



# Spices Categorized by Flavor, Organ and Element – According to Eastern Traditional Medicine

The diet of a healthy person contains balanced flavors, with sweet flavor predominating. Sweetness and its associated earth element are considered the most central aspect of the body and its nourishment. This means that each day the sweet flavor—grains, vegetables, legumes, nuts seeds, and fruit—should be accompanied by small amounts of bitter, salty, pungent, and sour foods. Note that when I say sweet, ***I'm talking about foods that are naturally sweet NOT sugar or desserts.***

# Spices by Flavor, Organ and Element

	Water/Winter	Wood/Spring	Fire/Summer	Earth/Early Fall	Metal/Fall
Spice	Kidney (Yin)/Bladder (Yang)	Liver (Yin)/Gallbladder (Yang)	Heart (Yin), Small intestine (Yang)	Stomach (Yang) /Spleen-Pancreas (Yin)	Lungs (Yin) /Large Intestine (Yang)
Allspice				X	
Almond				X	
Anise				X	
Basil	X			X	X
Bay Leaf	X	X		X	
Black Pepper			X	X	X
Cacao	X	X	X		
Caraway	X			X	X
Cardamom				X	X
Chili			X	X	X
Chives	X	X		X	
Cinamom				X	
Cloves					X
Coriandor				X	X
Cumin					X
Dill	X			X	
Fennel	X			X	X
Fenugreek	X				
Garlic			X		X

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Ginger					X
Horseradish				X	X
Lemongrass		X			
Citrus Peel				X	X
Marjoram					X
Mint		X			X
Mustard seed			X		
Nutmeg				X	
Onions			X		X
Oregano					X
Parsley	X			X	
Rosemary					X
Saffron		X	X		
Sage					X
Salt	X				
Tarragon		X		X	
Thyme					X
Turmeric		X	X		X
Vanilla				X	
Wasabi				X	X