

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 Elements planetary laws.
- 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: Gallbladder (Yang); Liver (Yin)
- 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: cod, True [Gadus spp.]

Dairy/Eggs: asiago cheese, brie cheese, buttermilk, cheddar cheese, Colby cheese, feta cheese (sheep milk), havarti, kefir, labneh|lebni, milk (sheep), manchego (sheep milk), Monterey jack, parmesan, pecorino romano (sheep milk), sour cream, yogurt

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

Legumes: Bambara groundnut|Bambara bean, peanut

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

Oils: cottonseed oil (raw oil must be chemically refined before it is safe to consume), lard, olive oil, peanut oil, walnut oil

Vegetables: artichoke, carrot, rhubarb

Fruits: avocado, bitter melon, cherimoya [Annona cherimola], cranberry, custard apple [Annona reticulata] (leaf used as medicinal tea), gooseberry, grapefruit, lemon, lime, orange [Citrus sinensis, C. reticulata, etc.] (common orange, blood, naval, acidless, mandarin, clementine, kumquat, tangerine), pawpaw, soursop|graviola|guanabana [Annona muricata] (leaf used as medicinal tea), sugar-apple|sweetsop [Annona squamosa]

Prepared/Fermented/Fungi: kimchi (fermented) [2°=depends on ingredients added], kombucha (cultured), nutritional yeast, olive, peanut butter, pickle (not sweet), psyllium husk powder, 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
aquilaria tree agarwood	Aquilaria sinensis A. malaccensis	chen xiang bai mu xiang	leaf, oil (resin gum not necessary)	W
baccharis carqueja	Baccharis dracunculifolia		leaf, flower	Cg
bergamot orange	Citrus bergamia		rind (exocarp), oil	Cg
bitter orange Seville orange neroli	Citrus x aurantium	zhi ke zhi shi	fruit, rind (exocarp), oil	Cg
black cohosh bugbane	Actaea racemosa Cimicifuga spp. (old)	sheng ma	leaf, flower (not root)	Cg
black walnut	Juglans nigra		hull, nut	Cg

burdock gobo	Arctium lappa	niu bang zi	root, seed	Cg
caigua caihua chili melon slipper gourd	Cyclanthera pedata Momordica pedata (old)		fruit, seed, leaf, oil	W
casacara shrub	Rhamnus purshiana		bark	W
castor bean	Ricinus communis		oil	Cg
chaga fungus	Inonotus obliquus Inonotus spp.	bai hua rong	conk, or sclerotium	Cg
cod liver	Gadidae spp.		oil	Cg
evening primrose	Oenothera spp.	yue jian cao	oil, seed	Cg
feverfew	Tanacetum parthenium		leaf, flower	Cg
Garcinia, yellowjuice tree guo manda	Garcinia xanthochymus	da ye teng huang	fruit, leaf, stem, resin (gum)	W
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 marijuana (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 (strobilus)	W
jiaogulan	Gynostemma pentaphyllum	jiao gu lan	leaf, stem (not fruit)	W
jojoba shrub goat nut deer nut **ETUO	Simmondsia chinensis		seed, oil	Cg
kokum tree kokam aamsul goa butter tree	Garcinia indica	yin du teng huang	fruit, seed, rind (exocarp), oil	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	sha ji	fruit	Cg
senna cassia	Senna alexandrina Senna spp. Cassia spp.	fan xie ye	seed pod, leaf	Cg
spirulina (blue-green algae)	Arthrospira spp.		dried biomass	Cg
tamarind	Tamarindus indica		fruit	Cg
velvet-leaf abuta laghu patha	Cissampelos pareira	xi sheng teng	bark, leaf, stem, root (not fruit or flower)	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
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***Hot = H; Warming = W; Cooling = Cg; Cold = C**

****External/Topical Use Only = ETUO**

Fire

- Taste: Bitter-Sweet
- Body Organs: Circulatory System/Heart (Yang); Endocrine System (Yin)
- 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 | field corn [Zea mays] (dent corn | flint corn w/ varieties of blue, purple, and multicolor | flour corn)

