

Taste and Apetite

bitter taste

fire in liver and gall bladder

bitter in morning

after difficulty in sleeping

food stagnation

heat in liver invading stomach

sour regurgitation

fire in heart

sweet sticky taste

dampness

damp heat in Spleen and Stomach

salty taste

kidney yin deficiency

tastelessness

Spleen deficiency

No apete

food stagnation

usually deficiency in spleen and stomach

usually retention of dampness

bad breath

thin loose stools, no energy and pale tongue thin white coat

deficiency of Spleen and Stomach

Eating Makes it Better

Disease cause is deficiency

Eating Makes it Worse

Disease cause is excess

Eating with no weight gain

stomach fire

parasites

Hungry but eating mainly at night

Stomach Yin Deficiency