



Oriental Medical Center of Paho
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Foods For Cold Conditions (all foods are non-GMO organic)

grains

sweet rice
sorghum

vegetables

onion, yellow & green
scallion
squash, winter
sweet potatoes
turnip
green chili peppers
eggplant
caper
anise
kohlrabi
leek
garlic, fresh
mustard leaf

meats

chicken
beef marrow
kidney (sheep)
lamb
lamb heart
lamb marrow
pork liver
pheasant
chicken liver
turkey
mutton

shellfish

sea cucumber
shrimp
lobster

fish

anchovy
butterfish
catfish
common carp
eel
sardine (fresh)
salmon
mussel
shrimp/prawn
trout

fruits & nuts

chestnut
peanut
sunflower seeds
walnut
coconut milk
pine kernel
walnut
coconut milk
strawberry
cherry
dates, black
orange
peach
longan
lychee
papaya

dairy

butter

beverages

amasake wine

hard liquor
coffee
chocolate

oils

soya oil
peanut oil
walnut oil
sunflower oil
blended oils

herbs

pepper (black)
rosemary savory
basil
bay
cayenne
chili
chive seed
cardamon seed
cinnamon bark
clove
coriander seed
dill seed
fennel seed
ginger (dry)
jasmine
ginger (fresh)
juniper
nutmeg

other foods

malt sugar
vinegar