

Thank you for signing up. Be sure to check out the other information shared on the “For You” page.

Organ systems and actions.

Season	Element / Phase / Color	Organ System	Action	Related Tissues	Foods — start with foods of the same color as the season. Warmer foods in colder seasons, cooler foods in warmer seasons
Summer	Fire Red	Heart - Yin	Propels the blood through the vessels. Supports the spirit or shen. Maintains awareness	Arteries, complexion, tongue	In summer we will begin to get fresh fruit and vegetables which will continue through the late summer also. Eating seasonally and locally is a big support to our general health. Our bodies don't have to convert less welcome foods when they are in season.
		Sm Intestine – Yang	Helps to separate the pure input from the negative thereby protecting the spirit		
Late Summer	Earth Yellow	Spleen – Yin	Assists in converting food into energy. Maintains qi & blood in their vessels, Lifts the energy	Large muscles, lips, mouth	Blackberries Nectarines Plums Peaches Raspberries Tomatoes Watermelon Broccoli Cucumber Green Beans Zucchini
		Stomach – Yang	Rottens & ripens food, converts food into energy		

Fall	Metal White	Lung - Yin	Separates to internal energy and external immune system	Lung anatomy, sinuses, skin, immune system	Apples, Pears, grapes Cranberries Figs Pomegranate Quince Winter Squashes and pumpkins Cauliflower Garlic Ginger Mushrooms Potatoes, white and sweet Swiss chard
		Lg Intestine – Yang	Removes waste from metabolism and digestion		

Winter	Water Black, dark Blue	Kidney – Yin	Generates & stores qi Governs reproduction Balances fluids	Reproductive organs, Spinal cord, bone marrow, teeth, inner ear	Chestnuts Grapefruit Lemons Oranges Tangerines Kale Leeks Raddichio Rutabaga Turnips
		Urinary Bladder – Yang	Holds and releases unneeded fluids		

Spring	Wood Green	Liver- Yin	Maintains & directs the movement of qi & blood. Has the power of action	Ligaments, tendons, eyes	Apricots Avocado Pineapple Rhubarb Strawberries Asparagus Carrots Celeriac Chives Collards Fava beans Fennel Morels Mustard greens
		Gall Bladder – Yang	Has the power of decision of how action will take place.		