

Sense of Humour with Turmeric

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Ironbark Homeopathy recommends 'Love Organic Living'™ turmeric with its activated curcumin blend of certified organic spices



www.loveorganicliving.com.au

The traditional uses of turmeric in spice blends and recipes from so many Asian and Pacific cultures give the golden spice a pride of place in the Australian kitchen. Cooks who use basic go-to recipes, can not curry a lamb, make a chai or give that zesty marinade an earthy, aromatic balance without turmeric.

But there is more. The growing stack of research documenting the therapeutic and health benefits of turmeric also give it pride of place among the medicinal foods in the natural therapies clinic.

What should be of greatest interest to traditional Western medicine (TWM) is the role of turmeric in 'chemoprevention' – a term coined in 1976 to define “a preventive modality in which natural or synthetic agents can be employed to slow, stop, reverse or prevent the development of cancer”. Turmeric has been studied quite extensively for those 'chemopreventative' effects. And it has gone to the top of the pops, together with a handful of other foods which are also medicines in their own right.

Along with other aromatic rootstocks, new research is documenting the neuroprotective benefit of

turmeric.

<http://newresearchfindingstwo.blogspot.com.au/2016/07/study-brain-stem-cells-can-be-activated.html>.

As a TWM, homeopathy has always had a role for nutrition and the therapeutic benefits of specific foods in the twofold work of building health and treating disease.

Use of Specific Food in Homeopathy

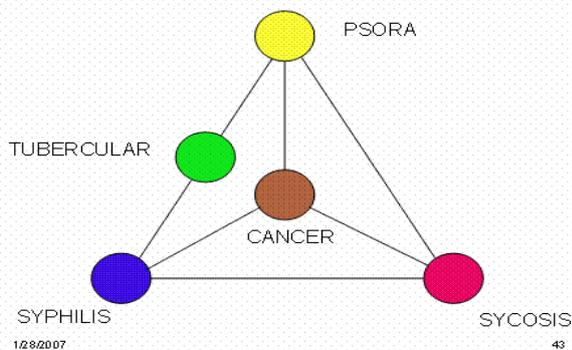
Over the centuries there have been many ways to ‘model’ the body in both health and disease. The contemporary patho-physiological model is what you have to study at university. Traditional Chinese Medicine (TCM) has an energetic model of the body, as do many Eastern systems. E.g. Ayurveda, models the body as a constitutional type in terms of dosha.

As a TWM, homeopathy was the first therapeutic system to model the human subject as organism in the unity of the physical body, consciousness, energy: mental state and sensorium in terms of patho-physiology.



The Hahnemann Monument in Washington D.C.

Homeopathy is the oldest Western system to apply this model to the idea of specific constitutional types which are considered to be shaped by the pathogenic inheritance or the Miasm (as it was classically called).



Such inheritance is considered as a pre-disposer to the constitutional types which have been shaped by specific diseases in the family history –even the distant family history. Classically these were considered to be: scabies, tuberculosis, gonorrhoea, syphilis. In the homeopathic model, the Miasmatic inheritance is the underlying pre-disposer of the constitutional type in terms of susceptibilities, reactivity and weakness in the organism as a whole.

Miasm pre-disposes the reactivity of the subject in terms of constitutional weakness and disease expression.

<https://energyhealinghomeopathy.wordpress.com/2014/02/24/what-are-miasms-and-how-are-they-linked-to-chronic-disease-part-1/>

Classification of Miasms



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Concept of Disease in Homeopathy



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<http://www.slideshare.net/hhc/concept-of-disease-in-homoeopathy-v12>

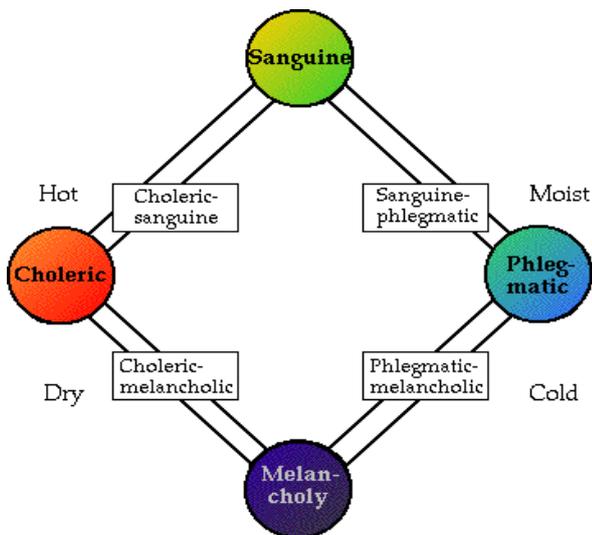
In recommendation of specific foods as part of a treatment plan, therapeutic foods, such as turmeric, are recommended on the basis of the constitutional type and its Humour.



