SYMPTOMS

SIGNS OF HEAT:

- ❑ Yin deficiency
- ❑ Heavy bleeding
- ❑ Fever
- ❑ Red tongue
- ❑ Yellow coating on tongue
- ❑ Flushed red face, red eyes
- ❑ Rapid pulse
- ❑ Nosebleeds
- ❑ Canker sores
- ❑ High blood pressure
- ❑ Inappropriate speech
- ❑ Fears or dislikes heat, attracted to cold
- ❑ Convulsions, delirium
- ❑ Fast radial pulse (6 or more beats per complete inhalation and exhalation)
- ❑ Thirst
- ❑ Red complexion
- ❑ Thirsty
- ❑ Cracked tongue
- ❑ Dry skin, hot skin
- ❑ Dry cough
- ❑ Crotch rash, armpit rash
- ❑ Insomnia
- ❑ Inflammation
- ❑ Swellings
- ❑ Rashes, sin eruptions, sores
- ❑ Hot flashes
- ❑ Mood swings
- ❑ Night sweats
- ❑ Changes in hormonal levels (aka empty fire)
- ❑ Foul odor from a discharge
- ❑ Rotten smell in mouth
- ❑ Constipation
- ❑ Dry, smelly stools
- ❑ Diarrhea with foul smelling stool
- ❑ Dark yellow or red urine
- ❑ Blood in stool or urine
- ❑ Desire for cold liquids
- ❑ Urine, feces, mucus is excreted forcefully and urgently
- ❑ Mucus and phlegm are thick, yellow or green

If have dry heat - no moisture - avoid drying herbs as well as warm/hot herbs..

If have moist heat - moisture - no need for moist herbs

NOTE: Wind Heat:

- ❑ **fever worse than the chills**
- ❑ **pulse faster than normal**
- ❑ **swollen and sore throat with headache and irritability**
- ❑ **if cough, usually dry or nonproductive with occasional expectoration of yellow mucus.**

Use chrysanthemum flowers, mulberry leaf, mint, peppermint, honeysuckle, forsythia buds, burdock seed, licorice.

Avoid sweets & stimulants like caffeine which aggravate condition and feed pathogen

Avoid tonifying herbs such as ginseng which feeds the pathogen.

<u>HERBS TO AVOID</u>

Warm herbs (basil, black pepper, blue cohosh, buchu, cardamom, cayenne, celandine, cinnamon, culver's root, elder bark, elecampane, fennel, garlic, ginger, horseradish, juniper, lavender, lovage, myrrh, oats, oregano, osha, pine, rosemary, savory, thyme, valerian, wild ginger, sarsaparills, saw palmetto, watercress, wheatgrass

<u>HERBS TO USE</u>

Cool herbs: barberry, blue flag, boneset, cascara, buckthorn, comfrey, couchgrass, eucalyptus, feverfew, fringe tree, herba santa, kelp, licorice, marshmallow, mugwort, mullein, nettle, oregon grape, pleurisy root, spearmint, sage, slippery elm, tansy, vervain, white deadnettle, white horehound

Peppermint
Dandelion greens/roots
Honeysuckle flowers
Nettles
Red clover blossoms
Lemon Balm
Cilantro
Marjoram

<u>FOODS TO EAT</u>

Fruit: apple, banana, pear, persimmon, cantaloupe, watermelon, tomato, all citrus

Veg: lettuce, radish, cucumber, celery, button mushroom, asparagus, chard, eggplant, spinach, summer squash, cabbage, bok choy, broccoli, cauliflower, sweet corn, zucchini

Legumes/Grains: soy milk, soy sprouts, tofu, tempeh, mung beans and sprouts, alfalfa sprouts, millet, barley, wheat products, amaranth

Other: kelp, seaweeds, spirulina, blue green algae, oyster-shell calcium, wheat/barley grass, kudzu, yogurt, crab, clam,

Spices: marjoram, cilantro, white peppercorn,

AVOID pressure, baking or deep frying methods. Instead simmer, steam and use more raw foods.

Red meats, chicken, alcohol, coffee, cigarettes.

Use cautiously as they may cause obstructiosn and aggravate Goats Milk, eggs, yogurt, clams, crabs

SIGNS OF DRY (often similar to Heat)

- ❑ Dry Hair
- ❑ Constipation
- ❑ Dry throat
- ❑ Dry skin
- ❑ Dry eyes
- ❑ Dry cough
- ❑ Cracked tongue
- ❑ Tongue cracked
- ❑ Lack of menses
- ❑ Thirsty
- ❑ Lack of mucus
- ❑ Mucus thick
- ❑ No perspiration
- ❑ Urinating out as much as drinking in

HERBS TO AVOID:

Goldenseal
Cayenne
Garlic
Ginger

HERBS TO USE

Licorice rt
Alfalfa
Aloe
Borage
Burdock
Butterbur
Celery
Chicory
Chickweed
Codonopsis
Coltsfoot
Cornsilk
Couchgrass
Eucalyptus
Kelp
Milk thistle
Mistletoe
Parsley rt
Purslane
Red Clover
Rose
Sarsaparilla
Slippery Elm

Wheatgrass

FOODSTO EAT:

Eat Juicy wet foods, fruits, vegetables

FOODS TO AVOID:

Processed, chemicalized foods
Large amounts of protein
Cheese

SIGNS OF COLD:

- Yang deficiency
- Lethargy
- Lower back pain
- Decreased sexual drive
- Pale skin
- Pale tongue
- No coating or white coating on tongue
- White or pale complexion
- Aversion to cold
- Cold hands and feet
- Wants extra layers of clothing, beeding
- No thirst
- Clear urine
- Light colored stool
- Bluish lips, nails
- Body aches
- Chills
- Poor circulation
- Fatigue
- Lack of appetite
- Loose stools or diarrhea
- usually wants to overdress and is attracted to warm food and drinks
- dislike cold
- Deep pulse and/or slow pulse
- Bodily excretions will be copious and clear such as clear urine, watery stools, or thin, watery mucus.
- Poor digestion
- Pain in joints, helped with warmth
- Slow movements and speech
- Aversion to cold, craving heat
- Hypo (as in hypoadrenalism, hypoglycemia and hypothyroidism)
- Slight odor from discharge

Coldness is part of the yin principle and also associated with Water Element. Water includes kidneys and bladder, bones, head hair, emotion fear and sexual function. These ares can be adversely affected by a cold condition
Cold in the body resembles ice: hard, motionless.
Coldness causes contraction so the cold person bends back or moves around with difficulty.
Pain from cold can be intense, fixed.

HERBS TO AVOID:

Cool herbs: barberry, blue flag, boneset, cascara, buckthorn, comfrey, couchgrass, eucalyptus, feverfew, fringe tree, herba santa, kelp, licorice, marshmallow, mugwort, mullein, nettle, oregon grape, pleurisy root, spearmint, sage, slippery elm, tansy, vervain, white deadnettle, white horehound

HERBS TO USE:

Ginger
Onions
Pungent herbs
Warm herbs (basil, black pepper, blue ohosh, buchu, cardamom, cayenne, celandine, cinnamon, culver's root, elder bark, elecampane, fennel, garlic, ginger, horseradish, juniper, lavender, lovage, myrrh, oats, oregano osha, pine, rosemary, savory, thyme, valerian, wild ginger, sarsaparilla, saw palmetto, watercress, wheatgrass

FOODS TO EAT

Cooked foods
Root vegetables
oats
parsnips
butter
anchovies
Grains, beans
Chicken
Chewing food well creates warmth
Soup made with ginger and green scallions
Dried ginger root cooked with black beans, aduki beans, lentils or other foods. Also use ginger, cinnamon bark or twig, cloves, basil, rosemary and/or angelica root in teas and foods regularly. Avoid adukis if person is thin or has dry signs such as dry skin, throat, nostrils\Use warming grains and seeds: oats, spelt, quinoa, sunflower seed, sesame seed, walnut, pinenut, chestnut, fennel, dill, anise, caraway, carob pod, cumin, sweet brown rice and its products such as mochi. Rice, corn, buckwheat and rye are acceptable here, as they are a neutral energy, but the other grains are cooling and should be used sparingly.
Use warming vegetables and fruit: parsnip, parsley, mustard greens, winter squash, cabbage, kale, onion, leek, chive, garlic, scallion; cherry, citrus peel, and date.
Hot peppers should be used in small pinches or they can have a strong cooling effect.
Use concentrated sweeteners moderately (barley malt, rice syrup, molasses).

