



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Five Tastes Chart

TASTE	ELEMENT	MERIDIAN & ORGANS	FOODS
Pungent / Spicy	Metal	Lungs Large Intestine	Artichoke, Cabbage, Garlic, Ginger, Onions, Peppers
Sweet	Earth	Spleen Pancreas Stomach	Apples, Cabbage, Carrots, Cinnamon, Sweet Potatoes
Bitter	Fire	Heart Small intestine Pericardium Triple Warmer	Arugula, Black Radish, Celery, Dandelion, Collard Greens, Kale, Lamb's Quarter
Salty	Water	Kidney Bladder	Mineral Salts, Miso, Pickled Vegetables, Sea Weed, Tamari
Sour	Wood	Liver Gall Bladder	Lemon, Lime, Olives, Sauerkraut