Legumes:

Nuts/Seeds: almond, pistachio nut, sesame seed | black 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 (chili de), chili negro | pasilla | chilaca, guajillo | mirasol, habanero, jalapeno, Korean hot | Korean red, mulato, hatch chili | New Mexico chili varieties, poblano, rocoto | manzano, serrano, tabasco, etc.), persimmon, strawberry, sweet corn | sugar corn | elote, sweet pepper (red, yellow), tejocote | manzanita | Mexican hawthorn [Crataegus spp.], tomato

Prepared/Fermented/Fungi: alcohol, chocolate [sugar 2° =Earth], high fructose corn syrup [2° =Earth] (toxic: chemically refined from corn syrup, which itself is also chemically refined from corn mash), hot sauce [vinegar 2° =Wood], masa de maiz | masa harina (flour) | hominy, 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
achyranthes, two-toothed ox knee	Achyranthes bidentata	niu xi huai niu xi	root (dried), seed	W
aconite, desiccated monkshood (All plant parts toxic when fresh!)	Aconitum Carmichaeli A. Kusnezoffii Aconitum spp.	wu tou bei wu tou fu zi	below-ground stem, root prep= must be 1.dried, and 2.aged in wood for at least three months prior to use	H
apricot kernel bitter almond amygdalin (Must use cautiously! More beneficial for individuals w/a LOW percentage of Fire vibration in their body chemistry)	Prunus armeniaca Prunus sect. Armeniaca spp. (P. armeniaca var. ansu, P. sibirica and P. mandshurica)	xing ren	seed	W

arnica **ETUO (toxic if taken internally!)	Arnica montana Arnica spp.		flower	H
belleric myrobalan chebulic myrobalan triphala (2 of 3 in Ayurvedic formula) baheda Bibhitaki Haritaki harad	Terminalia bellirica T. chebula		fruit, leaf	H
cayenne	Capsicum annuum C. frutescens C. chinense C. pubescens C. baccatum	la jiao	fruit	H
cinchona quinine	Cinchona spp.		bark	H
cinnamon, Ceylon (true) Chinese cassia (highest amt of coumarin) Padang cassia Vietnamese cassia Malabar cinnamon	Cinnamomum verum C. cassia C. burmannii C. loureiroi C. citriodorum	gui zhi rou gui	bark (and inner bark), leaf, oil	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 Taraxacum spp.		root, leaf, flower	W
gentian, great yellow gentian, purple	Gentiana lutea G. purpurea G. straminea	qin jiao	root	W
goji wolfberry matrimony-vine boxthorn	Lycium chinense L. barbarum Lycium spp.	gou qi zi	fruit, seed	W
haronga tree dragon's blood tree	Harungana madagascariensis Haronga paniculata		seed (not fruit), resin (gum)	H
hawthorn tree	Crataegus spp. C. monogyna C. oxyacantha C. laevigata	dan zi shan zha ying guo shan zha	fruit	W
manuka manuka myrtle New Zealand tea tree	Leptospermum scoparium		leaf, bark, sap, oil	W
neem tree	Azadirachta indica		leaf, stem, fruit, oil	W
pagoda tree	Styphnolobium japonicum Sophora japonica	huai mi huai hua huai jiao	flower bud, flower, fruit	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) shinyleaf pricklyash (not to be confused w/ Sichuan Szechuan peppercorns [not GRAS], which are Metal vibration)	Zanthoxylum americanum Z. clava-herculis Z. nitidum	ru di jin niu	bark, follicle, root (not fruit)	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: Gastrointestinal System (Interior/External) (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: Job's tears | Adlay millet | Chinese pearl barley | coix seed, 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 | sunchoke (tuber), jicama | yam bean | bengkuang | singkamas (tuber), lettuce cultivars (butterhead/Bibb, crisphead/iceberg, red leaf), 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, currant (white cultivar | Zante or corinthian raisin), date, dragon fruit | sweet pitaya, feijoa | pineapple guava | guavasteen, 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
agrimony	<i>Agrimonia eupatoria</i> <i>A. pilosa</i>	long ya cao xian he cao	leaf, stem, oil (not flower, not seed)	Cg
astragalus Chinese milkvetch	<i>Astragalus membranaceus</i>	huang qi	root	Cg
Atractylodes, swordlike Chinese Atractylodes Japanese Atractylodes cang zhu	<i>Atractylodes chinensis</i> <i>A. lancea</i> <i>A. japonica</i> <i>A. ovata</i> NOT <i>A. macrocephala</i>	cang zhu bei cang zhu guan cang zhu	leaf, root	Cg

