* ***Yi Guan Jian*, One Link Brew**
  + ***Sha shen*, Glehnia root**
  + ***Mai men dong*, Ophiopogon**
  + ***Dang gui*, Angelica sinensis**
  + ***Sheng di huang*, uncooked rehmannia**
  + ***Gou qi zi*, Lycium fruit**
  + ***Chuan lian zi*, Melia**

Chief herbs Sheng Di Huang, unprocessed Rehmannia and Gou Qi Zi, Lycium, soften the Liver by nourishing Blood

Deputies Sha Shen, Glehnia,, and Mai Men Dong, Ophiopogon, enrich and nourish Stomach and Lung Yin

Assistant Dang Gui, Angelica sinensis nourishes and invigorates Blood

Envoy Chuan Lian Zi, Melia disperses constrained Liver Qi and reduces pain

Which foods nourish Liver Blood or Blood?

Blood Tonics:

aduki bean, apricot, avocado, barley, beef, beetroot, black bean, black sesame, bone marrow, chicken egg, corn, dandelion, dark leafy greens, date, dang gui, egg yolk, fig, grape, Job’s tears, kelp, kidney bean, liver, longan, Microalgae, molasses, mulberry nettle, oats, oyster, parsley, pollen, pork, rice, salmon, sardine, soy milk, spinach, sweet rice, watercress

Name a vegetable, fruit and bean that are Yin Tonics

A simple food to nourish Yin and Blood is ?

We may invigorate Liver Qi with which principles?

* ***Li zhong wan,* Regulate the Middle Pill**
  + **Zingiberis officinalis *gan jiang* warms the Spleen and Stomach *Yang* and stops bleeding from Qi and Yang Deficiency**
  + **Radix ginseng *ren shen* strongly tonifies the *Yuan Qi* and reinforces the *Yang***
  + **Atractylodis macrocephalae *bai zhu* tonifies SP/ST and dries damp**
  + **One warming, one tonifying, one drying**
  + **Glycyrrhizae uralensis *zhi gan cao* augments the middle burner *Qi***

Zingiberis officinalis gan jiang warms the Spleen and Stomach Yang and dispels interior Cold

Radix ginseng ren shen strongly tonifies the Yuan Qi and reinforces the Yang

Atractylodis macrocephalae bai zhu tonifies SP/ST and dries damp

One warming, one tonifying, one drying

Glycyrrhizae uralensis zhi gan cao augments the middle burner Qi

Lamb is sweet, hot, enters the Spleen and Kidney and tonifies Yang

Sweet potato is sweet, warm, enters the Kidney and Spleen and tonifies Yin and Qi and dispels Cold

Corn is sweet, neutral, enters the KI, LI and ST, tonifies Qi and dries damp

Fenugreek seed is warm, bitter, circulates Qi and tonifies Yang

Or Ginger as in Li zhong wan

* ***Yin Chen Zhu Fu Tang*, Oriental wormwood, Atractylodes and Aconite Decoction**
  + **Yin chen hao, Oriental wormwood**
  + **Bai zhu, White atractylodes**
  + **Zhi fu zi, prepared aconite**
  + **Gan jiang, dried ginger**
  + **Rou gui, cinnamon bark**
  + **Zhi gan cao, honey-fried licorice**

Yin Chen Hao, Artemisia, is cold and bitter and one of the primary herbs to treat jaundice

Bai Zhu, Atractylodes, tonifies Spleen and dries damp

Zhu Ling, Polyporus, Fu Ling, Poria, and Ze Xie, Alisma, are drain damp

Fu Zi, Aconite, and Gan Jiang, dried Ginger both warm the interior and dispel Cold