AVOID:

Raw foods, fruit, Cold foods, Blue, green or purple coloured foods, cucumbers, radish, summer squash.

SIGNS OF WET

- Lots of perspiration or sweating
- Large flow of menses
- Tongue wet
- Lots mucus
- Coughing up mucus
- Bleeding too much
- Water retention
- No desire for thirst

FOODS TO AVOID:

Too much juicy wet foods, fruits, vegetables

FOODS TO EAT:

Protein
Cheese
Complex carbs

EXCESS SYMPTOMS

- ❑ **Agitation**
- ❑ **Active limbs**
- ❑ **Desire for activity**
- ❑ **Red or flushed complexion**
- ❑ **Loud voice**
- ❑ **Restless and talkative**
- ❑ **Rough breathing**
- ❑ **Distended abdomen**
- ❑ **Complaint worse with pressure**
- ❑ **Complain better with activity**
- ❑ **Strong pulse**
- ❑ **Wide pulse**
- ❑ **Thick tongue coat**

WET/DAMPNESS:

- Sweating, perspiration
- mucous
- phlegm
- water retention
- excess saliva
- diarrhea
- abdominal
- bloating
- loss of appetite
- nausea
- vomiting
- lack of thirst
- feeling heaviness or sluggish
- stiff, aching or sore joints
- prostate problem
- wheezing
- muzzy headedness
- no appetite
- stuffy feeling in chest and/or epigastrium
- sticky taste in mouth
- cloudy urine
- vaginal discharges
- certain types of oozing skin diseases
- sticky tongue coating
- slippery pulse
- dampness can obstruct circulation of qi in abdomen as well as affect Spleen and Liver, causing abdominal pain, feeling of fullness, heaviness and possibly diarrhea.
- long term stagnation of dampness can spread upwards filling head, causing sensation of heaviness of head, dull headache, difficulty in thinking.

HERBS TO AVOID

Wet herbs: Licorice,
Marshmallow,
Slippery Elm,
Comfrey
Evening Primrose
Leaf
Demulcents

HERBS TO USE:

Drying herbs
Astringents (they are dry)
Nervines (cold & dry) if the symptoms are not cold
Lymphatics (cool/cold & dry - if symptoms are not cold)
Carminative (warm & dry)
Catnip (warm & dry)
Ginger (warm & dry)
Peppermint (warm & dry)
Valerian (warm, dry)
Wild yam (neutral, dry)

FOODS TO USE

- Vegetables: lettuce, asparagus, celery, turnip, pumpkin
- Beans: adzuki beans
- Spices: White pepper, vinegar
- Fruits:
- Grains: Amaranth
- Herbs: Alfalfa, Chaparral, Pau d'arco, Valerian, Chamomile
- Other: Wild Blue green algae

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Useful for Spleen Dampness:

- Celery, Turnip, Rye, Barley, Adzuki Beans, Alfalfa, Pumpkin, Chinese Cabbage, Watermelon, Corn, Anchovy, Kidney Beans, Button Mushrooms, Shrimp, Chestnuts, Kohlrabi, Mustard Greens, Radish, Chicken, Chicken Gizzards, Mackerel
- Avoid for Spleen Damp Conditions:
- Salt, Milk, Cheese, Eggs, Sugar, Soybean, Pine nuts, Asparagus, Cucumber, Seaweed, Tofu, Bamboo Shoots, Kelp, Agar, Cabbage, Coconut Milk, Spinach, Olives, Black Sesame, Goose, Duck, Pork, Shellfish, Clams, Mussels, Crabs, Sardines, Octopus, Shark Meat, Red Meat, Excessive Watery Foods. Also use sour foods sparingly.

BLOOD STAGNATION

- Dark complexion
- Purple lips
- Pain which is boring, fixed and stabbing in character
- Abdominal masses that do not move
- Purple nails
- Bleeding with dark blood and dark clots.
- Bleeding with dark blood and dark clots.

These are only the general symptoms of Blood stagnation or Blood stasis without reference to particular organs.

- AVOID HERBS that thicken the blood:
  Alfalfa
  Herbs high in Vit.K

- HERBS TO USE:
  Anything that thins the blood:
  Cayenne
  Devil's claw
  Dong Quai
  Feverfew
  Garlic
  Gingko biloba
  Green tea
  Hawthorn
  Motherwort
  Spearmint
  St. John's Wort
  Turmeric
  White willow

FOODS TO USE:

- Condiments: Vinegar,
- Spices: turmeric, chives, garlic, basil, ginger, chestnut, nutmeg, rosemary, cinnamon, cayenne, white pepper, spearmint
- Foods: scallion, leek, kohlrabi, eggplant, adzuki bean, sweet rice, butter, lotus root, squid, crab, peanuts, lotus root, spinach, peach, peach seed, peach flower powder, wood ear (black fungus)
- Warming foods such as garlic and ginger should be used carefully if at all in cases of heat signs.
- Butter is most useful in cases of emaciation and weakness and a dietary history low in animal products. It is contraindicated in cases of liver excess, dampness and mucous conditions.
- Vinegar and sweet rice are contraindicated in patterns of deficient digestive fire with signs such as watery stools and a feeling of coldness.
- Vitamin E is helpful in reducing blood stagnation and painful inflammation

LIVER QI CONSTRAINT

(liver qi stagnation)

- ❑ distending pain the hypochondriac region
- ❑ stuffiness of the chest, sighing
- ❑ epigastric and abdominal distention
- ❑ nausea, vomiting
- ❑ poor appetite
- ❑ sour regurgitation, belching
- ❑ diarrhea
- ❑ feeling of being "wound up"
- ❑ feeling of a lump in the throat, irregular periods
- ❑ painful periods
- ❑ distention of the breasts prior to periods
- ❑ pre-menstrual tension and irritability, breast distention or pain, bloating
- ❑ pupils dilated, large
- ❑ difficulty falling asleep at night
- ❑ heartburn or wake up with bitter taste in mouth
- ❑ painful menses
- ❑ menstrual cramps in external genitalia
- ❑ menstrual blood thick and dark or purplish in color
- ❑ tongue dark or purplish
- ❑ around ovulation: feel like it lasts longer than it should; breasts sensitivie ore sore
- ❑ nipple pain of discharge from nipples
- ❑ irritable around ovulation
- ❑ melancholy
- ❑ depression and moodiness.

HERBS TO AVOID

HERBS TO USE

Drink detox of milk thistle tea to harmonize internal liver energies and help liver process excess hormones, emotions.