Such foods are prescribed in a way that goes beyond the understanding that specific foods will have individual aggravations and benefits. The entire *Materia Medica* notes food aggravations and food benefits in the indications for homeopathic medicines (Hx).

What is needed is the concept that specific foods will benefit or aggravate specific constitutional types. In homeopathy, it is the Humour of the constitutional type which provides the key to understanding both benefit and aggravation.

One of the earliest Western models of constitutional type was the concept of the humoral body.



The Humour is the important consideration in the use of food as medicine. This will include recipes which must balance the Humour of the subject and adapt the humoral properties of the food to the subject. Good nutrition in terms of foods, seasonings and beverages is applied toward the humoral characteristics of a specific constitution.

This concept of the Humour extended to classification of the humoral properties of foods and knowledge of the way these could balance the Humour of an individual subject.

It was understood that the humoral properties of food are transferable to the body through digestion. And they are transferred to food from the environment in which the produce is grown. All of this was involved in the Hippocratic aphorism: “Let food be their medicine” which is part of the classical inheritance of homeopathy.

It is a basic principle of the Humoral Model that the best food will always be local and in season. If a non-native food is to be recommended, then, in the ideal, the non-native foodstuff will have to ‘go native’. It will have to acquire the humoral qualities of the environment where it is being used. Thus, it will (ideally) have to be grown in the environment of those who are consuming the food.

Modern research refined this approach and embarked on the quest to discover and establish therapeutic foods for specific diseases and conditions. These foods have potential benefits for all constitutional types because they address the pathology .

In homeopathy, these foods can be used in the treatment plan for specific diseases in terms of how a given constitution expresses the disease.

As medicine, the therapeutic foods will have indications, contra-indications and spheres of action. As food, these medicines will have humoral properties. So the question is: how to adapt the medicinal foods for the different constitutional types? If the food is to be used therapeutically, it will have to work with the subjects whose constitutions it will aggravate. Or, more precisely, the Humour which will be aggravated by the humoral properties of the food.

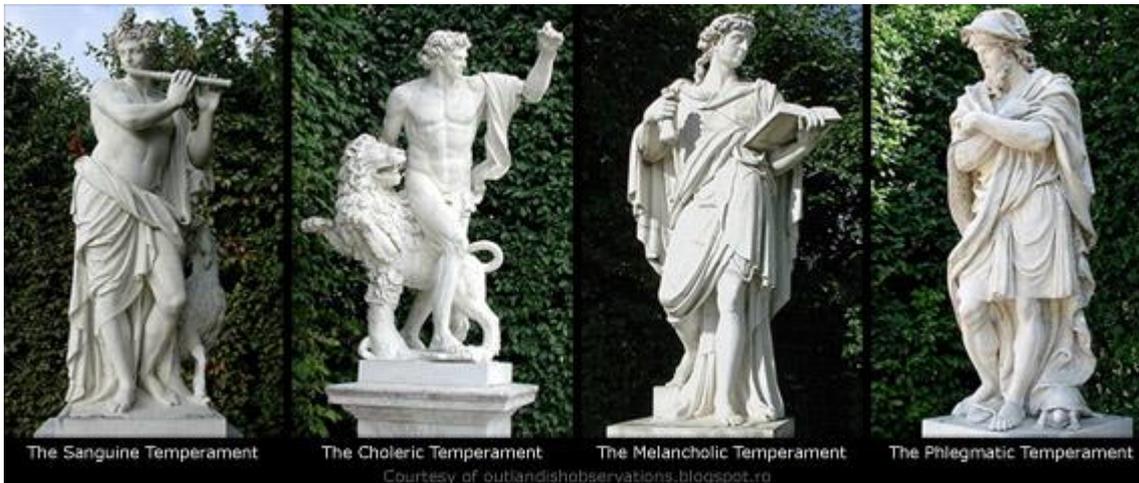


Turmeric is an important player in that small (and growing) group of therapeutic foods which have been established by modern research. (Of course, if we know traditional medicine, then we know of many foods that are also medicines, foods which have been used medicinally over the centuries – such as lemon for kidney stone, parsley for inflammation of the liver, sage for influenza, etc).

