

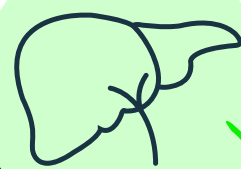
# TCM SPRING CARE

Liver Channel | Wood Element

## Food Therapy

### CLEANSE

Support the natural detoxing of the Liver: avoid rich & heavy foods, saturated fats & oils, chemicals & intoxicants, processed & refined foods



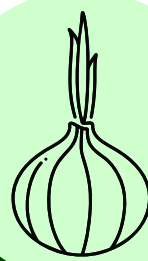
### FRESH & GREEN

Tender microgreens, shoots & sprouts, mesclun greens, cereal grasses  
Fresh herbs: parsley, cilantro, basil, dill, mint, rosemary, chives, scapes, ramps



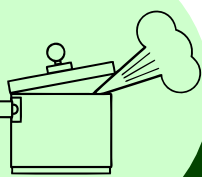
### FLAVORS

Pungent: onion, garlic, ginger, scallion, anise, peppers, mustard greens, radish  
Sweet: sprouted grains, rice, legumes, seeds, beets, carrots, honey



### COOKING

Quick, simple, & short cook times: steam, sauté, or simmer veggies just enough so there's bright color on the outside with light crispness on the inside



### SEASONAL FOODS

Arugula, watercress, spinach, lettuce, dandelion greens, artichoke, asparagus, peas, rhubarb, mushrooms, cherries, strawberries, apricots

