



Oriental Medical Center of Pahoia
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Warm Foods (food are non-GMO organic)

grains

sweet rice

vegetables

anise
fresh garlic
fresh ginger
kohlrabi
yellow onion
green onion
winter squash
green chili pepper
eggplant

fruits and nuts

chestnut
coconut milk
black dates
orange
peach
peanut
strawberry
sunflower seeds
walnut

dairy

butter

meats

beef marrow
pork liver
lamb
lamb marrow
lamb heart
chicken
chicken liver
turkey
pheasant

oils

soy oil

beverages

coconut milk
coffee
unsweetened chocolate

fish

anchovy
butterfish
catfish
common carp
eel
sardine (fresh)
salmon

shellfish

sea cucumber
shrimp
lobster

herbs

marjoram
nettle
bay leaf
fresh coriander
cardamom seed
nutmeg