As a chemopreventative, turmeric has a role to play in the prevention and treatment of cancer and in the inflammatory, proliferative diseases. It can be and is being trialled like any medicine with very promising results.

The Concept of the Four Humours comes to WTM from Classical Greece.

This applies to the human body, temperament and to the diet.



http://www.greekmedicine.net/Principles_of_Treatment/Managing_the_Choleric_Temperament.html

As an aromatic spice, turmeric is humorally hot and dry. Its quality is earthy and heavy. Thus, it will aggravate constitutions which are humorally hot and dry, constitutions which have the Choleric Humour.

But the Choleric can enjoy the spiced food if it is balanced with food that is cool and moist.



Curried shrimp (turmeric is a main ingredient of curry) with a mint, cucumber and yogurt salad is a popular example of this balance.

Turmeric will directly benefit constitutions with the Phlegmatic Humour, constitutions which are humorally cool and moist.

http://www.greekmedicine.net/Principles_of_Treatment/Managing_the_Phlegmatic_Temperament.html

The heat of turmeric can aggravate the Sanguine Humour, which is hot and moist. A recipe (which includes turmeric) should counterbalance the heat with coolness

http://www.greekmedicine.net/Principles_of_Treatment/Managing_the_Sanguine_Temperament.html



The dryness of turmeric will not help the Melancholic Humour, characterised by cold and dryness, unless the recipe counterbalances the dryness with moisture.

http://www.greekmedicine.net/Principles_of_Treatment/Managing_the_Melancholic_Temperament.html

<http://www.cookincanuck.com/2013/03/5-ingredient-asparagus-recipe-curry-sauce/>

In recommending food as medicine, homeopathy is going beyond its classical approaches to nutrition and food: such as the restriction or inclusion of specific types of food in the individual treatment plan according to the aggravation or benefits in the homeopathic medicine.

For example, milk aggravates the calcarea constitution of the Tubercular inheritance - a constitutional type which is shaped by Tuberculosis in the generational family history. On the other hand, the Phosphorus constitution of Tubercular inheritance will crave milk and benefit from it. A good treatment plan will restrict milk with calcarea carbonate Hx for the calcarea constitution. It will recommend milk with the phosphorus Hx for the phosphorus constitution. [As milk is a massively interfered with food, think raw milks]

In terms of the Humour, the phosphorus constitution of the Tubercular inheritance can be Sanguine but is more often Melancholic (tendency to cold; worse for dry and better for moisture). The calcarea-carb constitution of the Tubercular inheritance is Phlegmatic. Turmeric will directly benefit the latter constitution. It can aggravate the former in terms of dryness and benefit in terms of heat. For the phosphorus constitution, with a Melancholic Humour to get the most out of turmeric – it should be served in a recipe that counterbalances the dryness.

Turmeric, should be considered for all Humours because of its mutagenic effects of carcinogens and co-carcinogens where there has been toxic exposures also because of its effects on mutagens which promote tumour growth and for chemo-preventative action.

For one constitutional type, in particular, Turmeric has become essential.

In the twentieth century, homeopathy has seen that increasing numbers of people do not have the constitutional inheritances recognised by the classical homeopathy of the old masters. They do not have the Lycopodium, Sulphur, Calcarea-carb constitutions of Psora. They do not have the Silica, Phosphorus, Phos-ac, Calcarea-carb or Calcarea-phos constitutions of the Tubercular inheritance etc.

They might have these as an original inheritance.

