



THERAPEUTIC FOOD BLOCK 46

| | | | |
|---------------------|-------------------|--------------------|-----------------|
| Adzuki/Adzuki Bean | Dragon Fruit | Miso, Hatcho | Saffron |
| Allspice | Dulse | Miso, White | Sea Lettuce |
| Astragalus | Elderberry | Mushroom, Maitake | Star Fruit |
| Bamboo | Ginseng, American | Mushroom, Reishi | Tamari |
| Bladderwrack | Ginseng, Chinese | Mushroom, Shiitake | Wakame |
| Camu Camu | Ginseng, Siberian | Noni | Water Chestnut |
| Cardamon | Goji Berry | Plum, Umeboshi | Yaki Nori/Laver |
| Cassava (Yuca) | Gooseberry | Quail | Yerba Mate |
| Cellulose | Hemp | Resin | |
| Chia Seed | Hijiki | Royal Jelly | |
| Chicory | Irish Moss | | |
| Chinese (Green) tea | Maca | | |
| Cucumber, Japanese | Miso, Barley | | |
| Dong Quai | Miso, Brown | | |