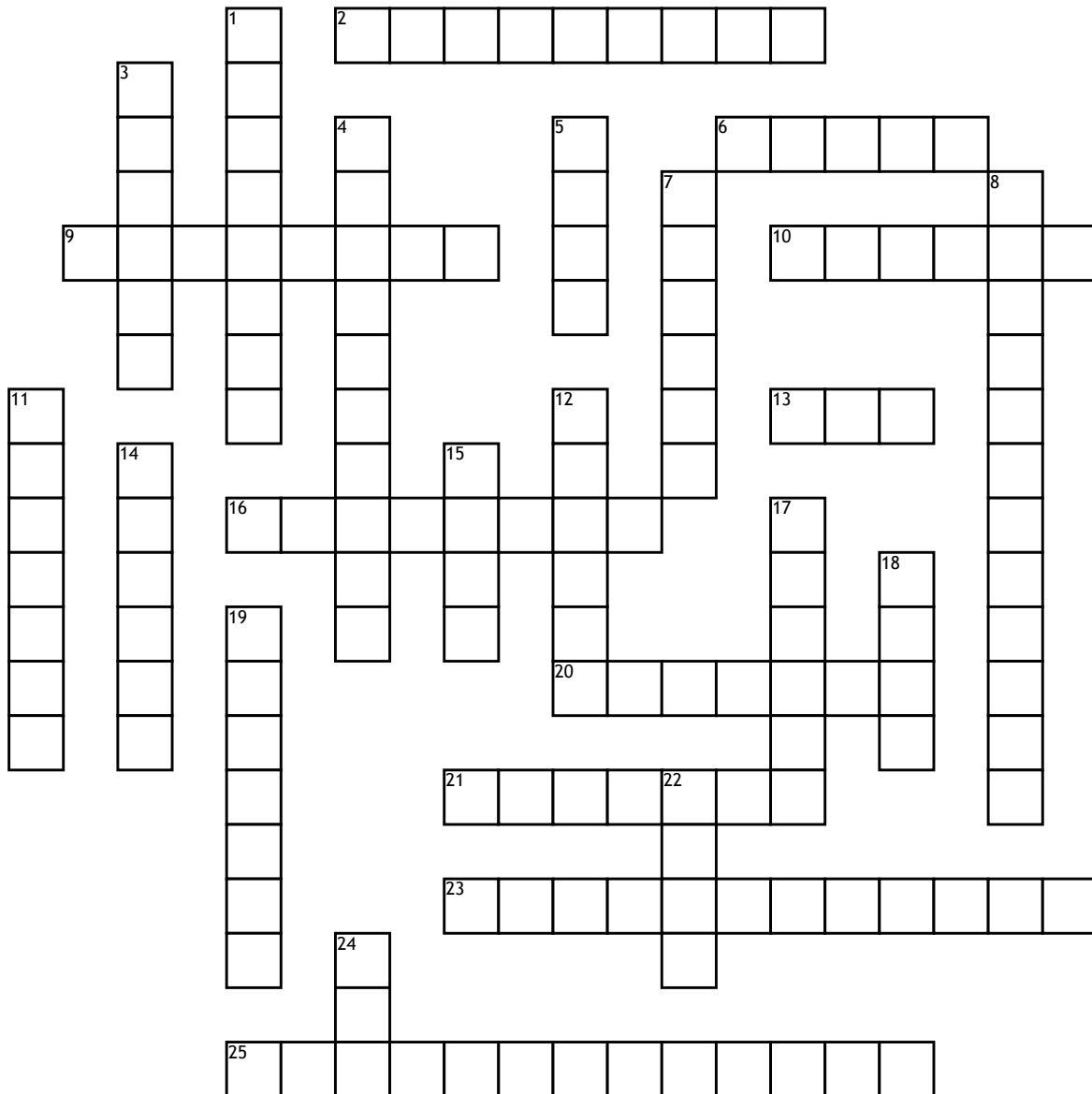


# Eastern Nutrition



**Across**

- 2. Clears Summer Heat
- 6. Sweet, Salty, Cold. For simple goiters and scrofula + cough with yellow sputum due to Lung Heat.
- 9. Can be used for diabetes, high blood pressure and anemia. Lowers blood fat and cholesterol.
- 10. Cool in nature and used to cool the blood and detoxify. Indicated for Spleen Qi Deficiency, thirst and dry mouth from Yin deficiency. Bloody stools due to excess TOXIC heat in ST and LI.
- 13. Slightly bitter and sweet. Cooling. Used to aid digestion, clear heat and detoxify. Promotes urination. Refreshes the mind.
- 16. Food that is good for bloody stools due to heat in the blood, constipation and hemorrhoids/hemorrhages
- 20. Emissive
- 21. Disperses blood stasis, arrests bleeding, assists digestion and detoxifies. Can be used for poor appetite, nausea and vomiting DUE TO retention of foods + abdominal pain due to hard masses.
- 23. Tonify Qi and Blood, benefit Sp and St. For Xu Lao - exhaustion, emaciation, reduced appetite due to a weak spleen and stomach with a qi and blood deficiency. For TB due to deficiency of Spleen Qi and Blood deficiency.

25. Stops diarrhea and dysentery. Aids digestion. Restores appetite. Used for abdominal distention due to food retention.

**Down**

- 1. Which food disperses blood stasis and can be used for postpartum abdominal pain or angina?
- 3. Expels cold. Invigorates blood and promotes blood circulation. For Wind-Cold-Damp Bi Syndrome + Blood Bi Syndrome.
- 4. Nourishes the MJ, harmonizes blood and activates stagnation of blood. Indicated for epigastric and abdominal pain due to weak spleen and stomach.
- 5. Strengthens tendons and bones and tonifies the Spleen and Stomach as well as Qi and Blood.
- 7. Tonify Liver/Kidney. Benefits blood and essence. Dissolves hard masses. Salty and Warm.
- 8. Warms MJ, disperses cold, activates channels. For a poor appetite due to weak spleen and stomach and epigastric pain / abdominal pain, vomiting or diarrhea due to deficient COLD of spleen and stomach.
- 11. Sweet, Warm + expels roundworms, can be used for spleen Qi deficiency and transformation of phlegm
- 12. Pungent and Warm. Warms MJ. Stops vomiting. Expels Wind-Cold. Warms Lung + Stops Coughing.

14. Drains pus, eliminates Bi Syndrome and promotes urination.

- 15. Sweet, Salty + Cold. Clears heat, nourishes Yin, transforms phlegm, promotes urination and softens masses. Indicated for thirst from diabetes, night blindness and hot flashes from menopause.
- 17. Sedates Yang and nourishes Yin, calms the spirit, softens masses.
- 18. Tonify Spleen and strengthen Stomach, activates and promotes lactation, promotes urination and relieves edema. Also for lack of breast milk after childbirth due to Qi and Blood Deficiency
- 19. For fatigue, abdominal spasmodic pain due to SP and ST deficiency, dry cough, constipation/thirst and sore throat due to dryness.
- 22. What food is good for deficiency cold syndrome after childbirth?
- 24. Expels wind-cold-damp and strengthens tendons and bones.