FOODS TO USE:

Foods that move qi and remove stagnation:

- ❑ **Basil, caraway, cardamom, carrot, cayenne, chive, clove, coriander, dill seed, garlic, marjoram, mustard leaf, orange peel, peppermint, radish, rosemary, spearmint, star anise, tangerine peel, thyme, turmeric.**

'Spleen Qi' tonics improve quality /quantity of available energy in the body Beef, cherries, chicken, coconut, date, eel, fig, flax seed, ginseng, goose, grape, ham, Herring, job's tears barley (coix), lentil, licorice, mackerel, micro-algae, molasses, oats, octopus, potato, pumpkin, pumpkin seeds, rabbit, rice, royal jelly, sweet potato, shitake mushroom, squash, sturgeon, tofu, yam.

- ❑ **Lemon, lime or grapefruit, moderately pungent foods, spices and herbs, members of the onion family, mustard greens, cardamom, cumin, fennel, horseradish, various mints, lemon balm, angelica root, prickly ash bark. Also sweet rice, strawberry, peach, cherry, pine nuts, cabbage, turnip root, cauliflower, broccoli and brussel sprouts. Also sprouted grains, beans and seeds, fresh vegetables and fruit. Mushrooms, rye, asparagus, amaranth, quinoa, alfalfa, radish leaves, citrus peel, chaparral, bupleurum, chamomile, peony root, dandelion root.**
- ❑ **<u>Foods that relax the Liver</u>: Beef, chicken, liver, mussels, black sesame, kelp, plums, mulberries, celery, nori, lotus seeds, Chinese red dates and gotu kola.**
- ❑ **<u>Foods that activate Liver Qi</u>: Vinegar, amasake, beets, coconut milk, garlic, leeks, marjorams, safflower, basil, black pepper, dill seed, ginger, longan, rosemary, scallions, by leaves, cabbage, litchi, kohlrabi, saffron, peaches, oregano, tumeric, eggplant, chives, chestnuts.**
- ❑ **Using spices like peppermint, rosemary, spearmint, turmeric and thyme moves the qi**
- ❑ **To help PMS, take zinc premenstrually**
- ❑ **<u>Foods that also detoxify and cool the Liver</u>: Celery, seaweed, watercress, mung beans, lettuce, cucumber, tofu, millet, plum, rhubarb root or stem, daikon, radish, carrots, spinach, Swiss chard, kale, parsley.**
- ❑ **AVOID: foods high in saturated fats (lard, mammal meat, cream cheese, eggs), shortening, margarine, refined and rancid oils) deep fried, greasy fatty foods, coffee, alcohol, preservatives, excessive spicy foods, sugar and sweets, peanut butter, excesses of nuts and seeds, chemicals in food and water, all intoxicants, highly processed refined foods (refined flour products are hard on the Spleen and make it easier for the Liver to invade it.**
- ❑ **AVOID cold foods, dairy products, refiend carbs, sugar, artificial sweeteners**
- ❑ **DO NOT OVEREAT, sit down when you eat, eat frequent small meals to keep blood sugar stabale and inhibit adrenaline release**

DAMP HEAT

Constitution:

- ❑ **skin sores, acne in the young**
- ❑ **face is shiny and oily**
- ❑ **dry mouth with slightly bitter taste in mouth**
- ❑ **tendency towards anger, irritable**
- ❑ **often fatigued**
- ❑ **somewhat impatient, anxious**
- ❑ **like eating oily, sweet/fried foods**
- ❑ **stools usually dry**
- ❑ **scanty urine, more yellow in color**
- ❑ **if get sick, often due to emotions or foods they have eaten**
- ❑ **slippery pulse and fast**
- ❑ **tongue has red body, sticky yellow coat**

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- ❑ **thick yellow secretions and phlegm such as jaundice, hepatitis, urinary problems or eczemafeeling of heaviness of the body or head**
- ❑ **muzzy headedness**
- ❑ **no appetite**

- ❑ **stuffy feeling in chest and/or epigastrium**
- ❑ **sticky taste in mouth**
- ❑ **cloudy urine**
- ❑ **vaginal discharges**
- ❑ **certain types of oozing skin diseases**
- ❑ **sticky tongue coating**
- ❑ **slippery pulse**
- ❑ **dampness can obstruct circulation of qi in abdomen as well as affect Spleen and Liver, causing abdominal pain, feeling of fullness, heaviness and possibly diarrhea.**
- ❑ **long term stagnation fo dampness can spread upwards filling head, causing sensation of heaviness of head, dull headache, difficulty in thinking.**
- ❑ **High Blood Pressure (avoid licorice, rosemary, motherwort which are used for low bl. pressure**
- ❑ **Stone conditions**
- ❑ **Gout**

HERBS TO AVOID

HERBS TO USE

FOODS TO USE

Beans: Adzuki beans, Lima beans, mung beans, black beans

Vegetables: Celery, Carrots, Winter squash, Potatoaes with skins, Asparagus, Mushrooms, Corn, Peas, Amaranth, Chinese barley, Daylily, Bamboo shoots, Cucumber

Duck

Fruit: Lemon (diluted juice, cranberry juice, bananas, chinese pears, watermelon

Teas: Uva ursi, dandelion leaf, plantain leaf, flaxseed, watermelon seed, pipsissewa (for chronic bladder infections)

AVOID:

Refined sugar, concentrated sweeteners, meat, greasy, oily foods, too much starch and overeating

DEFICIENCIES

GENERAL DEFICIENCY

- ❑ Tired, lethegaric
- ❑ Curles posture
- ❑ Desire for quiet
- ❑ White or pale complexion
- ❑ Low voice
- ❑ Little desire to speak
- ❑ Short of breath
- ❑ Soft abdomen or distention with intermitten relief
- ❑ Compaint better with pressure
- ❑ Complain better with rest
- ❑ Weak pulse, Narrow pulse
- ❑ Little or no tongue coat

CHI (QI) DEFICIENCY

- ❑ Pale complexion
- ❑ Fatigue
- ❑ Low spirits
- ❑ spontaneous sweating
- ❑ low voice
- ❑ weak digestion
- ❑ enlarged tongue
- ❑ Short of breath
- ❑ Pronounced ffatigue
- ❑ loose stool
- ❑ Dribbling of urine
- ❑ Weak pulse

<u>Treat with Chi tonics:</u>
ginseng
red ginseng
astragalus
codonopsis
jujube dates
Siberian Ginseng
Licorice rt.
Reishi Mushroom
Malt sugar
Chi tonic: 4 pt each of ginseng, atractylodes, astragalus, citrus peel, peony. 6 parts jujube dates. 3 pt each of rehmannia, schizandra, poria. 2 part ginger; 1 part each of polygala and cinnamon bark.
Another Chi tonic: 3 pt each of peony, poria, rehmannia and atractylocdes; 2 pt each of codonopsis and astragalus; 1 part each of cinnamon, ligusticum, and licorice.

BLOOD DEFICIENCY

- ❑ Pale Complexion
- ❑ Dizzy
- ❑ Emanciation
- ❑ Spots before eyes
- ❑ Pale tongue
- ❑ Pale lips
- ❑ Pale nails
- ❑ Insomnia
- ❑ Palpitations
- ❑ Poor memory
- ❑ Poor appetitie
- ❑ Mental fatigue
- ❑ Menstrual irregularity
- ❑ Little tongue coating
- ❑ Thin, thready pulse
- ❑ Numbness in limbs

<u>TREAT WITH Blood tonics:</u>
Astragalus
He shou wu
Peony
Rehmannia
Deer antler
Reishi Mushroom
Dong Quai
A Blood tonic: 3 pt each of peony, poria, rehmannia and atractylocdes; 2 pt each of codonopsis and astragalus; 1 part each of cinnamon, ligusticum, and licorice.
Blood and yin tonic: 6 pt each dong quai and rehmannia; 4 pt each of codonopsis, poria, atractylodes, peony; 3 parts ligusticum, 2 parts licorice.