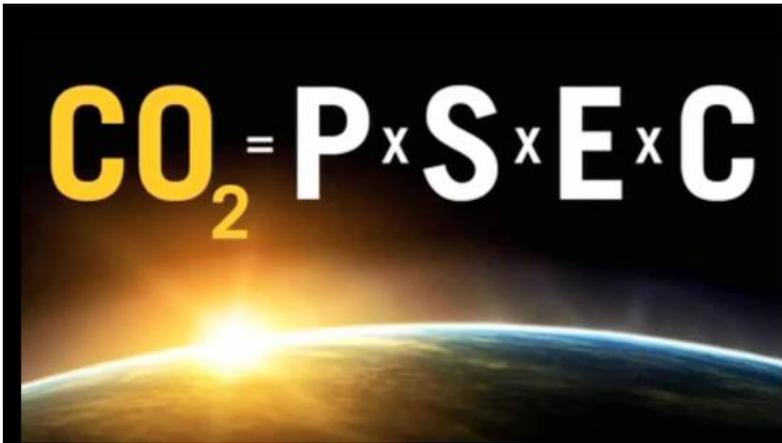
But today we see a new constitutional type where an original and basic inheritance has been changed by the viral load of over three generations of vaccinated parents. A new layer of disease has been grafted onto the original constitutional type recognised by the old masters.

In homeopathy, this new constitutional inheritance is called: Vaccinosis – a twentieth century, iatrogenic constitution that has been created by the diseases of the vaccines. It is not completely

new. In Vaccinosis, there will be an original inheritance, for example, a basic sulphur constitution of Psora. But this basic constitution will have been modified by the viral load of previous vaccinated generations. In the example of Psora, the subject with a sulphur constitution will still be prone to the skin rashes, reactivities and sensitivities of Psora. But in Vaccinosis these can have a viral, herpetic and/or autoimmune expressions. The sensitivities may be a host of intolerances with allergic sensitivities with extreme reactions.

<https://www.youtube.com/watch?v=6WQtRI7A064>

Bill Gates Admits that Vaccines are Used for Human Depopulation



The practice of injecting live viruses, viral culture (adjuvants) and allergen additives (like peanut oil) into blood from an early age - going back to the parents and grandparents - has profoundly affected at least four generations of Western populations.

The dominance of viral load, Vaccinosis and cancer in the family history has created a new type of constitution, one which has its own

neurological characteristics (think autism spectrum) as well as altered immune response/s that increase the susceptibility to cancer. The altered immunity will express in the weak areas of an original constitutional type of the basic inheritance - the types classically recognized in homeopathy.

For Vaccinosis, a new set of Hx has come into its own for the constitution shaped by viral load and its cultures.

Turmeric with its chemopreventative and neuroprotective properties comes into its own as a therapeutic food. The inheritance of Vaccinosis is characterised by inflammatory, immune responses to the vaccine additives (like peanut oil) and a host of sensitivities and intolerances. There may also be auto-immune responses to the viral culture of the adjuvants like mercury, aluminium, formalin etc. If these toxic heavy metals / chemicals are stored in the body, the immune system will read the storage tissues as a foreign protein and make anti-bodies against it.



We are seeing that turmeric is one of the essential foods which especially assists the constitution of Vaccinosis.

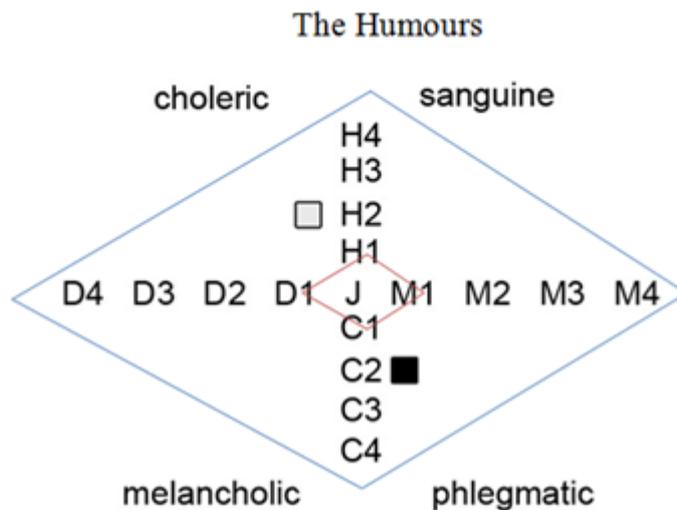
Significantly, as an anti-inflammatory, it helps with the altered immunity. It plays a role in assisting methylation - opening the chemical pathways which move chemical and heavy metals out of tissue storage.

Turmeric belongs in every treatment plan for Vaccinosis (however modeled) and it will benefit the other constitutional types with their

own responses to virus, toxic exposures and the vaccines.

