



## Acupuncture For Life

*Stroke, Pain, Stress, Quit Smoking, and more*

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## FOOD "TEMPERATURES"

### **Cold**

Banana  
Grapefruit  
Watermelon  
Persimmon  
Tomato  
Seaweed  
Clam  
Crab  
Kelp  
Salt

### **Cool**

Apple  
Tangerine  
Orange  
Pear  
Strawberry  
Eggplant  
Cucumber  
Lettuce  
Radish  
Spinach  
Barley  
Mung Bean  
Tofu  
Wheat  
Sesame Oil  
Peppermint

### **Neutral**

Fig  
Grape  
Olive  
Papaya  
Pineapple  
Plum  
Peanut  
Cabbage  
Carrot  
Celery  
Beet  
Corn  
Potato  
Sweet Potato  
Pumpkin  
Shiitake Mushroom  
Yam  
Green Beans  
Rice  
Soybean  
Beef  
Milk  
Egg  
Pork  
Carp  
Oysters  
Honey  
White Sugar

### **Warm**

Cherry  
Coconut  
Guava  
Date  
Peach  
Raspberry  
Chestnut  
Walnut  
Chive  
Asparagus  
Green Onion  
Leek  
Onion  
Squash  
Mustard Greens  
Malt Syrup  
Sweet Rice  
Mutton  
Chicken  
Mussel  
Shrimp  
Vinegar  
Wine  
Coffee  
Brown Sugar  
Fresh Ginger  
Fennel  
Basil  
Dill  
Garlic  
Clove  
Nutmeg  
Coriander  
Rosemary  
Spearmint

### **Hot**

Soybean  
Cinnamon  
Dried Ginger  
Black Pepper  
Red Pepper

Schoenbart, Bill. Chinese Healing Secrets: Time-Tested Ways to Help Your Body Heal Itself. Publications International, Ltd., Lincolnwood, Illinois, 2002.

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