YANG DEFICIENCY

- ❑ Includes those of Qi deficiency (pale face, a weak voice, slight sweating in daytime, slight breathlessness, tiredness, lack of appetite and an empty pulse) plus chilliness, a bright pale face, cold limbs, no thirst, a desire for hot drinks, loose stools, frequent-pale urination, a weak pulse and a pale wet tongue.
- ❑ Aversion to cold
- ❑ Cold hands and feet
- ❑ Plentiful urine
- ❑ Clear urine
- ❑ Loose stool with undigested food
- ❑ Dark colored tongue
- ❑ Slow pulse

HERBS TO AVOID

HERBS TO USE
these strengthen or supplement body's resistance against disease.

Usually subdivided into herbs that tonify either Qi, Yang, blood or Yin.
Tonifying Qi - used for deficient Qi syndrome

Use warming yang tonics:
Cordyceps
Deer antler
Red Ginseng

FOODS TO USE

- ❑ Rice, sweet brown rice, oats, spelt, quinoa, corn, buckwheat, rye
- ❑ Sunflower seeds, sesame seeds, fennel, dill, anise, caraway, carob pod, cumin, peanuts, chestnuts, cinnamon bark, pine nuts
- ❑ Yellow onions, Chinese yam, chinese cabbage, parsnip, winter squash, sweet potato, kale, leek, scallion, mustard greens and carrots.
- ❑ Chives, garlic, ginger, cloves, basil, rosemary, angelica root, parsley
- ❑ Lychee, pumpkin cherry, citrus peel, dates, raisings
- ❑ Hot peppers, cayenne (caution, use hot peppers and cayenne in small pinches or they can have a strong cooling effect)
- ❑ Walnuts - start eating one walnut a day, then add one more each day, not to exceed 20 per day
- ❑ Coffee and cocoa (can damage yin if Yin deficient. They are contraindicated in insomnia.
- ❑ Chicken, goat's milk, beef, lamb, shrimp, mussels, fish (eg anchovy, trout)
- ❑ Use warming foods and methods of preparation

- ❑ AVOID - use fewer cooling foods and fruits and raw foods.

YIN DEFICIENCY

- ❑ Weak person with hypofunction
- ❑ Withdrawn and passive with low energy
- ❑ Weak pulse
- ❑ Floating-empty pulse
- ❑ Little or no coating on tongue
- ❑ Pulse fast and thin
- ❑ Soft voice
- ❑ Sallow to pale complexion
- ❑ May drink small amounts of fluid often throughout the day. Dryness of mouth,

tongue, cough and breath

- **Body tends to be thin; in extreme cases there is emaciation. A poor diet however may produce symptoms in any body type**
- **Conditions of instability and erratic change (usually associated with wind imbalances) are sometimes induced by a lack of yin; examples include vertigo, spasms, cramps, pains that move.**
- **Mind: insomnia, irritable, uneasy, worry, excess thought**
- **Color: fleshy pink or fresh red tongue and cheeks, esp. in the afternoon**
- **Heat: low intermittent fever, palms and soles may be hot and sweaty, night sweats.**
- **Usually a chronic condition8**
- **Low grade fever or feeling of heat in the afternoon**
- **Dry throat at night, night sweats**
- **Emanciation**
- **Red, peeled and dry tongue**
- **Other symptoms depends on organ involved**
- **Flushed face**
- **Hot hands and feet**
- **Dry mouth and throat**
- **Night sweats**
- **Premature Ejaculation**
- **Dry, red tongue**
- **Fast pulse**
- **Hypoglycemia**
- **Diabetes**
- **Tuberculosis**
- **Anxiety**
- **Wasting diseases with long term inflammation and infection from virus, bacteria, fungi, parasites and other pathogenic microbes**
- **(most chronic degenerative diseases eventually become marked with signs of deficient yin)**

NOTE: only one symptom has to be present for deficient yin to exist. Deficient yin symptoms typify the modern person: uneasy, anxious with Relationships are filled with irritations and/or skirmishes. This is a result of dominance of yang principle and extreme heat for several generations in the industrial era. Stress, excessive noise, competition, warming, nutrient depleted substanca
es like alcohol, coffee, cigarettes and synthetic drugs burn up the yin quickly. Even overconsuming very hot spices like cayenne, garlic and deplete yin. Refined foods, wasted soils etc. Restore the yin foundation the same as you would restore the planet.

HERBS TO AVOID

<u>HERBS TO USE</u>
Treat with Cooling and moistening yin tonics:
Ginsengs (all but red ginseng)
He shou wu
Cordyceps
Codonopsis, yin tonic is secondary effect.
Dong quai
Dendrobium
Jujube dates
Peony
Rehmannia
Schizandra (yin & yang tonic, restrains sweating)
Blood and yin tonic: 6 pt each dong quai and rehmannia; 4 pt each of codonopsis, poria, atractylodes, peony; 3 parts ligusticum, 2 parts licorice.

FOODS TO USE:

- **Millet, barley, wheat germ, wheat, rice, seaweed, micro-algae, tofu, black beans, kidney beans, adzuki beans, mung beans and their sprouts, beets, string beans, kuzu, potatoes, whole salt, spirulina, chlorella, wild blue green algae, lettuce, kamut, lily root, cucumber, soybean milk, spinach, tomato, radish and mushroom**
- **Persimmon, grapes, blackberries, raspberries, mulberries, watermelon, plums, pears, strawberries, lemons and pineapple, kiwi and banana (use banana with caution in case of Spleen Qi Deficiency with Dampness).**
- **Crab, clam, mussels, sardines, sea cucumber, beef, dairy products, yogurt, cheese, abalone, oyster, duck, chicken eggs, duck eggs, ham and pork.**
- **Increase sweet, nutritive foods like rice, oats, parsnips, blacstrap molasses, soy, black sesame seeds, dairy. Decrease bitter foods. May require animal meats. Takes greater care and patients, milder dietary therapy over a longer time. For cold and deficient conditions add warming foods.**

AVOID: alcohol, cigarettes, coffee, shrimp, excessive and poor quality meat

DEFICIENCY AND HEAT (yin and yang)

A relative type of heat caused by insufficient yin fluid metabolism
May manifest as afternoon fevers, night sweats, hot palms and soles, fast and thin pulse, insomnia, cravings for sweet flavors, continual for small thirst or hunger; thinness.
common seen in those with wasting diseases.

FOODS
Balance fluids and supporting sugar and protein metabolism are built best by proper chewing of complex carbs, rice barley, millet, seaweeds, black beans, mung beans, tofu, beets, string beans, tempeh, spirulina, chlorella.
Dairy products, eggs, syster, cclam, sardine, beef or pork, mauy be helpful in extreme yin depletion.
Use ample water in cooking eg. eat soups and stews regularly
AVOID
hot spices, alcohol, coffee, tobacco, excesses of warming or refined foods.

SPLEEN QI DEFICIENCY

- No appetite, abdominal distension after eating,
- tiredness, lassitude, sallow complexion, weakness of the limbs,
- loose stools, pale or normal colored tongue, empty pulse.

- ❑ If Spleen Qi Deficiency gives rise to Dampness there may also be nausea, stuffiness of the chest and epigastrium and a feeling of heaviness.

