



Oriental Medical Center of Pahoia
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Foods For Qi Deficiency (all foods are non-GMO organic)

grains

corn
job's tears
oats
rice
sweet rice
wheat bran

beans

tofu

vegetables

potatoes
shiitake mushroom
squash
sweet potatoes
yam

meats

beef
chicken
goose
ham
liver (chicken)
mutton
pheasant
pigeon
quail
rabbit

shellfish

mussel
oyster

fish

eel
frog
herring
mackerel
octopus
shark?
sturgeon
trout

fruits & nuts

cherry
coconut
fig
grape
logan
walnut

herbs

bay

other foods

molasses