

# Five Flavors in Chinese Medicine

Bitter, Sweet, Pungent, Salty, Sour

Balance Your Energy with all 5 flavors at each meal.

## Bitter: Fire - Joy – Heart/Small Intestine

(Coffee, Cacao, Citrus peel, Dark leafy greens)

A little bitter can clear excess fire or increase circulation.

Too much bitter can impair sexual function, disturb heart.

## Sour: Wood - Anger

### Liver /Gall Bladder

(Vinegar, Lemon, Fermented Food)

A little sour can strengthen the

liver & promote digestion.

Too much sour food can

damage liver & digestion,

weaken muscle tone.

## Salty: Water - Fear

### Kidney, Bladder

(Soy sauce, Seaweed, Salt)

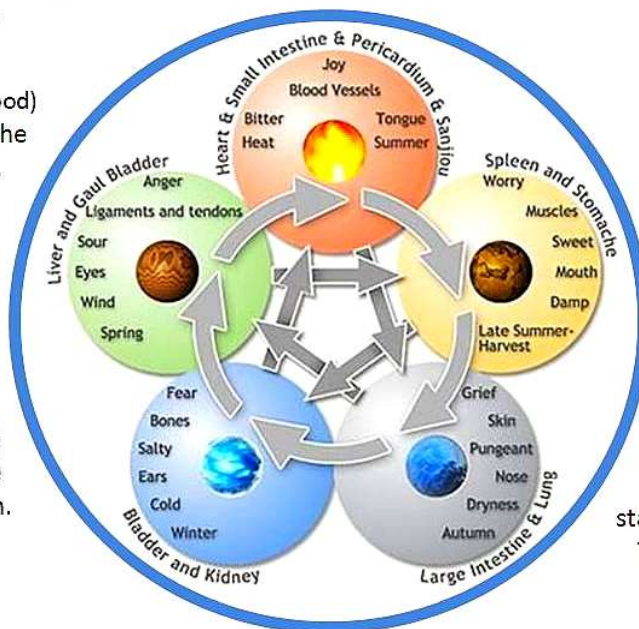
Salt can clear heat, resolve

toxins, reduce inflammation.

Too much salt can lead to

hypertension, kidney and

cardiovascular disease.



## Sweet: Earth - Worry

### Spleen/Stomach

(Sugar, Grains, Fruits)

A little sweet can nourish Qi,

enrich blood, heal worry.

Too much sweet (refined sugar)

leads to more worry & damage of

pancreas /spleen (diabetes).

## Pungent: Metal - Grief

### Lung, Large Intestine

(Ginger, Chili, Garlic, Onion)

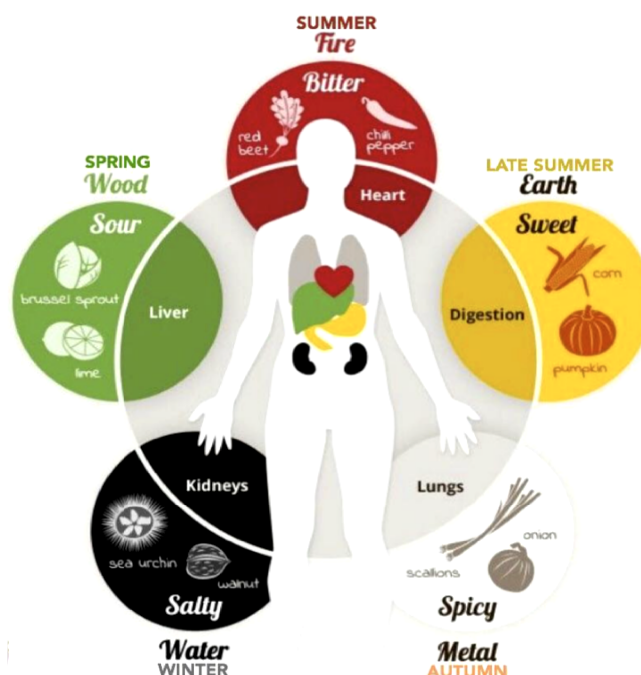
Spicy food can remove blood

stagnation, support lungs, ease grief.

Too much spicy food can damage

lungs and large intestine.

<http://organicolivia.com/wp-content/uploads/2015/05/Five-Flavors-Chinese-Medicine.jpg>



<https://www.organicolivia.com/2018/01/liver-needs-green-foods-spring-cleansing/>