Know the Humour to Adapt the Use of Turmeric to the Constitution

In deciding how to use turmeric as a food, it is fundamental to consider that attribute of the constitution which relates to food and nutrition: the Humour.



Key

H-hot; M – Moist; C-cold; D-dry; J-juste milieu or right balance in the mean of health and temperament

If the ■ = the Humour of a subject outside the right balance, then □ = the dietary balance

It is on the basis of the Humour, that food as medicine can be employed most effectively.

Traditional Western Medicine (TWM) has always included the knowledge of the Four Humours which come down to us from classical Greece. The Four Humours are the Sanguine, Choleric, Phlegmatic or Melancholic. Strictly speaking, there are Five Humours with the Fifth being the place of *juste milieu* or right balance of each Humour in health. The Greeks called this balance - the “eucrasia” or the good mixture.

This knowledge has been so much a part of traditional English common sense, that it finds reference in the English national theatre, in the titles of Elizabethan plays such as “Every Man in his Humour” and “Every Man out of his Humour” by Ben Johnson.

To be 'in humour' did not mean to be funny. It meant that your life experience: physically, emotionally and spiritually was seated in the *juste milieu* or right balance of your Humour. To be ‘out of Humour’ meant to be in a condition of aggravation, a condition experienced at the level of the constitution. This bad mixture of the Humours, the Greeks called the “dyscrasia”.

The Four Humours all find physiological expression in the constitutional types. For example, the Calcarea carbonate constitution of Psora will have the Phlegmatic Humour. The Sulphur constitution of Psora will have the Sanguine or the Choleric Humour. The Four are still reliable guides to metabolism, energy/immunity and temperament.

The Humours

The following will look at the Humours in terms of blood – the liquid connective tissue.

Sanguine Humour / blood and red blood cells.

Traditionally, the Sanguine stands for the blood itself. Today, this would be better understood as the red, haemoglobin portion of the blood.



In the classical Greek schema, the Sanguine Humour represents air. The organism breathes through the blood. As haemoglobin binds oxygen, the power of the Sanguine Humour is attraction. As the blood interacts with all other tissues, the power of the Sanguine Humour is in its interactive and communicative capabilities.

In health the blood is warm and moist. Thus, the Sanguine Humour is characterised by warmth and moisture. These properties are under the control of the hypothalamus - the body is able to maintain the warmth and moisture in despite of heat, cold, wet and arid exposures. If out of Humour, the Sanguine can have internal heat, plethora of blood and retention of fluid.

Cultures which recognize life force of vital energy, which the Greeks modelled in the thyrus, also recognize that the blood carries this energy as heat. The cardio-vascular system is the physical seat of the Sanguine Humour.

If the Sanguine subject falls within the *juste milieu* of the Humour, the thymus gland (part of the immune axis) will be strong. The subject will test strong in Conception/Governing vessel, in heart/small intestine vessel and in Triple Warmer.

Phlegmatic Humour / phlegm

In the blood, the Phlegmatic Humour is expressed by the plasma. In the Greek schema, this represents the water element.



The Phlegmatic Humour is expressed by membranes and the fluids they secrete, the lymph, the mucous, the serous fluids, the saliva and the interstitial fluids which cool and moisten. Most importantly, the clear, watery fluids nourish and support; they filter, protect, lubricate, eliminate waste and purify. As our physical organism is over 95% water, the Phlegmatic Humour is the basic element of our organic life and metabolism.

In health, the Phlegm is cool and moist. The physical seat of its Humour is in the venous and lymphatic systems; bio-energetically, the seat will be in the Kidney vessel (Gate of life and death). The Kidney meridian and the Circulation, Adrenal meridian will be strong.

If the subject falls into the *juste milieu* of the Humour, their adrenal glands (part of the immune axis will be strong). The adrenal fire will be responsive and allow them to stay 'cool' and surf their life stresses. They won't be locked down in the sympathetic nervous system and running on adrenaline. They will test strong in the kidney/bladder meridians and in the CSA vessel.

The power of the Phlegmatic Humour is a foundational integrity. It is expressed in support, filtration and purgation.

Choleric Humour / yellow bile

The yellow bile is actually more of a yellow-green. In the blood, the Choleric Humour is expressed in the bile, the bilirubin and uric acid. The Greeks coded the Choleric to fire. And liver heat can certainly burn hot in health if it is needful, such as in the metabolism of alcohol. And it can burn in disease.



