



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

Energetic Properties of Food

	HOT	WARM	NEUTRAL	COOL	COLD
VEGETABLES	o	capers cilantro kale leeks mustard greens onions parsnip pepper green onion squash sweet potato watercress	alfalfa sprouts beets cabbage carrot kohlrabi olive potato pumpkin shitake mushroom green beans turnip yam	artichoke eggplant broccoli cauliflower celery zucchini cucumber lettuce mushroom radish spinach swiss chard	asparagus bamboo dandelin mung bean sprout plantain seaweed tomato water chestnut
HERBS	cayenne / chillies cinnamon garlic ginger (dry) horseradish mustard pepper	most herbs	coriander licorice saffron royal jelly shitake mushroom	marjoram mint nettle tamarind salt	kelp
FRUITS		blackberry cherry date lychee peach quince	apricot crab apple fig grape papaya pineapple plum pomegranate raspberry	apple avocado black currant blueberry orange pear strawberry tangerine	banana cranberry grapefruit lemon / lime mango melon persimmon rhubarb watermelon
GRAINS		oats quinoa sorghum spelt sweet rice	corn flax rice rye	barley buckwheat job's tears wheat wild rice	millet wheat germ
DAIRY		butter goat milk	most dairy eggs cheese		yoghurt
BEANS		black bean lentil	most beans	lima bean mung bean soybeans tofu	



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	HOT	WARM	NEUTRAL	COOL	COLD
NUTS & SEEDS		chestnut coconut pine nut walnut	most nuts & seeds		
FISH & MEATS	trout lamb	most fish & meats	most fish & meats	frog rabbit	clan crab octopus
OTHERS		brown sugar miso molasses rice syrup soy oil vinegar	honey olive oil peanut oil white sugar vinegar	sesame oil soy sauce	salt
COOKING METHOD	baking barbequing frying roasting	boiling steaming	boiling steaming		raw

Foods for Healing

The nature of foods in one's diet plays an important role in maintaining optimal health. In Asian Medicine the energetic properties of food (e.g. hot, warm, neutral, cool, cold and flavors) provide vital information for diagnosing and treating health concerns. Different foods are used address states of deficiency or of excess and benefit the organs. The energetics of food offer an excellent way to balance an individual's constitution and seasonal changes. For example:

- **SPICY** foods benefit the **LUNGS**.
- **SALTY** foods benefit the **KIDNEYS**.
- **SOUR** foods benefit the **LIVER**.
- **BITTER** foods benefit the **HEART**.
- **SWEET** (in moderation) and **WARM** foods benefit the **SPLEEN**.
- **EXCESS COLD / COOL** foods can damage the **SPLEEN**.
- **EXCESS HOT** foods can create a heat condition.

Aim to balance foods to warm or at least neutral. Follow your health practitioner's advice regarding your specific condition.

Source: "Helping Ourselves: A Guide to Chinese Food Energetics", Meridian Press: Totnes, England

QI TONICS: basil, bay leaf, beef, caraway, cardamon, carrot, cayenne, cherry, chicken, chive, clove, coconut, coriander, corn, date, dill seed, fig, garlic, ginseng, grape, herring, lentil, licorice, mackerel, marjoram, molasses, mustard leaf, oats, octopus, orange peel, potato, radish, rabbit, rice, sweet potato, shitake mushroom, squash, star anise, tofu, turmeric, mussel, oyster, trout, mutton, pheasant, quail, walnut, wheat bran.



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BLOOD TONICS: aduki beans, apricot, beef, beet, chestnut, chili peppers, chive, crab, egg, dandelion, dark leafy greens, date, fig, grape, kidney beans, liver, nettle, mustard leaf, octopus, onion, oyster, parsley, peach, sardine, scallion, spinach, spirulina, sturgeon, sweet rice, vinegar, watercress.

YANG TONICS: basil, chestnut, cinnamon, cloves, dill seed, fennel seed, fenugreek seed, garlic, dried ginger, kidney, lamb, lobster, nutmeg, pistachio, raspberry, rosemary, sage, savoury, shrimp, star anise, thyme, walnut

YIN TONICS: apple, apricots, asparagus, bananas, barley, beets, black beans, blackberry, blueberry, brown sugar, cantaloupe, cheese, coconut milk, cucumber, dates, eggs, clam, crab, cuttlefish, duck, figs, green beans, honey, kidney bean, lemon, lychee, malt, mango, milk, millet, mung beans, oyster, peas, pear, pineapple, pomegranate, pork, quinoa, rabbit, raspberries, rice, royal jelly, shrimp, spinach, star fruit, string bean, tofu, tomato, watermelon, yam

FOODS THAT PROMOTE DAMPNESS (minimize these foods in your diet): excess fruit, bananas, beer, bread, dairy products, concentrated juices (especially orange and tomato), pork and rich meats, roasted peanuts, saturated fats, sugar and sweeteners, wheat and yeast.

FOODS THAT ELIMINATE DAMPNESS: grapes, aduki beans, alfalfa, barley, black beans, broad beans, buckwheat, carp, celery, citron leaves, corn, lettuce, kohlrabi, olives, pumpkin, rye, scallion, soybeans, turnip, anchovy, clams, mackerel, sardine, kelp, fenugreek, raw honey, seaweed

FOODS THAT ELIMINATE PHLEGM: almond, apples, grapefruit, lemon, orange, pear, persimmon, asparagus, celery, daikon radish, garlic, mushrooms, olives, onion, plantain, radish, shiitake mushroom, watercress, clams, shrimp, licorice, marjoram, mustard leaf, mustard seed, oregano, black and white pepper, peppermint, seaweed, tea, thyme, walnuts, shrimp

FOODS THAT DRAIN WATER: aduki bean, alfalfa, anchovy, barley, black soybean, broad bean, celery, clam, fenugreek, grape, kelp, lettuce, mackerel, sardine, seaweed

FOODS THAT TONIFY THE SPLEEN: apples, cherries, dates, lotus fruit, seed and root, pineapples, black beans, carrots, cucumbers, chick peas, garlic, green beans, leeks, millet, oats, onions, parsnips, pumpkin, rice, rutabaga, squash, sweet potato, turnip, yams, anchovy, beef, chicken, ham, halibut, lamb, mackerel, mullet, perch, tuna, turkey, white fish, brown sugar, butter, caraway seeds, cinnamon, dill, raw honey, royal jelly

FOODS THAT TONIFY LUNG: apples, blackberries, cherries, mulberries, raspberries, strawberries, broccoli, carrot, garlic, kale, mustard greens, oats, parsley, pumpkin, squash, sweet potato, sweet rice, turnip, watercress, yams, chicken livers, herring, mussels, pork, rabbit liver, black sesame, licorice, molasses, royal jelly, walnuts

FOODS THAT ELIMINATE TOXIC HEAT: aduki beans, aloe vera, bamboo shoots, bananas, burdock, celery seeds, eggplant, endive, grape leaves, grapefruits, honeysuckle, mung beans, peppermint, sweet basil, tangerine / orange peel