Chen Pi, Citrus regulates middle burner Qi

Gan Cao, Licorice harmonizes and tonifies SP Qi

Let Yin Chen Hao, Artemisia, work as an herb

Let foods that

tonify Spleen and dry damp

drain damp

warm the interior and dispel Cold

Regulate the middle burner Qi

harmonize and tonify SP Qi

Comprise the food therapy formula

Wu Wei Zi, Fructus Schisandrae Chinensis- -Blackberry Root

Ban Lan Gen, Radix Istadis- -Lettuce

Yin Chen Hao, Herba Aremisiae Capillaris- -Cordyceps

Chi Shao, Radix Rubrus Paeoniae Lactiflorae- -Tomato

Tian Zhu Huang, Concretio Silicea Bambusae- -Almond

Gan Cao, Radix Glycyrrhizae- -Pumpkin

Chui Pen Cao, Herba Sedi Sarmentosi- -Asparagus

Dang Gui, Radix Angelicae Sinensis- -Garlic

Bai Jiang Cao, Herba Patriniae Heterophyllae- -Celery

Hu Zhang, Radixx Ex Rhizoma Polygoni Cuspidati- -Turmeric

Huang Lian, Rhizoma Coptidis Chinensis- -Millet

Huang Bai, Cortex Phellodendri- -Bamboo Shoots

Long Dan Cao, Radix Gentianae Scabrae- -Dandelion

Fu Ling, Sclerotium Poriae Cocos- -Carrots

Sheng Ma, Rhizoma Cimicifugae- -Mung beans

Ge Gen, Radix Puerariae- -Rabbit

Ling Zhi, Fructificatio Ganodermae Lucidi- -Ginger

Wu Wei Zi, Fructus Schisandrae Chinensis- -Blackberry root

Dang Gui, Radix Angelicae Sinensis- -Garlic

Long Dan Cao, Radix Gentianae Scabrae- -Dandelion

Gan Cao, Radix Glycyrrhizae- -Pumpkin

Bai Jiang Cao, Herba Patriniae Heterophyllae- -Celery

Ban Lan Gen, Radix Istadis- -Lettuce

Lian Qiao, Fructus Forsythiae Suspensae- -Watercress

Ling Zhi, Fructificatio Ganodermae Lucidi- -Ginger

Dan Shen, Radix Salviae Miltiorrhizae- -Banana

Ji Nei Jin, Endothelium Corneum Galli- -Cabbage

Chai Hu, Radix Bupleuri- -Daikon radish

Dang Gui, Radix Angelicae Sinensis- -Garlic

Sheng Di Huang, uncooked Radix Rehmanniae- -Rabbit

Dan Shen, Radix Salviae Miltiorrhizae- -Banana

Gou Qi Zi, Fructus Lycii Chinensis- -Tofu

Bai Zhu, Radix Astragali Membranacei- -Garlic

Dang Shen, Radix Codonopsitis- -Banana

Da Zao, Fructus Zizyphi Jujubae- -Catfish

Gan Cao, Radix Glycyrrhizae- -Pumpkin

Huang Jing, Rhizoma Polygonati- -Beef

Ling Zhi, Fructificatio Ganodermae Lucidi- -Ginger

Chai Hu, Radix Bupleuri- -Daikon radish

Yin Chen Hao, Herba Aremisiae Capillaris- -Cordyceps

Ze Xie, Rhizoma Alismatis- -Cucumber

Lian Qiao, Fructus Forsythiae Suspensae- -Watercress

San Leng, Rhizoma Sparganii- -Reishi mushroom

E Zhu, Rhizooma Curcumae Zedoariae- -Basil

Bie Jia, Carapax Amydae Sinensis- -Crab

Shan Zha, Fructus Crataegi- -Alfalfa

Dan Shen, Radix Salviae Miltiorrhizae- -Banana

Chai Hu, Radix Bupleuri- -Daikon radish

Gan Cao, Radix Glycyrrhizae- -Pumpkin

Dan Shen, Radix Salviae Miltiorrhizae- -Banana

San Leng, Rhizoma Sparganii- -Reishi mushroom

E Zhu, Rhizoma Curcumae Zedoriae- -Basil

Bie Jia, Carapax Amydae Sinensis- -Crab

Bai Shao, Radix Albus Paeoniae Lactiflorae- -Plum

Yu Jin, Tuber Curcumae- -Wax gourd

Chuan Lian Zi, Fructus Meliae Toosendan- -Mackerel

Xia Ku Cao, Spica Prunellae Vulgaris- -Kelp

Chai Hu, Radix Bupleuri- -Daikon radish

Ma Bian Cao, Herba Verbenae- -Rhubarb (Chinese)

Shan Zha, Fructus Crataegi- -Alfalfa

Shi Jue Ming, Concha Haliotidis- -Clams

Ling Zhi, Fructificatio Ganodermae Lucidi- -Ginger