carob locust bean gum St. John's-bread	<i>Ceratonia siliqua</i>		pod pulp	Cg
chamomile, German blue chamomile	<i>Matricaria chamomilla</i> <i>M. recutita</i>		flower, oil	Cg
chamomile, Roman	<i>Chamaemelum nobile</i>		flower, oil	Cg
geranium (garden) storksbill crane's bill **ETUO	<i>Pelargonium</i> spp.		leaf prep= oil infusion	Cg
geranium (scented)	<i>Pelargonium graveolens</i> <i>Pelargonium</i> spp.	xiang ye	leaf, oil	Cg
goldenrod, common	<i>Solidago canadensis</i> <i>Solidago</i> spp.		leaf, stem, root (not flower)	Cg
guavaberry rumberry cambuizeiro	<i>Myrciaria floribunda</i>		fruit	Cg
juniper Eastern redcedar	<i>Juniperus</i> spp.		fruit, oil	Cg
licorice	<i>Glycyrrhiza glabra</i>	gan cao	root	Cg
pine	<i>Pinus</i> spp.		nut, resin, oil	Cg
purslane, common	<i>Portulaca oleracea</i>	ma chi xian	leaf, flower	Cg
quassia chip(s) amargo bitter-ash bitter-wood	<i>Quassia amara</i>		bark (and inner wood), stem, leaf, oil (not fruit)	Cg
rooibos African red bush	<i>Aspalathus linearis</i>		leaf, stem	Cg
spruce	<i>Picea</i> spp.		needle, resin, oil	Cg
stevia	<i>Stevia rebaudiana</i>		leaf	Cg
vanilla orchid	<i>Vanilla</i> spp.		seed pod (bean)	C
yacon Peruvian ground apple	<i>Smallanthus sonchifolius</i>		tuber (and tuber syrup), leaf	Cg
yam, wild (the majority of wild yam spp. are not GRAS, including <i>D. villosa</i>)	<i>Dioscorea spongiosa</i> <i>D. dregeana</i>	hai jin bi xie	tuber	Cg

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

**External/Topical Use Only = ETUO

Metal

- **Taste: Pungent**
- **Body Organs: Peripheral Nervous System (Yang); Lung (Yin)**
- **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: asadero (queso), blue cheese (roquefort, Danish blue, gorgonzola), butter, cotija (queso), cottage cheese, cream, cream cheese, egg white (chicken), Emmental|Emmenthal cheese, feta cheese (cow milk), fresco (queso), ghee, Gruyere cheese, Jarlsberg cheese, milk (cow, goat), milk|butter (water buffalo), mozzarella cheese, muenster cheese, Oaxaca (queso), panela (queso), 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, pigeon pea|guandul|fejiao gandu, soybean|edamame, wax bean, white bean (cannellini, great northern)

Nuts/Seeds:

