

The 6 Tastes & Their Effects

(+) Effects caused by excess amounts
(-) Effects caused by inefficient amounts

1

SWEET

Builds tissue, strengthens the heart, demulcent, expectorant, mild laxative, relieves heartburn. Brings compassion and satisfaction to the mind. (+) Creates attachment or possessiveness, weight gain, congestion, swelling, tumor growth. (-) Creates weak tissues or debility. Ex. carbohydrates, sweet fruits, grains, root veggies, honey, milk.

3

SALTY

Works as a laxative, sedative, calming to nerves, relieves spasms, removes toxins from the body. Brings confidence and zest for life to the mind. (+) Creates greed, water retention, hypertension, kidney stones, hair loss. (-) Creates water imbalance, cramping. Ex. rock salt, sea salt, sea veggies

5

PUNGENT

Improves metabolism and absorption of nutrients, reduces congestion, relieves pain and muscle tension, kills worms, anti-coagulant. Brings extroversion to the mind. (+) Creates anger, violence to the mind, heartburn or hot flashes, dries and damages nerves. (-) Weak digestion, poor circulation, cold extremities. Ex. peppers, garlic, cloves, wasabi, horseradish.

SOUR

2

Works as an anticoagulant, aids in digestion, reduces gas. Brings discrimination and stimulation to the mind. (+) Creates envy, excessive judgement, manipulation, ulcers, liver or gallbladder problems. (-) Acid imbalance, foggy thinking. Ex. yogurt, sour fruits, alcohol, vinegar, sharp cheese..

ASTRINGENT

4

Stops bleeding & promotes healing by constricting blood vessels. Works as antibiotic, antibacterial, and antidiuretic. Brings introversion to the mind. (+) Osteoporosis, constipation, heart problems, blood clots. (-) Excessive discharge or mucus, swelling. Ex. Pith/peel of citrus fruits, tea, coffee, pomegranate, turmeric, beans, blue berries.

BITTER

6

Purifies the blood and cools inflammation/burning sensations. A liver tonic, signals dissatisfaction in the mind. (+) Brings feelings of loneliness, cynical, grief, sorrow. (-) Accumulation of toxins. Ex. leafy green veggies, aloe, fenugreek, black tea, golden seal.

HEAVY: heavy foods increase comfort and security, improves sleep and reduces anxiety. Ex. milk, cheese, squash, meats

DULL/SLOW: dull foods slow digestion and increase lethargy. Ex. ice-cream, iced beverages, red meat, pastries, *watching television*

STABLE: regular mealtimes and foods that ground you in the physical body stabilize mind and mood. Ex. dairy, proteins, nuts, root veggies, *following a daily routine*

GROSS: foods that ground you in the physical body. Ex. animal products, *overeating or oversleeping*

CLOUDY: foods that clog channels create a foggy mind. Ex. cold milk & cheese, white flour, trans fats, alcohol, *recreational or pharmaceutical drugs, avoiding exercise*

COOL: foods that cool the body support a mellow mind. Ex. coconut, limes, cucumber, green juices, melons, *swimming*

MOIST: good fats and oils feed the brain, lubricate, and support longevity. Ex. coconut oil, ghee, sesame oil, *having an oil massage*

LIGHT: light foods are energizing and motivating. Ex. clear soups, raw fruits & veggies. Ex. *doing yoga and meditation*.

SHARP/PENETRATING: these foods wake up the mind and increase appetite. Ex. wasabi, black pepper, vinegar, alcohol, coffee. Ex. *vigorous exercise or study*

MOBILE/UNSTABLE: skipping meals or eating only light foods leads to an unsteady mood & mind. Ex. soft drinks, white sugar, caffeine, raw food, *excessive fasting or travel*.

SUBTLE: these foods encourage a spiritual nature. Ex. fresh, organic fruits, veggies, grains and legumes; *doing yoga or reading spiritual texts*

CLEAR: these foods digest cleanly and leave no residue, resulting in a clear head. Ex. high-water content fruits & veggies, clear soups, herbal teas, water, *meditating, forest bathing*

HOT: the mind is more stimulated and reactive with hot foods. Ex. chilies, red wine, spirits, coffee, *competitive sports, debating*.

DRY: drying foods increase anxiety and decrease staying power or focus. Ex. crackers, chips, rice 'crisps', popcorn, pretzels, *excessive exercise*.