HERBS TO AVOID

HERBS TO USE

FOODS TO USE

- ❑ **(These should be cooked or taken at room temperature. Limit the number of cooked fruits.)**
- ❑ **Quinoa, parsnip, adzuki beans, black beans, pine nuts, garbanzo beans, cooked squash, cooked turnips, oats, rice, cooked cherries, cooked carrots, cooked leeks, mussels, shrimp, cardamom, black pepper, cooked strawberries, ginger, tapioca and custards, cooked yams, cooked onions, cooked rutabagas, cooked pumpkin, cooked peaches, dried litchi, cinnamon, arrowroot, dried figs, nutmeg, sweet potato, garlic, fennel.**
- ❑ **Moderate amounts of: honey, molasses, barley malt, maple syrup and raw sugar.**
- ❑ **Small amounts of: chicken, lamb, beef, turkey and anchovies.**

AVOID

- **Too many sweets, seaweed, milk, chilled, iced or frozen foods or liquids, citrus fruits and citrus juices, tofu, cheese, salads, too much salt, millet, too many liquids with meals, raw foods, hard to digest food,**
- **undercooked grains, buckwheat, agar.**

DEFICIENCY IN THE FIVE MAIN ORGAN SYSTEMS:

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SPLEEN

- ❑ **Poor appetitie**
- ❑ **Loose stools**
- ❑ **Bloody stool**
- ❑ **Abdominal pain relieved with pressure**
- ❑ **Weak limbs**
- ❑ **Undigested food in stool**
- ❑ **Prolapsed organs**
- ❑ **Edema**
- ❑ **Urinary Incontinence**

<u>Spleen tonics:</u>
Atractylodes, Poria, Jujube dates, Codonopsis, Licorice

LUNG

- ❑ **Weak respiration**
- ❑ **Frequent colds and flu**
- ❑ **Weak cough**
- ❑ **Daytime or night sweats**
- ❑ **Dry cough**
- ❑ **Dry mouth**

HEART

- ❑ **Palpitations**
- ❑ **Insomnia**
- ❑ **Irregular pulse, weak pulse**
- ❑ **Short of breath**

LIVER

- ❑ **Pain in the side**
- ❑ **Dry eyes**
- ❑ **Menstrual irregularities**
- ❑ **Depression**
- ❑ **Nervous tension**

KIDNEY

- ❑ **Frequent urination**
- ❑ **Dribbling of urine**
- ❑ **Low back pain**
- ❑ **Weak knees**
- ❑ **Premature ejaculation**
- ❑ **Low sperm count**
- ❑ **Impotence**
- ❑ **Sterility**
- ❑ **Hearing Loss**
- ❑ **Tinnitus**
- ❑ **Forgetfulness**
- ❑ **Frail bones**

SIGNS OF EXTERIOR CONDITION

Recent condition; short duration
Simultaneous fevers and chills
Stuffy head, runny nose, thin coating on tongue
Achiness, stiff neck, recent heacache
Intolerance to wind or cold

Exterior diseases first affect the body surfaces that are exposed directly to the environment - the skin and mucous membranes of the nose, throat, lungs. Most prevalent exterior condition is the common cold and flu. Contagious diseases that affect the cinuses, bronchials, and throat often have exterior signs in their initial stages. These and all otehr exterior diseases are usually easy to cure when they are still on the surface of the body (when they still have the exterior symptoms) These should be addressed quickly so they don't go deeper. Choose spices and herbs that are expansive and reach toward periphery of the body and those that open (expand) the sweat glands to sweat out the exterior disease factor lodged near the surface. If sweating doesn't stop the disease it will reduce its progress and strength.

HERBS TO USE:
Best combo: equal parts yarrow, peppermint, elder flowers)
Yarrow, boneset flowers or leaves, elder flowers (often combined with boneset), chamomile, catnip, peppermint, cayenne, angelica, fresh ginger root.
You can add lemon and raw honey to the teas.
Rose hips for Vit. C
Garlic as antiviral taken every 3 hours during the first day - hold 1/2 peeled garlic clove between cheek and teeth for 20-30 minutes, moving around to avoid burning, then spit out.

Use sweating therapy. Sweating therapy however is contraindicated if there is emaciation, severe weakness or lack of yin fluids (dryness, fast and thin pulse, fresh red cheeks or tongue and/or night sweats). If person is weak, with fever and aching muscles and perspires greatly without any improvement, such a rare deficient condition with spontaneous sweating implies that the ability to absorb nutrition and build protective qi or immunity is low. Use herbal preparations that build the nutritive and protive qi such as teas/decoctions of fresh ginger root or cinnamon twig. Choices of food should be nurturing and warming (grain and veg. leek soups for example).
For chills use warming herbs such as ginger, ma huang, angelica, garlic.

FOODS TO EAT
Eat much less, use more simple liquid based diet such as vegetable or grain soup if chills predominate over the fever. If fever predominates fruit or veg. juices or fresh fruits are a better alternataive.
Cabbage, green pepper, parsley, carrots, broccoli, turnips, kuzu (good for stiff or painful upper back or neck from exterior condition or measles), parsnips, horseradish, scallions, garlic, lemon juice, grapefuit, most fruits.

FOODS TO AVOID
Don't try to cure a cold at its onset with strengthening, salty or building foods such as ginsent, miso or animal products - these can worsen the existing condition and trap pathogens inside the body because of their strong inner directing effect.

INTERIOR, DEEPER CONDITIONS
bone problems
internal organ problems
deeper nerve and blood vessel problems
pain inside the body
vomiting
weakness
chronic headaches
fevers with no aversion to cold
chilsls with no aversion to heat
deep or sensitive emotional states
chronic digestive problems
mental disorders
high blood pressure
tumors
osteoporosis
diabetes
chronic backache
interior conditions in general are caused by imbalances int he emotions, weakness from birth, diet excesses or deficiencies or the migration of an exterior condition to the itnerior

Milder condition:
Spirit is lively]
Eyes are sparkling
Bevior is normal
Speech/response is clear
Respiration is normal

Deeper Condition:
Spirit is weak, defeated
Eyes are dull
Behavior is inappropriate
Speech/response is sluggish, weak or uncooperative
Respiration is feeble, labored or uneven

TREATMENT
Slower rate and with greater care than for excessive conditions. Balance heat and cold through diet if severely deficient, choose less extremely cooling or heating foods and preparation methods than for someone with a milder condition.

Avoid creating a shock with a completely new dietary plan. Gradually upgrade the quality of foods the person likes or find agreeable substitutes. Omit especially harmfull foods and all non-foods. Add new foods one at a time according to tolerance

YANG EXCESS

Robust constitution with hyperfunction
Sensation of fullness
Moderate to loud voice
Forceful pulse
Thick tongue coating
Reddish complexion
Disease may be acute and progress rapidly

FOODS:

Eliminate very rich, fatty, sweetened, refined and intoxicating foods and drinks
Use cleansing mesures including foods and herbs, raw or lightly cooked foods like sprouts and vegetables ()esp. leafy greens, carrots, radishes, mushrooms), fruits, grains, legumes, ffresh flax oil, stevia.
Use fewer warming foods and more cooling foods for excess heat
Use fewer moistneing/mucus foods and and drying foods for excess damp conditions.
Reduce other specific excesses similarly
Fast on juices and/or water during acute infections, eat vegetables and fruits if food is desired.
Take bitter antiobiotic herbs 2-3 times an hour during severe infections.

FOUR ENERGIES: Hot, Cold, Warm, Cool
FIVE TASTES: Sour, Bitter, Pungent, Sweet, Salty

Sour herbs nourish liver and gall. Use to treat diarrhea, prevent pus.
Salty herbs aid constipation, use for the thyroid, abdominal and kidney problems.