Oils: palm oil|dende 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, lettuce (leaf/looseleaf cultivar), onion, parsley, parsnip, potato, radicchio, radish, rapini, romaine|cos, 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 Dahurian angelica	Angelica archangelica A. sinensis A. dahurica 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 Thai basil	Ocimum basilicum Ocimum spp.	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 or bleached to assume white) Siam cardamom (white)	Elettaria (Amomum) cardamomum Amomum kravanh	bai dou kou	seed	Cg
cardamom, black Nepal cardamom	Amomum subulatum Lanxangia (Amomum) tsaoko	cao guo	seed pod, seed	Cg
cajuput tree cajeput	Melaleuca cajuputi		leaf, oil	Cg
celery	Apium graveolens		stalk, leaf, seed	Cg
chia	Salvia hispanica		seed, sprouts	Cg
chrysanthemum (cultivated and wild)	Chrysanthemum x morifolium C. indicum	ye ju hua ju hua	flower	Cg
cilantro	Coriandrum sativum		leaf	Cg
coriander	Coriandrum sativum	yan sui zi	seed	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
euphrasia eyebright	Euphrasia rostkoviana E. nemorosa		leaf, stem, flower	W
frankincense Boswellia olibanum	Boswellia sacra		resin, tears, oil	Cg
galangal	Alpinia officinarum A. galanga Alpinia spp.	da liang jiang	rhizome	Cg
ginger	Zingiber spp.	gan jiang sheng jiang	rhizome	Cg
gotu kola Indian pennywort	Centella asiatica Hydrocotyle asiatica	bang dai wun	leaf, stem	Cg
hoja santa yerba santa hierba santa	Piper auritum		leaf	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 fern rough horsetail rough scouring rush branched horsetail giant horsetail **ETUO	Subgenus Hippochaete: Equisetum spp. Equisetum hyemale E. ramosissimum E. giganteum	mu zei jie jie cao	whole shoot, strobilus prep= dry and powder, then use as one ingredient in either salve (20%) or compress	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
mountain-mint, Virginia or common hoary mountainmint	Pycnanthemum virginianum P. incanum		leaf, flower	Cg
mustard (black, brown Indian, white)	Brassica spp.		seed	Cg
myrtle shrub Corsican pepper	Myrtus communis		fruit (berry), oil	W
nasturtium	Tropaeolum spp.		leaf, flower	Cg
nutmeg mace	Myristica fragrans		seed, aril	Cg
oregano	Origanum vulgare		leaf, flower	Cg
pasque-flower meadow anemone wind flower **ETUO (All plant parts toxic when fresh!)	Pulsatilla vulgaris P. chinensis Anemone pulsatilla	bai tou weng	leaf, flower (not root) prep= plant parts must be fully dried before use. oil infusion	W
peppermint	Mentha x 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
willow tree white willow	Salix alba Salix spp.		bark, stem, leaf	Cg
yarrow	Achillea millefolium		leaf, flower, oil	W

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

**External/Topical Use Only = ETUO

Water

- Taste: Salty
- Body Organs: Central Nervous System (Yang); Urinary System/Reproductive System (Yin)
- 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 [Gadidae family, but not a true 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 [Fagopyrum spp.], wild rice [Zizania spp.]

Legumes: adzuki bean, bean (dry) [Phaseolus spp.] (black, kidney, navy, pink, pinto), French green bean|string bean, lentil (black, 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), celtuce|stem lettuce|woju wosun|quingsun, prickly pear [Opuntia spp.]

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

Prepared/Fermented/Fungi: beer|ale|stout (old-world recipes with barley as a major ingredient) [2°=Fire], kasha (buckwheat), miso paste, morel [Morchella spp.] (safer if cooked), soba noodle (buckwheat flour more authentic), tamari|soy sauce, truffle [Tuber spp.], white mushroom (commercial) [Agaricus bisporus]|brown mushroom|portobello|portabella|baby bella, 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 prep= must use non-GMO seed for sprouts to avoid Listeria bacteria	Cg
aloe vera	Aloe vera A. barbadensis	lu hui	leaf, gel	Cg
arbor-vitae, Chinese thuja biota **ETUO	Platycladus orientalis Thuja orientalis (old)	ce bai ye bai zi ren	leaf, seed, oil	Cg
barley grass	Hordeum vulgare		sprouts	Cg
bilberry European blueberry	Vaccinium myrtillus		fruit	Cg

