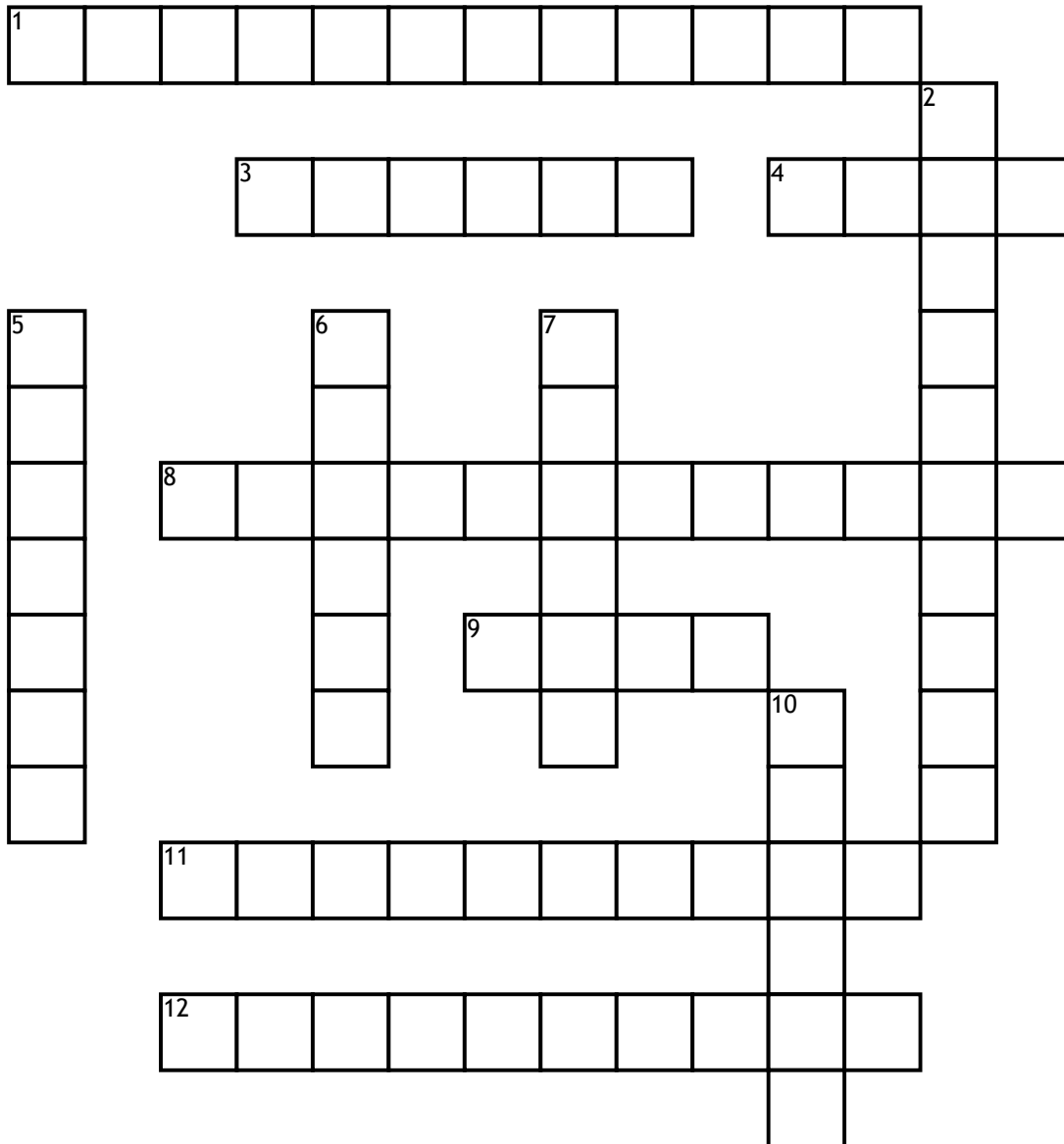


Fish and Condiments



Across

- 1. For Bi syndrome, traumatic injuries, menstrual pain or abdominal pain after childbirth due to cold pathogen obstructing the channels & collaterals.
- 3. Tonify Liver and Kidney, dissolves masses, swollen glands and it's for blood and essence
- 4. Used for lack of breast milk after childbirth due to Qi and Blood deficiency
- 8. Exhaustion and emaciation

- 9. Not good for common cold, menstruation or yang deficiency
 - 11. Tonify spleen and strengthen the stomach
 - 12. Reinforces Qi and Blood, expels wind-cold-damp and strengthens tendon and bone
- Down**
- 2. Eases spasm, harmonizes blood, abdominal pain caused by excessive bleeding after childbirth

- 5. Assists digestion, disperses blood stasis and arrests bleeding
- 6. Wind-Cold, Warms MJ and stops coughing
- 7. Nourishes Yin, Sedates Yang, cools blood and is for steaming bone disorder
- 10. Sedates Yang, Nourishes Yin - calms the spirit, softens the masses and is used for Liver Yang Rising