The system of Traditional Chinese Medicine (TCM), this Humour would be in the Wood element. The Chinese obviously saw the power of the liver as a living and organic fire.

In health the bile is warm. As a caustic, its quality is dry. Out of its right balance, the bile can cause heat and dehydration.

The seat of the Choleric Humour is in the liver and the gall bladder.

Bile has the burning property of fire which empowers digestion and consumption. Thus, the affinity with digestive enzymes and secretions. Like fire, the bile consumes. Like a living organism it digests. It is both a metabolic agent and transformer. As a metabolic agent of

the digestion, the caustic property of bile gives it the power to both assimilate and excrete, for example: fats and cholesterol. It stimulates the peristaltic wave of the colon and stimulates defecation.

Choleric elements in the blood will tone its liquidity, for example - thin it for penetration into the hairlike capillary networks. Bile also has a role in inflammatory response the immunoglobulins for example.

The power of the Choleric Humour is as catalyst – an agent of digestion.

Melancholic Humour / black bile.

The Greeks coded the Melancholic Humour to earth. In health, in the right balance of the Humour is cool and dry. In disease, it is cold and dehydrated.



In the Greek schema, the Melancholic Humour was coded to the earth. Its seat was considered to be the spleen/pancreas. A Melancholic subject in the right balance of the Humour will test strong in the spleen and stomach vessels. A Melancholic outside of the right balance will probably be sore in the pancreatic reflex point. Possibly there will be swelling in the spleen.

In the blood, the Melancholic Humour is expressed by the trace element of healthy, black bile and the wastes of catabolic processes, such as old red blood cells. The platelets, fibrin, the clotting factors are all catalysts and agents of the dry element. The Melancholic elements in the blood can thicken the blood – allowing for coagulation, granulation and the formation of scar.

The power of the Melancholic Humour is in retention.

The action of the black bile is cooling, drying, astringing, precipitating, condensing and coagulating.. It has a role in all the building (anabolic) processes of the structural (dense) connective tissues: bones, cartilage, teeth. Black bile has an agency in the metabolism of minerals.

In digestion, the black bile stimulates the digestive secretions. It is responsive to the quality of food that requires digestion and governs the passage of it through the digestive organs. The retentive power of the black bile enables what is being digested to process according to the time required for digestion.

Fifth Humour is the Eucrasia

If a subject is in the right balance of one of the Four Humours, then the health profile is seated in the Fifth Humour or *juste milieu* as seen in the above diagram. The diet does not have to be therapeutically adapted to the Humour.

Temperament

The Humours are an energetic, psychological and physiological aspect of the constitution.

In homeopathy, it was classically recognized that each of the Four Humours have a dominant temperament or disposition. To be situated in the *Juste Milieu* was to be considered to be ‘in Humour’ and the master (or mistress) of one’s temperament.

The Sanguine Humour is characterised by sociability, by warmth and attractiveness. Optimism and enthusiasm can certainly find expression in the outgoing energy of the Sanguine Humour. The Sanguine can work a group of people or gather a crowd.

The Phlegmatic Humour is more easygoing and receptive. More inward than the Sanguine, the Phlegmatic subject is capable of the sensitive and feeling approach to sociability, a sensitivity that will follow and flow with others.

The Choleric Humour is passionate, opinionated and excitable. In sociability, the Choleric can take the lead in the group, maintain opposition to the group, organise and drive the group dynamic or strike out alone.

The Melancholic Humour is inwardly directed, thoughtful and prudent. The Melancholic subject is quite happy to be solitary even in a group. Neither a leader nor a follower, in sociability the Melancholic has his or her own way. The Melancholic inclines more to conversation than group dynamics.

At the bar-be-que, it is not too difficult to observe the temperaments of the Four Humours in health and in action at their best

The Sanguine is sizzling the sausages and working the vibe. The Sanguine is talking and enthusing with various people gathered round. The Choleric will be in charge of the raffles, calling the numbers, arguing with those who dispute the draw - and probably not too tactfully. The Phlegmatic will be assisting at the salad and desert tables, chatting with those coming along, helping with selections, paying attention to special requests, keeping the line flowing. The Melancholic will have noticed the person that he or she hasn't seen for awhile. They will be engaged in conversation of mutual interest. The prudent Melancholic will have remembered all the things they need to talk about.