birch tree (sweet, black)	Betula lenta Betula spp.		sap, bark, oil	Cg
borage	Borago officinalis		leaf, flower, seed, oil	Cg
bupleurum hare's ear	Bupleurum falcatum	chai hu	root	Cg
camu-camu	Myrciaria dubia		fruit, seed	Cg
chaparral creosote bush	Larrea tridentata		leaf, twig	C
chaste-tree shrub Negundo chastetree yellow bramble threeleaf chastetree	Vitex negundo Vitex trifolia	huang jing huang jing zhong zi man jing man jing zi	fruit, seed, oil (not leaf, not root)	Cg
chervil	Anthriscus cerefolium		leaf, stem, seed, oil	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
elderberry bush black elder	Sambucus spp.		fruit, flower	Cg
elm, slippery red elm	Ulmus rubra		leaf, bark (inner) prep= tea or tincture (dried leaf)	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) juazeiro	Ziziphus jujuba Z. joazeiro	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 kola nut cola	Cola acuminata C. nitida		nut, seed	Cg
kombu seaweed	Saccharina japonica	hai dai	sea vegetable	C
laver seaweed (green, red) aonori hutai parae	Porphyra spp. Monostroma spp.		sea vegetable	C
lotus plant renkon	Nelumbo nucifera	he ye lian ou lian zi lian xin lian zi xin	leaf, rhizome, seed, flower, stem	Cg
lungwort (not to be confused w/Lobaria lichen)	Pulmonaria officinalis Pulmonaria spp.		leaf, root, flower	Cg
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

mother's milk (human) for breast feeding	Homo sapien			Cg
motherwort	Leonurus cardiaca L. japonicus Leonurus spp.	yi mu cao chong wei zi	leaf, stem, flower, seed	Cg
mullein	Verbascum thapsus		leaf, flower, seed	Cg
norī seaweed gim zicai	Pyropia spp.		sea vegetable	C
rose wild 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	leaf, stem, oil (not root)	Cg
saw palmetto	Serenoa repens		fruit	Cg
shatavari shatawari satavari	Asparagus racemosus		root	Cg
sorrel	Rumex acetosa		leaf	Cg
southernwood southern wormwood	Artemisia abrotanum		leaf, flower, oil	Cg
stinging nettle	Urtica dioica		leaf, root	Cg
tea, black	Camellia sinensis	cha hua	leaf, seed oil prep= optimal brewing time is 2 min. max. for lowest acidity and highest amt of caffeine	Cg
tea, green matcha sencha	Camellia sinensis	cha ye	leaf, seed oil prep= optimal brewing time is 2 min. max. for lowest acidity and highest amt of caffeine	Cg
tea, kukicha	Camellia sinensis		twig	Cg
tea, oolong	Camellia sinensis	cha ye qing cha	leaf, seed oil prep= optimal brewing time is 2 min. max. for lowest acidity and highest amt of caffeine	Cg
tea, white	Camellia sinensis	yin zhen	leaf prep= optimal brewing time is 2 min. max. for lowest acidity and highest amt of caffeine	Cg
umbrella polypore fungus	Polyporus umbellatus Dendropolyporus umbellatus (old)	zhu ling	fruiting body	Cg
wakame seaweed	Undaria pinnatifida		sea vegetable	Cg
water	H ₂ O			
wax gourd winter melon white gourd	Benincasa hispida	dong gua pi dong gua zi	fruit, rind (exocarp), seed	Cg
wild violet wild pansy heartsease	Viola spp.	zi hua di ding	leaf, flower	Cg
witch-hazel tree **ETUO	Hamamelis spp.		leaf, bark	Cg
wormwood mugwort, common mugwort, Chinese sweet Annie wormwood absinthe moxa	Artemisia absinthium A. vulgaris A. argyi A. annua	qing hao ai ye ai cao	leaf, flower, oil	Cg

yam, Chinese cinnamon-vine ma (Korea)	Dioscorea polystachya	shan yao huai shan yao shan yao dou	tuber, bulbil (aerial tuber)	Cg
yellow dock curly dock	Rumex crispus		root, leaf, flower	Cg
yerba mate	Ilex paraguariensis		leaf, twig	Cg

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

****External/Topical Use Only = ETUO**