Bitter herbs are drying, detoxifying, antibiotic and drain Qi downward. They strengthen the Heart and Small Intestine. They remove heat from the body, cure coughing, vomiting, help constiptation and are good for the heart.
Sweet herbs are tonic, nourishing, relaxing and slowing Wi down. Sweet herbs harmonize Spleen and Stomach. They are beneficial for the spleen, pain reduction and restoring harmony and energy.
Pungent herbs stimulate, warm and raise Qi from the interior to the exterior. They help strengthen the Lungs and Large Intestine. Pungent herbs aid circulation, lungs and mild ailments.

The best way to begin understanding energetics is to simply imagine what it feels like to be in that climate. Heat and Cold are two good ones to start with. Instead of trying to memorize lists of symptoms, feel what "Heat" would feel like in your body.
What does it feel like to be outside on a hot summer day? You might feel hot and thirsty; maybe your exposed skin would turn red. A Heat condition, in turn, might manifest as a fever, redness in the face or skin, feelings of heat of burning sensations, thirst for cold fluids, and could include inflammation or infections. The person might be agitated and irritable, "hot-tempered" or "fiery." Heat conditions tend to manifest a hyperactivity of the body and dilation of blood vessels.

A Cold disease, on the other hand, is usually one of under-activity, sometimes causing stagnation or congestion. Someone with a "cold" condition may appear pale and subdued, move slower, have little thirst, and feel chilly, even they have a mild fever.

Of course, these are not descriptions of diseases in our western sense, but clusters of symptoms that form a pattern. And someone doesn't have to have all these symptoms to have condition, it's the pattern you're looking for. For example, one cannot say that diabetes is a hot or cold disease, or arthritis of a flu. What we are looking at is how this imbalance manifests in this particular individual, and that helps us personalize treatment and come closer to the best remedy for them. These are brief sketches of what can be complex ideas, so play with these ideas, see how they fit in your own body in health and disease.

So now that we can speak the language of "energetics," we can figure out how to treat these conditions, generally by using an herb that has the opposite energy of the imbalance.
For example, for an infection with heat, redness and pain, one can use antibiotic, Cold herbs such as Golden Seal (Hydrastis canadensis), Scullcap (Scutellaria baicalensis), of other Cold "heat-clearing" herbs.
Now any book on Chinese or Ayurvedic Herbalism will list the energetics of their herbs, but what if we want to use local herbs instead? After all, we live in a region rich with medicinal plants, one of the most botanically diverse areas in North America. And why not use what's local instead of having to rely on medicines shipped from half a world away?
One of the easiest ways of discerning the energetic of an herb is by its taste. Taste is actually a very direct way of experiencing the pharmacology of a plant--certain strong alkaloids taste bitter, volatile oils have an aromatic taste, certain plant acids have a sour of astringent taste. Before there were labs, humans used their sense organs to understand and classify plant medicines. There are five main tastes--Pungent or Aromatic, Bitter, Sweet, Salty and Sour.

BITTER HERBS

Dry, Detoxify, Descending (so don't give to pregnant women). Stimulate appetite, stimulate digestion, aids liver functions, increasing bile flow, regulate pancreatic hormones, stimulate repair of gut wall.

Angelica
Barberry
Bitter orange
Blessed thistle
Burdock rt
Boneset
Centaury
Chamomile
Coffee
Dandelion
Devil's claw
Gentian
Ginger
Goldenseal
Hops
Horehound
Milk Thistle
Mugwort
Peppermint
Rhubarb
Rue (most bitter)
Skullcap
Southernwood
Tansy
Wormwood (2nd most bitter)
Yarrow

PUNGENT

Moves Qi, ridding body of phlegm or expelling pathogens from surface of body outward. Often seen in anti-rheumatic category known as Wind-Damp) to eradicate painful joint conditions. Be careful if person is weak or dry or pregnant. This creates warmth because it moves so if you use pungent and cold in nature you may get some warmth despite the cold temperature of the herb. Pungent herbs and spices are stimulating

promoting digestion, increasing appetite, increasing sweating, removing phlegm, killing parasites. Promoting circulation generally icnreases all bodily functions.
Pungent herbs are used for constipation; bad breath; really smelly feces; tongue coating; abdominal pain and distention esp. if aggravated by massage; intestinal gas and cramping pain; low appetite; heaviness; slow pulse; yellow feces; heaviness in stomach, sour taste in mouth; skin rash; brain fog; saliva threads; tonsil stones; mucus in stools and urine; generalized pain; fatigue. Easiest way to take these is tea as in ginger tea, or use in cooking.

Basil
Bayberry
Bay leaves
Black Pepper
Camphor
Cardamom
Cayenne
Cinnamon
Cloves
Coriander
Cumin
Ephedra
Eucalyptus
Garlic
Ginger
Horseradish
Mustard
Onions
Oregano
Peppermint
Prickly Ash\
Rosemary
Sage
Sassafras
Spearmint
Thyme
Other: Ligusticum rt., Magnolia flower, Chinese green onion

Chinese divide pungent into

a)warm-pungent herbs that release exterior syndrome, dispelling wind and cold. These are used if the wind-cold excess exterior is accompanied by chills, fever, absence of sweating, headache, thin and white tongue coating, superficial and tense pulse. They can be used to treat cough, asthma, edema, pain caused by invasion of wind-damp. As warm pungent herbs may cause heavy sweating, proper dosages should be used: Ephedra, Cinnamon, Fresh Ginger, Ligusticum, Magnolia flower, Chinese green onion, Coriander (Cardamom)

b) cool pungent herbs that release exterior syndrome. These are cool and pungent in property, not strong enough to promote sweating. They are indicated in wind-heat exterior syndrome manifested as high fever, mild chills, thirst, sore throat, scanty or no sweating, thin and yellow tongue coating and superficial and rapid pulse. some of these are also effective in promoting the full expression of rashes in measles, and for use on boils and carbuncles on the exterior: Arcticum fruit, Mulberry leaf, Chrysanthemum flower, Chastetree fruit, Bupleurum root, Cimifuga root, Shavegrass

Herbs that have a pungent or aromatic taste to them are usually warming. These include spicy herbs like Cayenne, but also plants with strong aroma or taste like Cinnamon, Ginger Fennel and many of our cooking spices. The stronger the flavor, the stronger the action. Local pungent herbs include Sassafrass (Sassafrass albidum), Wild Ginger (Asarum canadense), and Spicebush (Lindera benzoin). Pungent herbs stimulate circulation, disperse blocked of stuck energy increase digestion, and dispel phlegm. A few of these herb, are actually cooling, like Peppermint and Cilantro.

Bitter herbs, on the other hand, are the coldest and are also drying. They are used to treat Heat and Dampness, such as sinusitis or other infections, as well as lowering fevers and lessening inflammation. Anyone who's ever tried Golden Sea knows the taste of bitter. There aren't a lot of American foods that are bitter except Dandelion greens and coffee, so the taste is under-used (traditionally, it's important to have all five tastes in the diet). Bitters are an excellent digestive stimulant, but if used over a longer period of time, they need to be combined with some warming aromatic herbs. Otherwise, they may be too cooling.

The Sweet taste needs a little explanation. White sugar, honey, and other intense sweeteners were not widely available until a century ago. So when Chinese medicine speaks of the sweet taste, they are not talking about sugar, they are referring to taste more like well-chewed grains, or sweet potatoes or winter squash-more of a subtle sweetness.

Sweet herbs are the tonics, the nourishing herbs that feed us in subtle but strong ways. Some local herbs are American Ginseng (Panax quinquefolius), Solomon's Seal (Polygonatum biflorum), and the garden weed Common Mallow of Cheeses (Malva sp.). All are moistening and nourishing, but in different ways. Ginseng is more of an energy tonic, while Mallow (related to Marshmallow) and Solomon's Seal are great tomes for people with chronic fluid deficiency who are always thirsty and have dry chapped lips. Solomon's Seal is specific for arthritis in people with creaky joints.

