



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

**Neutral Foods** (all foods are non-GMO organic)

**grains**

corn (maize)  
rice  
rye

**beans**

white beans  
kidney beans  
soybean (red-china)  
lima bean, fresh  
soup peas

**vegetables**

beets (root)  
brussel sprouts  
cabbage (green)  
carrot  
cauliflower  
fungus, black  
fungus, white  
dry mushroom, black  
mushroom, shitake  
peas (fresh)  
onion, green  
leek  
parsnip  
potato, common  
sweet potato  
pumpkin (American)  
pumpkin (Japan,  
Hokkaido)  
taro root  
turnip, white  
yam

**fish**

carp  
mackerel  
perch  
shark

**fruits and nuts**

almonds  
apricot  
coconut meat  
figs  
grapes  
papaya  
pineapple  
pine nut  
plum, red  
raspberry  
tangerine

**dairy**

milk, cow's  
yoghurt  
cheese

**meats**

beef, lean  
beef liver  
beef heart  
beef kidney  
deer (venison)  
pork kidney  
pork heart  
lamb liver  
duck  
goose  
pigeon (squab)  
quail  
turtle

**oils**

olive oil  
safflower

**sweeteners**

cane sugar  
honey

**beverages**

beer