

FOODS and HERBS BY PHASIC INFLUENCE and THERMODYNAMICS

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Wood	Fire	Earth	Metal	Water
<p>◆ Alfalfa Spouts ◆ Grapefruit ◆ Green pepper ◆ <u>Lard</u> ◆ Lemon ◆ Lime ◆ <u>Liver</u>: Lamb ◆ <i>Sour Cream</i> ◆ <i>Yogurt: Plain</i></p>	<p>◆ Asparagus ◆ Bell pepper: Red ◆ Bitter Gourd ◆ Dandelion ◆ Endive ◆ Persimmon ◆ <u>Tea</u> ◆ Tomato</p>	<p>◆ Bamboo Shoots ◆ Banana ◆ Cantaloupe ◆ Casaba ◆ Chart ◆ Collards ◆ Eggplant ◆ <i>Frog</i> ◆ <u>Ice Cream</u> ◆ Muskmelon ◆ Plantain ◆ <i>Sucanat</i> ◆ Water Chestnut ◆ <i>Yogurt: Sweet</i></p>	<p>◆ Chinese Cabbage ◆ Dalkon Radish ◆ Horseradish ◆ Soybean ◆ Tofu ◆ Watercress</p>	<p>◆ Agar ◆ Blackberry ◆ Boysenberry ◆ <i>Clam</i> ◆ <u>Coffee: Decaf</u> ◆ Crab ◆ Dulse ◆ Hijiki ◆ Kale ◆ Kelp ◆ Kombu ◆ <i>Kukicha tea</i> ◆ Mulberry ◆ Nori ◆ <i>Salt</i> ◆ Sea Vegetables ◆ <i>Shark cartilage</i> ◆ <i>Snail</i> ◆ Wakame ◆ Watermelon</p>
<p>◆ Barley ◆ Broccoli ◆ <u>Fats</u> ◆ Knotweed ◆ Mung Bean ◆ Oats ◆ Oat Bran ◆ Parsley ◆ Rhubarb ◆ <i>Sauerkraut</i> ◆ <i>Sour Pickles</i> ◆ Triticale ◆ Wheat ◆ Wheat Bran ◆ <u>Wheat Germ</u> ◆ Zucchini</p>	<p>◆ Amaranth ◆ Aloe Vera ◆ Echinacea ◆ Golden Seal ◆ Hops ◆ Ketchup ◆ <i>Non-Alcoholic Beer</i> ◆ Quinoa ◆ Rose Petals ◆ Sesame ◆ Teff</p>	<p>◆ Apple: Sweet ◆ Breadfruit ◆ Fungus: Black ◆ Honeydew ◆ Job's Tears ◆ Gourd: Winter ◆ Lotus Root ◆ Millet ◆ <u>Rabbit</u> ◆ Spinach ◆ Squash: Crook neck ◆ Tangelo ◆ Tangerine</p>	<p>◆ Blue Green Algae ◆ Cauliflower ◆ Chlorella ◆ Eucalyptus ◆ <i>Egg White</i> ◆ Jasmine ◆ Lettuce ◆ Lily Flower ◆ Loquat ◆ Marjoram ◆ Pear ◆ Peppermint ◆ Radish ◆ Rice: Bran, Brown</p>	<p>◆ Beet: Greens ◆ Black Raspberry ◆ Blueberry ◆ Buckwheat ◆ Cranberry ◆ <i>Lobster</i> ◆ <i>Miso</i> ◆ <i>Pickles: Salty</i> ◆ <i>Tamari</i></p>
<p>◆ Alfalfa Seeds ◆ Avocado ◆ Black Currant ◆ Blackeye Peas ◆ Carrot: Raw ◆ Crab Apple ◆ Green Lentils ◆ Lima Beans ◆ <u>Liver: Beef</u> ◆ <i>Macadamia</i> ◆ <i>Mayonnaise</i> ◆ <i>Nutritional Yeast</i> ◆ Peas ◆ Plum ◆ Quince ◆ Rye ◆ Saffron ◆ Salmon ◆ Snap Bean ◆ Split Pea ◆ Wheat Gluten ◆ Wheat Grass ◆ Lemon Grass</p>	<p>◆ <u>Beer</u> ◆ <i>Organic Beer</i> ◆ Corn: Maize ◆ Halibut ◆ Okra ◆ Red Lentil ◆ Spelt ◆ Strawberry ◆ Sunflower Seed ◆ Lavender ◆ Orange Blossoms</p>	<p>◆ Almond ◆ Beech ◆ Broadbean ◆ Chamomile ◆ Cheese: Hard ◆ Chickpea (Garbanzo) ◆ Coconut ◆ Cononopsis ◆ <u>Corn Syrup</u> ◆ Date ◆ Fig ◆ Fungus: White ◆ Honey ◆ Hyacinth Bean ◆ Jerusalem Artichoke ◆ Licorice ◆ Mango ◆ <u>Milk</u> ◆ Molasses ◆ Mulberry ◆ Mushroom: Button, Shitake ◆ Papaya ◆ Pecan ◆ Pineapple ◆ Pumpkin Seed ◆ Quail ◆ Raisin ◆ <u>Rice: White</u> ◆ Sapote ◆ Shark ◆ Sturgeon ◆ <u>Sugar: White</u> ◆ Sweet Cherry ◆ Sweet Corn ◆ Sweet Potato ◆ Swordfish ◆ Tapioca ◆ Tuna ◆ Vanilla ◆ Whitefish ◆ Yam</p>	<p>◆ Cabbage ◆ Castor Bean ◆ Cod ◆ Dill ◆ Dill Seed ◆ <i>Egg Yolk</i> ◆ <i>Flounder</i> ◆ <i>Haddock</i> ◆ <i>Herring</i> ◆ Kohirabi ◆ Navy Bean ◆ <i>Peanut</i> ◆ <i>Perch</i> ◆ Potato: White ◆ <i>Scrod</i> ◆ Tara ◆ Thyme ◆ <i>Turkey</i></p>	<p>◆ Abalone ◆ Aduki Bean ◆ Anasazi Bean ◆ Beet ◆ <u>Beef Kidney</u> ◆ Black Soybean ◆ <i>Bluefish</i> ◆ <i>Burdock</i> ◆ <i>Catfish</i> ◆ <i>Caviar</i> ◆ <i>Cuttlefish</i> ◆ <i>Duck</i> ◆ Grape: Concord ◆ Kidney Bean ◆ Lotus Seed ◆ Lycee Berries ◆ <i>Octopus</i> ◆ <i>Oyster</i> ◆ Pinto Bean ◆ Pork ◆ Royal Jelly ◆ <i>Sardine</i> ◆ Scallop ◆ Squid ◆ String Bean</p>
<p>◆ Brazil Nut ◆ <i>Butter</i> ◆ Cashew Nut ◆ <i>Cheese (soft)</i> ◆ <i>Chicken</i> ◆ <u>Chicken Liver</u> ◆ Chicken: Organic ◆ <i>Cream</i> ◆ Lychee Nut ◆ <i>Nut Butter</i> ◆ <u>Oils</u> ◆ Olive ◆ Orange: Sour ◆ <i>Peanut Butter</i> ◆ Pomegranate ◆ Sour Cherry ◆ <i>Trout</i> ◆ Vinegar ◆ Wheat Flour</p>	<p>◆ Apricot ◆ Bee Pollen ◆ <u>Beef Heart</u> ◆ Brussel Sprout ◆ Chicory ◆ Chive ◆ <u>Chocolate</u> ◆ <i>Chocolate: Organic</i> ◆ <u>Coffee</u> ◆ <i>Guarana</i> ◆ Guava ◆ <u>Liquor</u> ◆ Longan ◆ Pistachio ◆ Popcorn ◆ Raspberry ◆ Scallion ◆ <i>Shrimp</i> ◆ Sorghum ◆ <i>Squab</i> ◆ Tobacco ◆ <u>Wine</u> ◆ <i>Wine: Organic</i></p>	<p>◆ <i>Anchovy</i> ◆ Anise ◆ <u>Aspartame</u> ◆ Astragalus ◆ Calabash ◆ Caraway Seed ◆ Carob ◆ Chinese Date ◆ Coconut Milk ◆ Comfrey Root ◆ Eel ◆ Ginseng ◆ Kudzu ◆ Kumquat ◆ <i>Lamb</i> ◆ <i>Malt Barley</i> ◆ Maple Syrup ◆ Mochi ◆ Orange: Sweet ◆ Parsnip ◆ Pheasant ◆ Pinenut ◆ Pumpkin ◆ Rice: Sweet ◆ Rice Syrup ◆ Rutabaga ◆ <u>Saccharin</u> ◆ Squash: Acorn, Butternut, Hubbard, Spaghetti, Winter ◆ Stevia ◆ <u>Sugar: Brown</u> ◆ Sweet Grape</p>	<p>◆ Basil ◆ Bay Leaf ◆ <i>Beef</i> ◆ <i>Beef: Organic</i> ◆ Capers ◆ Cardamom ◆ Cinnamon Stick (Twig) ◆ Citrus Peel ◆ Clove ◆ Comfrey Leaf ◆ Coriander ◆ Fennel ◆ Garlic ◆ Ginger (Fresh) ◆ Mustard: Green ◆ Nutmeg ◆ Onion ◆ Peach ◆ Rape ◆ Rosemary ◆ Shallot ◆ Spearmint ◆ Tempeh ◆ Turnip ◆ Walnut</p>	<p>◆ <i>Chestnut</i> ◆ <u>Ham</u> ◆ <i>Mussel</i> ◆ Sesame: Black ◆ Swordbean ◆ <i>Turtle</i></p>
			<p>◆ <u>Black Pepper</u> ◆ Cayenne ◆ <i>Chili: Red</i> ◆ Cinnamon Bark ◆ Ginger (Dried)</p>	

BOLD = SAFE – Recommended. Safe when used appropriately.
ITALIC = CAUTION – Care recommended for ongoing consumption.
UNDERLINED = AVOID – Included for the sake of completeness. Not advised for ongoing consumption.