With the modern constitution of Vaccinosis, we can see the 'out of Humour' behaviours, especially in the temperament.

The enthusiasm and interactive power of the Sanguine can be expressed in hyperactivity and a narrow focus on their own enthusiasm in their sociability. This is so common a trait on the Spectrum, it has given rise to a new verb: 'to sperg' others on a subject of one's enthusiasm. This will be a feature of the Sanguine Humour.

Whereas the oppositional, demanding and angry behaviours on the Spectrum when expressed in the Choleric Humour can be severe, constant, aggressive and even abusive.

The sensitivity of the Phlegmatic can be magnified into hypersensitive emotionalism, dramas and outbursts over things that people who are neurologically normal and humorally balanced would not even register as an annoyance or just block out. The other side to this would be an emotional shutdown, a passive withdrawal into apathy or lethargy.

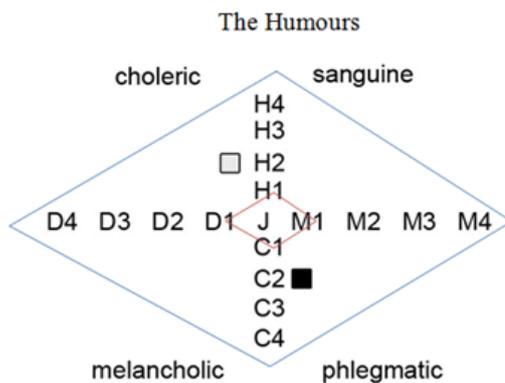
The contemplative powers of the Melancholic can be seen in states of negative withdrawal, zoned out, isolated behaviours and demands that every aspect of their world fit into the order and pattern of their demand.

Using the Tastes to Adapt Turmeric to the Humour



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Turmeric has a role to play in balancing the 'out of Humour' physiologies and temperaments of the Vaccinosis constitution especially. The best way to go about incorporating Turmeric into the diet is in accordance with the Humour.



Key

H-hot; M – Moist; C-cold; D-dry; J-juste milieu or right balance in the mean of health and temperament

If the ■ = the Humour of a subject outside the right balance, then □ = the dietary balance

As seen from the above Diagram:
Sanguine is warm and moist
Choleric is warm and dry
Phlegmatic is cool and moist
Melancholic is cool and dry

The recipes adapted to the use of Turmeric can make it both palatable and beneficial. And it will determine how well it can be used for the humoral balance in a given subject.

Turmeric is an aromatic rhizome. It is pungent, heating and drying.

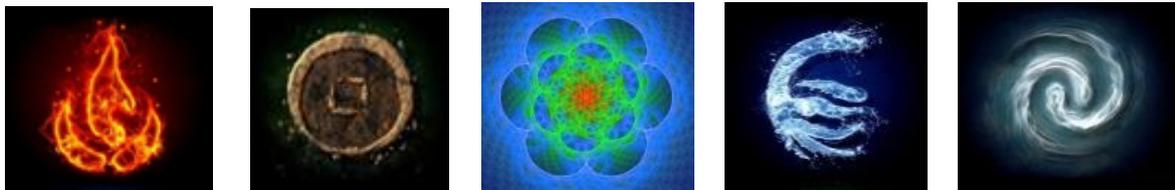
Salt and pepper characterize the taste of hot and dry . The pungent spices, such as turmeric, also have this property. Foods which have the humoral properties of heat and dryness are: olives, radishes, rice, onions, capers, nuts, artichokes. The herbs: fennel, mint, parsley, sage, tarragon.

In its therapeutic properties turmeric is anti-inflammatory. [as are ginger, fennel, peppermint, chamomile, rosemary,]

Other properties of turmeric:

- anti-neoplastic [also chickweed, saffron, St. John's wort and garlic]
- anti-oxidant [also green tea, ginger, hawthorn, rosemary, sage, St John's wort, ginkgo biloba, olive leaf]
- anti-viral [also basil, oregano, sage, garlic, juniper, chamomile, St John's wort]
- bitter – acts on the mucous membranes, stimulates a CNS release of digestive enzymes and bile. Thus it supports liver cleansing. Turmeric [other bitters are: watercress, fennel, ginger, wormwood, cardamon, horse radish, rocket, parsley, beet root (with leaves), graveola, dandelion root. Other cholagogues are cayenne, sage, dandelion root and rosemary. [Bitters have the humoral property of dryness]
- burning [other tastes which have the humoral property of salt and heat are capsaicin, cayenne]
- blood purifier [also cayenne, ginger, dandelion root, parsley, sage, burdock, juniper, watercress, calendula, cinnamon, garlic]
- hepatic cleanser [also parsley, dandelion root, garlic, St John's wort, horseradish]
- nervine [also gotu kola, wild lettuce, bitter leaves, hops, lavender, chamomile, St John's wort]
- nutritive [also nettle, slippery elm bark, papaya, rosehips, chickweed, comfrey, watercress, red clover, ginseng]

