



Oriental Medical Center of Paho
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Foods for Qi Stagnation (all foods are non-GMO organic)

grains

oats

vegetables

artichoke

carrot

mushroom (button)

radish

squash

watercress

meats

kidney (sheep)

fruits & nuts

grapefruit

lemon/lime

peach

tangerine

beverages

wine

herbs

aniseed

basil

caraway

cardamom

cayenne

chive leaf

cinnamon bark

clove

dill seed

fennel seed

hawthorn

horseradish

juniper

marjoram

mustard

nutmeg

pepper (black)

saffron

savory

thyme

turmeric

chamomile

jasmine

lime flower

peppermint

star anise