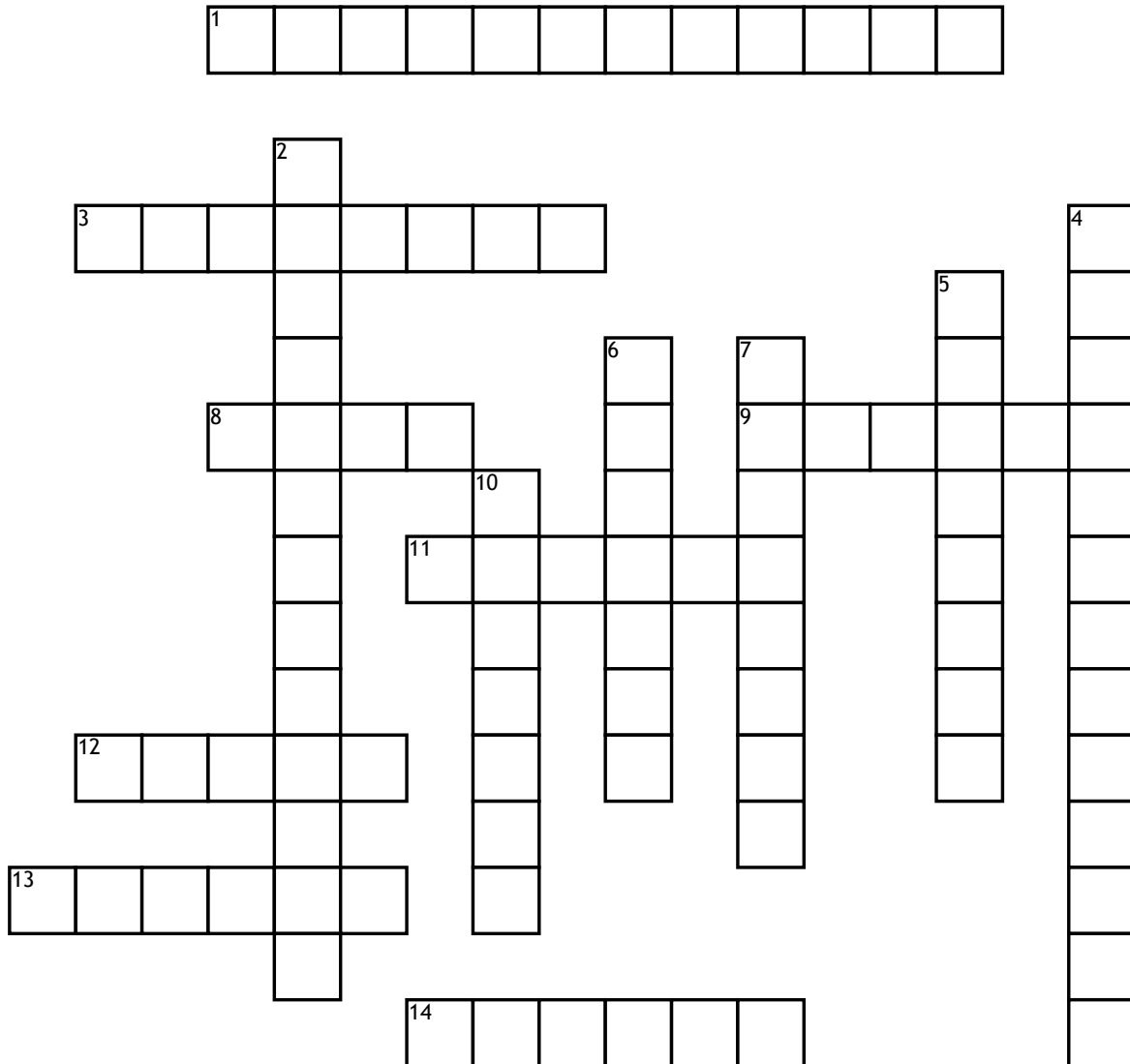


Eastern Nutrition: Water & Land vegetables



Across

- 1. For great thirst during feverish diseases and for all kinds of bleeding
- 3. It lowers blood fat and cholesterol.
- 8. For hypertension, coronary heart diseases and carcinomas. For hernia or edema, pain in the testicles.
- 9. For prevention and treatment of influenza, epidemic inflammation of the brain, high blood pressure, and excess fat in the blood.

- 11. For nasal bleeding coughing with blood and blood stained stool, For cough with sputum due to Lung Heat
- 12. For edema and beri beri and hypertension + cough with yellow sputum
- 13. For dizziness, restlessness due to Liver Heat and rising of Liver Yang.
- 14. Sending down Counter flow Qi, attesting cough

Down

- 2. For a dry throat mouth, poor appetite, thirst and constipation due to Stomach Yin deficiency.

- 4. Arrests bleeding, tonify Kidney
- 5. For palpitation, insomnia, irritability due to Heart fire or Heart Yin deficiency
- 6. For dizziness and bad vision due to deficiency of Liver Blood & Yin.
- 7. For bloody stool due to heat in the blood
- 10. expelling roundworms and cough with sputum