Sour and salty herbs are less common in the herbal field. The taste of sour means like a lemon, and it can include astringent plants as well. Sour plants tend to be cooling, contracting and stop the excess flow of fluids out of the body. Many wild fruits such as blackberries are sour. So to a lesser extent are raspberries, strawberries, and apples. Medicinally, Raspberry leaf is used as a uterine tonic to tighten and tone the structure of the organ, while Hawthorn berries are used as a tonic to the heart and blood vessels.

Finally, when you think of salty herbs, think of mineral-rich plants. Seaweeds, of course, are a food with a long history of medicinal use, both as a nourishing food tonic and as a medicine. Kelp, for example, has been used for thyroid problems. Stinging Nettles (Urtica dioica) is a

local herb that typifies the Salty taste. It is so mineral-rich that when the leaves are left to steep for several hours the resulting liquid tastes as rich as a broth. Nettles and Oatstraw (Avena sativa) have been used for anemia and blood deficiency, and for conditions like osteoporosis and broken bones to help rebuild.

SALTY

Detoxify (sore throat eg), Mostly coming from sea and being salty and cold, which encourage retention of fluids in body so other herbs must be used to guard against this.

BLAND

mostly seen in the drain damp category. Made up of sweet and cold herbs which promote urination and sweet and bland herbs whic which do the same thing. MIld, without taste.

ASTRINGENT and SOUR

Sour is similar to astringent. Many are astringent and sour.

SOUR HERBS

Sour is similar to astringent.All herbs which are sour have some sort of astringent nature.

SWEET HERBS

Sweet and Cold: yin tonic, promotes urination, promoes fluids

Sweet and Warm: yang tonic.

Sweetness tends to be sticky and will clog things up if not moving well, combine with herbs that help move.

HOT HERBS

Creates movement and warmth. Don't use if warm conditions unless formula is well balanced so it doesn't exacerbate the hot condition.

Cayenne
Horseradish
Black pepper
Rosemary
Prickly ash
Cinnamon
Camphor
Bayberry

WARM HERBS

Astragalus
Feverfew

ASTRINGENTS

Goldenseal
Tormentil
Cranesbill
Bayberry
White oak
Red Raspberry
Mullein
White popular
Ground Ivy
Bistort
White Pond Lily
White Hazel
Oakbark
Geranium
Eyebright
Turpentine
Walnut
Canadian fleabane
Sumac

RELAXANTS

Lobelia
Pasque flower
Black cohosh
Parsley seed
Motherwort
Marjoram
Skullcap
Bugleweed
Wood betony
St. John's wort
Lady's slipper
Wild cherry
Wild yam
Camomile
Bergamot (bitter orange rind)
Aniseed
Caraway
Chasteberry
Passion Flower

WARM HERBS

Drying in nature and may dry up the Yin if not combined properly with appropriate herbs.

COLD HERBS

Contracts, slows down Processes. Don't use if stagnation is a problem unless you combine with others herbs that help move.

NEUTRAL

Not many found. Neither hot or cold, more gentle because of this.

AROMATIC

Drying, transforming, mvoes upward and outward. Many used to release exterior syndromes as with the common cold, assisted by aromatic quality which assists their already pungent nature in releasing the pathogenic invasion from the body. Other herbs which are aromatic are herbs used to transform dampness = they focus on treating damp conditions, transforming (drying and moving it) . The aromatic quality is ascending which asisst in the awakening of the Spleen which in turn will naturally rid the body of its damp condition.

DIAPHORETIC

Feverfew
Yarrow

WET HERBS

Licorice

ELIMINATING

HERBS TO CAUSE SWEATING, RELEASE EXTERNAL CONDITIONS

A. Cause sweating and scatter wind cold (pungent warm circulatory stimulant diaphoretics)
Peppermint
Ginger
Sassafras
Osha
Butterbur
Virginia snakeroot
Other: Angelica, Angelica dahurica, Angelica pubescens, Aurum, Asarum, Atractylodes ovata, Bayberry, Bittersweet, Black pepper, Blue Cohosh, Burnet saxifrage, Cajeput, Camphor, Cayenne, Celandine, Cinnamon, Daisy, Elder flower, Ephedra, Eucalyptus, Galangal, Guaiacum, Hazelwort, Horsemint, Hyssop, Magnolia flower, Masterwort, Milk thistle, Mugwort, Mustard, Notopterigium,

Oats, Osha, Pasque flower, Perilla, Prickly ash, Red pimpernel, Rosemary, Sand sedge, Sarsaparilla, Sassafras, Savory, Scabious, Schizonepeta, Seneca snakeroot, Siler, Spikenard, Thyme, Twinleaf, Violet, Water eryngo, Wild ginger, Yarrow.

B. Cause sweating and scatter wind heat (pungent cool peripheral vasodilatory diaphoretics)
Linden
Elder flower
Catnip
Spearmint
Eucalyptus
Boneset
Vervain
Other: Aconitum napellus, Adonis, Agrimony, Ash bark, Betony, Borage, Bupleurum, Burdock seed, Calamint, Camomile, Cayenne, Chrysanthemum, Cimicifuga foetida, Clematis, Columbine, Coral root, Cowslip flower (Cicada), Dwarf elder flower, Echinacea, Elsholtzia, Gelseminum, Feverfew, Feverweed, Fieldmint, Forsythia, Goat's rue, Horsemint, Hyssop, Inmortal, Jaborandi, Kudzu, Lady's slipepr, Lavender, Lilac, Linden flower, Lobelia, Lonicera, Marigold, Mayapple, Meadowsweet, Melissa, Milk Thistle, Milkwort, Motherwort, Mulberry leaf, Oregano, Pasque flower, Pennyroyal, Peppermint, Peucedanum, Pleurisy root, Pipsissewa, Poppy, Purpose loosestrife, Saffron, Silver thistle, Spearmint, Tansy, Virginia's bower, Wild bergamot, Wild oregano, Wood betony, Wood sage.

HERBS TO PROMOTE URINATION AND RELIEVE FLUID CONGESTION (seeping diuretics)

Lovage
Goldenrod
Squills
Wild carrot
Dandelion leaf
Elder bark
Couchgrass
Other: Abutilum, Akebia, Alisma, Artemisia capillaris, Artichoke, Ash, Asparagus, Astragalus, Atractylodes (all types), Beanpod, Benincasa, Birch, Bitter milkwort, Bitterroot, Blue flag, Blue mallow, Butcher's broom, Bryony, Celery, Celandine, Chicory, Cleavers, Coix, Cornsilk, Cota, , Dandelion root, Dianthus, Dogbane, Dwarf Elder bark, Elder flower, Figwort, Flax, Garlic, Garlic mustard, Germanium, Ground Ivy, Hazelwort, Heather, Hedge hyssup, Holy Thistle, Horsetail, Hydrangea,Marshmallow, Meadowsweet, Mercury, Mousewar, Nettle, Nilkweed, Mugwort, Onion, Para cress, Parsley seed, Parsley piert, Phaseolus, Polyporus, Poria, Quassia, Restharrow, Rupturewort, Sage, Sand sedge, Silver thistle, Skunk cabbage,Sour wood, Spirodela, Stephania, Tansy, Virginia snakeroot, Water eryngo, Wild ginger, Winter cherry, Woodruff, Wormwood, Yellow goatsbeard.