The Six Tastes



Humorally, turmeric is heating and drying. It is a heavy earth of fire taste. Among the six tastes it is sour if dryness predominates in the recipe. For example, fenugreek and turmeric is sour. It is pungent if heat predominates and lifts the earthy dryness. For example, galangal and turmeric is pungent. In taste combinations, its dryness can be astringent or bitter .

What follows are the six tastes and their humoral properties with examples of foods and seasonings.

Sour



Sour = earth + fire. Sour is cleansing and helps the absorption of minerals. Fermented foods. Yogurt. Vinegar. Citrus and sour fruits. Turmeric.

Sour is drying and heating. It agrees with the Phlegmatic Humour at M1-4 and C1-4. Its heat agrees with the Melancholic at C1-2. Its dryness agrees with the Sanguine at M1-2.

Pungent



Pungent = fire + air. Pungent is hot dry and light. It stimulates digestion and metabolism. Clears sinuses, promotes sweating, dispels gas, improves metabolism, helps muscle pain. Turmeric. Chilli, cayenne, spices, garlic, onions, black pepper.

Pungent is drying and heating and agrees with the Phlegmatic Humour at M1-4 and C1-4. Its dryness agrees with the Sanguine at M1-2. Its heat agrees with the Melancholic at C1-2.

Salty



Salty = earth + water. Salty is hot, heavy and moistening. It liquefies mucous. Lubricates tissues, stimulates digestion, attracts water. Sea foods, including sea vegetables. Natural salts. Seaweeds.

Salty is heating and moistening. It agrees with the Melancholic at C1-4 and D1-4. Its heat agrees with the Phlegmatic at C1-2. Its moisture agrees with the Choleric at D1-2.

Astringent



Astringent = air+earth. Astringent is dry, cooling, heavy. Absorbs water, tightens tissues. Dries fats. Turmeric. Legumes, beans, lentils. Cranberries, pomegranates, pears, asparagus, turnip, cauliflower, broccoli, artichoke, rye, quinoa, turmeric, marjoram, coffee, tea. Raw vegies, skins of fruits. The astringent taste acts to contract, tighten tissues, helps to eliminate secretions, causes mouth to feel dry and constricted. Internally, the astringents act upon rashes, allergies and fungus. The astringent qualities are caused by tannins or polyphenols which have the quality of puckering and drying. Acerola cherry. Billy goat plum. Quince, lemon, persimmon, white mulberry, star anise, horse chestnut, St John's wort, fenugreek, black walnut, witch hazel.

Astringent is drying and cooling. It agrees with the Sanguine at M1-4 and H1-4. Its dryness agrees with the Phlegmatic at M1-2. Its coolness agrees with the Choleric at H1-2.

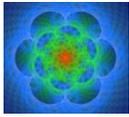
Sweet



Sweet = water + fire. Sweet builds tissues, calms nerves. It is anabolic – builds tissues. Fruit, vegies, natural sugars. More than salt, sweet stimulates water retention and weight gain. Foods classified as sweet are: cayenne, chives, cilantro, cumin, cinnamon, garlic, Chinese 5 spice, mustard, anise, juniper, berries, ginger, mint, nutmeg, paprika, sesame. Basil, capers, cardamom, bay, galangal.

Sweet is moistening and warming. It agrees with the Melancholic. Whereas Salty would agree with Melancholic around C1-2 and D1-2; Sweet would agree at C3-4 and D3-4.

Bitter



Bitter = air+ether. Bitter detoxifies. It is light, dry and cooling. Stimulates appetite and brings out other flavours. Turmeric. Dark greens, turmeric, dandelion root, fenugreek. Bitter melon. Olive. Grapefruit. Coffee, tea. Eggplant, zucchini.