



TCVM FOOD ENERGETICS

Use the chart that follows to select the correct temperature foods for your pet.

Foods listed under specific action are color coded for their energetic effect on the body.

Go for balance overall. Use warm foods to balance cold, etc.

WARM/ HOT TEMPERATURE:

Beef Kidney, Chicken (meat, egg yolk, Liver), Goat, Goat Milk, Lamb (meat, Kidney, liver, Mutton), Lobster, Shrimp, Venison, Anchovy, Mussel, Salmon, Tuna, Apricot, Basil, Blackberry, Cherry, Chives, Coconut, Fennel, Ginger, Garlic, Hawthorn, Horseradish, Mustard, Papaya, Peach, Pepper, Plum, Pumpkin, Raspberry, Rosemary, Squash, Sweet Potato/Yam, Sunflower Seed, Tangerine, Thyme, Turmeric, Walnut, Brown Sugar, Rice (white or brown), Oats, Olive oil, Sorghum, Quinoa, Spelt

NEUTRAL TEMPERATURE:

Beef (meat, liver, bones), Catfish, Whole Chicken Egg (white and yolk combined), Eel, Goose, Mackerel, Herring, Cows Milk, Pork, Sardines, Cabbage, Carrots, Cauliflower, Dates, Figs, Grape, Pineapple, Potato, Shiitake Mushroom, Black Bean, Black Sesame Seed, Corn, Green Beans, Green Peas, Kidney Bean, Sweet Rice, Sugar

COLD & COOL TEMPERATURE:

Clam/ Mussel, Cod, Whitefish, Deep Sea Fish, Duck, Duck Egg, Egg White, Oyster, Rabbit, Shark, Turkey, Pork, Yoghurt, Alfalfa, Apple, Amaranth, Banana, Bitter Melon, Blueberry, Broccoli, Celery, Cucumber, Eggplant, Gingko, Kelp/ Seaweed, Kiwi Fruit, Lettuce, Mango, Mushroom, Orange, Pear, Persimmon, Spinach, Strawberry, Tomato, Watermelon, White Radish (daikon), Barley, Brown Rice, Chrysanthemum, Flax Seed Oil, Green Tea, Honey, Millet, Mung Bean, White Sesame Seed, Sesame Oil, Soybean Oil, Salt, Tofu, Whole Wheat



Qi Tonic:

Beef, Chicken, Rabbit, Mutton/ Lamb, Tripe(cow/goat), Eel, Carp, Trout, Herring, Mackerel, Millet, Corn, White Rice, Brown Rice, Pumpkin, Squash, Sweet Potato, Cherry, Figs, Peanut, Shiitake Mushroom.

Blood Tonic:

Beef, Liver, Heart, Pork Skin, Sardines, Eggs, Carrot, Grapes, Kidney Beans, Parsley, Apricots, Dates.

Yang Tonic:

Venison, Mutton, Kidney, Shrimp, Lobster, Chives, Walnut, Cinnamon, Clove, Nutmeg, Fried Ginger, Garlic, Dill seed, Fennel seed, Basil, Rosemary, Thyme, Raspberry

Yin Tonic:

Duck, Rabbit, Clam, Mussel, Eggs, Goat Milk, Pork, Tofu, Cheese, Black Bean, Kidney Bean, String Bean, Honey, Black Sesame Seed, Asparagus, Wheat, Barley, Spinach, Tomatoes, Peas, Apples, Mango, Pears, Lemon

Drain Damp:

Alfalfa, Adzuki Beans, Barley, Celery, Corn, Garlic, Horseradish, Kidney Bean, Lemon, Marjoram, Mung Bean, Mushrooms, Mustard, Radish, Rye, Soy Bean, Turnip

Resolve Stagnation:

Carrot, Chicken, Crab, Hawthorn Berry, Lamb, Mustard Greens, Orange/ Tangerine Peel, Parsley, Radish, Shrimp, Venison, Watercress, Chive, Clove, Coriander, Dill Seed, Garlic, Ginger, Turmeric, Vinegar.

Transform Phlegm:

Almond, Apple, Clam, Garlic, Ginger, Lemon/ Grapefruit peel, Mustard, Orange, Pear, Pepper, Peppermint, Radish, Seaweed, Thyme