THE TWELVE TASTES

FLAVOUR	EXAMPLES	ENERGETICS	ACTIONS	CONSIDERATIONS
Bitter	Oregon Grape Gentian, Aspen	Cool-Cold Dry	Cool reduces inflammation eliminates infection, stimulates digestion	Avoid excessive liver stimulation of over- cooling the constitution
Sweet	Marshmallow Elm, Licorice	Neutral Warm Moist	Nourishing, building	Avoid in cases of excess dampness
Sour	Lemon, Rose- hips, Sumach, Hawthorne berry	Cool, dry cardiotonic	Tissue toning often nervine or cardiotonic	Avoid in cases of stagna- tion or excess tissue
Spicy	Cayenne, Cinnamon Rosemary Thyme	Variable Warm, Dry	Increase circulation diaphoretic, carmina- tive, expectorant	Can be irritating when used in excess
Salty	Chickweed Nettles Cleavers	Cool, dry	Nourishing, resolve cysts/swellings, lymphatic	None, when used appropriately
Aromatic	Rose Lavender	Cool, warm Dry	Dispersive, nervine, carminative, resolve infectant	Few when used approp.

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IMPRESSION	EXAMPLES	ENERGETICS	ACTIONS	CONSIDERATIONS
Diffusive	Ginger Echinacea Burdock Sd	Cool- warm Dry	Dispersive, carmin. Diaphoret. Expect.	Can increase feelings of spaceness or ungroundedness
Permanent	Peach Bk Burdock rt Solomon's Seal	Cool,-warm neutral-moist	Nourishing, building tonifying	Not always appropriate in acute disease
Astringent	Oak Bark Rose leaf petal Witch Hazel	Cool-warm neutral-moist	Contracts & tonifies tissue, helpful with diarrhea, bleeding and other excessive fluid loss.	Not appropriate for excess dryness without lax tissues
Aromatic	Beebalm Lavender Rose	Cool-warm Dry	Dispersive, pain relieving resolves infections, calming, uplifting	Dry and and ungrounding for some
Acrid	Lobelia Cayenne Anemone	Cool-warm Dry	Anti-spasmodic nervine, resolves infections	Some acrid herbs can be damaging to the nervous system on exxcess
Slippery	Elm Marshmallow Flax	Cool, warm Moist	Nourishing, moisturizing healing,drawing topically	Use carefully in cases of excess moistness, especially in the digestive system.

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