	Cg
maca (Peruvian)	Lepidium meyenii		root	Cg
maitake mushroom hen of the woods	Grifola frondosa		fruiting body	C
motherwort	Leonurus cardiaca L. japonicus	yi mu cao	leaf, stem, flower, seed	Cg
mullein	Verbascum thapsus		leaf, flower, seed	Cg
rose	Rosa spp.	jin ying zi mei gui hua	fruit (hips), oil	Cg
salt (terrestrial or sea)	sodium chloride + minerals			
sassafras tree	Sassafras albidum S. tzumu	cha mu	bark, root, leaf	Cg
saw palmetto	Serenoa repens		fruit	Cg
shatavari shatawari satavari	Asparagus racemosus		root	Cg
sorrel	Rumex acetosa		leaf	Cg

stinging nettle	Urtica dioica		leaf, root	Cg
tea, black	Camellia sinensis	cha hua	leaf, seed oil	Cg
tea, green matcha sencha	Camellia sinensis	cha ye	leaf, seed oil	Cg
tea, kukicha	Camellia sinensis		twig	Cg
tea, oolong	Camellia sinensis	cha ye qing cha	leaf, seed oil	Cg
tea, white	Camellia sinensis	yin zhen	leaf	Cg
wakame seaweed	Undaria pinnatifida		sea vegetable	Cg
water	H ₂ O			
wild violet wild pansy heartsease	Viola spp.	zi hua di ding	leaf, flower	Cg
witch-hazel tree **ETUO	Hamamelis spp.		leaf, bark	Cg
wormwood absinthe annual wormwood Chinese mugwort moxa	Artemisia spp. A. absinthium A. annua A. argyi	qing hao ai ye ai cao	leaf, flower	Cg
yellow dock curly dock	Rumex crispus		root, leaf, flower	Cg
yerba mate	Ilex paraguariensis		leaf, twig	Cg

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