



Oriental Medical Center of Pahoia
David Bruce Leonard, L.Ac.
Post Office Box 1646
(808) 965-5432
www.davidbruceleonard.com

Invigorates Blood (all foods are non-GMO organic)

grains

wheat germ

vegetables

mustard leaf

onion

pepper

scallion

turnip

fruit

rhubarb

aubergine

caper

coriander leaf

kohlrabi

leek

meats

chicken

kidney (sheep)

liver (chicken)

shellfish

mussel

fish

fish

crab

shrimp

prawn

fruits & nuts

chestnut

pine kernel

cherry

lemon/lime

longan

lychee

peach

beverages

amasake

wine

oils

soya oil

herbs

bay

cayenne

chili

chive leaf

ginger (dry)

hawthorn

nutmeg

purslane

turmeric

other foods

malt sugar

vinegar