



Oriental Medical Center of Pahoia
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Foods That Increase Urination (all foods are non-GMO organic)

grains

rye
job's tears
corn
barley

beans

aduki
black bean
lentil
pea
soybean (black)

vegetables

dandelion leaf
lettuce
seaweed
watercress
bamboo shoot
celery
chicory
chinese cabbage
alfalfa sprout
artichoke

fish

anchovy
carp
frog
mackerel
sardine

fruits & nuts

grape
watermelon

seaweed

kelp

beverages

tea

herbs

fenugreek seed
horseradish
juniper
nettles
dandelion root
elderflower