HERBS TO PROMOTE BOWEL MOVEMENT, RELIEVE CONSTIPATION

A. Stimulate liver and gall, break up obstruction, promote bowel movement (stimulant laxatives)
Celandine
Milk thistle
Culver's root
Blue flat
May apple
Fringe tree
Balmony
Fumitory
Also: Aloes, American columbo, Ash, Barberry, Bitter orange (immature), Bitter root, Black radish, Bladder senna, Bogbean, Boldo, Blue Flag, Butternut, Cardamom (all types), Cascara sagrada, Celery, centaury, Chirata, Culver' root, Dodder, Fennel, Figwort, Fireweed, Flower pollen, Gentian, Hedge hyssop, Larch fungus, Lindera, Magnolia bark, MErcury, Mulberry, Polygonum multiflorum, Purging cassia, Purging flax, Rhubarb, Rhineberry, Saussurea, Senns, Shepherd's purse, Turpentine, Walnut, Wheatgrass, Wild Indigo, Wild senna, Yellow dock.

B. Clear Heat and Promote Bowel Movement (cold laxatives and purgatives)
Rhubarb
Cascara
Alder buckthorn
Senna
Aloes
Tamarind

HERBS TO EXPEL PHLEGM AND RELIEVE COUGHING

A. Generate Warmth and Expel Phlegm (warm stimulant expectorants)
Hyssop
Pine
Blood root
Yerba santa
Inmortal

B. Clear Heat, Restrain Infection, Expel Phlegm (cold antiseptic expectorants)
Pleurisy root
Scabious
Grindelia
White horehound
Coltsfoot

HERBS TO PROMOTE THE MENSES AND CLEAR STAGNATION (stimulant emmenagogues)

Juniper
Wild ginger
Hazelwort
Pennyroyal
Oregano
Rue

HERBS TO CAUSE VOMITING (emetics)

Lobelia

RESTORING

HERBS TO INCREASE QI, RESTORE, REPLENISH DEFICIENCY

A. Increase the qi, restore lungs and nerve, enhance immune potential and create strength (Wi, lung & nerve tonics)
Licorice
American ginseng
Elecampane
Sage
Thyme
Cardamon

B. Restore, Strengthen, Support Heart, Harmonize circulation, lift spirit and rid depression (cardiac tonics)
Arnica
Hawthorn
Cereus
Lily of the valley
Valerian
Cowslip flower

C. Restore liver, stomach, spleen, intestines. Awaken appetite, promote digestion, create strength (bitter digestive and hepatic tonics)
Calamus
Angelica
Holy thistle
Yarrow
Tansy
Feverfew
Barberry
Oregon grape

D. Restore and Strengthen the Urogenital organs (urogenital tonics)
Fennel
Saw palmetto
Buchu
Jasmine
Damiana
Poplar
Gravel root
Sea holly

E. Restore Uterus, return the menses (uterine tonics)
Helonias
Life root
Whit deadnettle
Mugwort

HERBS TO SUPPORT THE YANG, GENERATE WARMTH AND DISPEL COLD (pungent hot circulatory stimulants)

Cayenne
Horseradish
Black pepper
Rosemary
Prickly ash
Cinnamon
Camphor
Bayberry

HERBS TO RESTORE BLOOD, NOURISH AND REPLENISH DEFICIENCY (nutritive blood tonics)

Flower pollen
Microalgae
Wheatgrss
Asparagus
Oats
Parsley root
Iceland Moss
Kelp
Bladderwrack
Alfalfa
Nettle
Watercress

HERBS TO FOSTER YIN, PROVIDE MOISTURE AND LENIFY DRYNESS (sweet bland demulcents)

Marshmallow
Blue mallow
Slippery elm
Comfrey
Mullein
Borage
Chickweed
Irish moss
Lungwort lichen
Aloe gel
Balm of Gilead

HERBS TO CAUSE ASTRICTION, DRY MUCOUS DAMP, ARREST DISCHARGE, STOP BLEEDING (astringents)

Tormentil
Cranesbill
Oakbark
Geranium
Eyebright
Turpentine
Walnut
Canadian fleabane
Sumac

DRAINING

HERBS TO CIRCULATE QI, RELAX, LOOSEN CONSTRAINT (relaxants)

Lobelia
Pasque flower
Black cohosh
Parsley seed
Motherwort
Marjoram
Skullcap
Bugleweed
Wood betony
St. John's wort
Lady's slipper
Wild cherry
Wild yam
Camomile
Bergamot (bitter orange rind)
Aniseed
Caraway
Chasteberry

HERBS TO CLEAR HEAT, RESOLVE FEVER, REDUCE INFLAMMATION

A. Resolve Fever, Clear Heat on the Qi level (bitter cold febrigues)
Gentian
Bogbean
Centaury
Wormwood
Chicory
Melissa
Lavender
Melilot
Selfheal

B. Remove congestion, Resolve Inflammation, Clear Heat on the Blood Level (sour astringent cold anti-inflammatory decongestants)
Wood sorrel
Graspevine
Rose
Lady's mantle
Sanicle

C. Restrain Infection, Resolve Inflammation, Clear Damp Heat (bitter astringent cold antiseptics)
Horsetail
Sandalwood
Agrimony
Willow
Loosestrife
Bearberry
Blackberry
Bilberry
Cornsilk

D. Clear Toxemia, Resolve Inflammation, Clear Fire Toxin (cool detoxifying antiseptics)
Lemon
Purslane
Ribwort Plantain
Meadowsweet

HERBS TO ENLIVEN THE BLOOD, RELIEVE CONGESTION, MODERATE THE MENSES (astringent venous & uterine blood decongestants)
Goldenseal
Red root
Shepherd's purse
Horse chestnut
Witch hazel
Marigold
Cypress
Stoneroot

ALTERING & REGULATING

HERBS TO PROMOTE CLEANSING, CLEAR TOXINS AND RESOLVE TOXEMIA (cleansers)
Dandelion
Artichoke
Cleavers
Yellowdock
Pipsissewa (wintergreen)
Speedwell
Birch
Figwort
Burdock
Celery
Sarsaparilla
Poke root
Hydrangea
Heartsease
Red Clover
Cowslip root
Bittersweet

HERBS TO REGULATE YIN AND THE YANG (systemic Yin/Yang or CNS regulators

HERBS TO REGULATE HORMONES (hormonal regulators)

SYMPTOM TREATMENT

HERBS TO ENHANCE PREGNANCY AND CHILDBIRTH (pregnancy enhancers)
Raspberry
Black haw
Cramp bark
Squaw vine
Blue cohosh
Birthroot
Birthwort

HERBS TO RELIEVE INDIGESTION (digestives)

HERBS TO CALM THE SPIRIT (nerve sedatives)
Mistletoe
Hops
Passion flower
Neroli (bitter orange flower)

HERBS TO LIFE THE SPIRIT (anti depressants)
Basil
Savory

HERBS TO RELIEVE PAIN (anodynes)

HERBS TO PROMOTE TISSUE REPAIR (vulneraries)

HERBS TO ACTIVATE IMMUNITY, RESTRAIN INFECTION AND CLEAR TOXINS (anti-infectives)
Garlic
Myrrh
Cajeput
Tea tree
Echinacea
Wild indigo
Chaparral

HERBS TO KILL AND EXPEL PARASITES (anthelmintics & parasiticides)
Wormwood
European and American wormseed
Rue
Tansy
Pink root
Male fern root
Garlic
Oxeye daisy
External: Thyme
Lemon
Eucalyptus
Lavender
Borax Sulphur

PULSE AND TONGUE:
Hot Cold Excess
Deficient Exterior
Interior