

## TASTE ENERGETICS

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### **Bitter**

Cooling or drying  
Detoxifying  
Increases appetite and activates digestion  
Increase nutrient absorption  
Astringent, tightens tissues  
Reduces Inflammation  
Facilitates elimination

**Bitter Herbs:** Chamomile, dandelion, motherwort, skullcap, Gentian, Boneset, Oregon grape

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### **Sweet**

Warming or moistening  
Nourishing, building, strengthening  
Toning, calming, increases immune function

**Sweet Herbs:** Fennel, marshmallow, burdock root, oat straw,

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### **Salty**

cool and dry neutral  
adds minerals, electrolytes  
regulates water in the body  
promotes digestion  
softens tissues  
moves lymphatic tissue  
strengthens nails, coat, bones and teeth

**Salty Herb:** Cleavers, horsetail, alfalfa, nettle, oatstaw, burdock root

### **Sour**

strengthen digestion  
improves tissue and tone  
helps restrain fluid loss  
benefits capillaries, veins, arteries, and eyes

**Spour Herbs:** raspberry, blueberry, hawthorn, barberry berries

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### **Pungent**

Cold hot/dry  
antibacterial  
stimulating  
expectoration  
circulatory stimulant

**Pungent Herbs:** garlic, ginger (warm drying) echinacea (cold/dry), shepard's purse

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### **Acrid**

Cold dry  
analgesic  
antispasmodic

**Acrid Herbs:** blessed thistle, fennel, gentian, ground ivy

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### **Spicy**

cool dry  
antiviral,  
anti herpetic  
carminative  
relieves stagnation

**Spicy Herbs:** cayenne, rosemary, thyme, sage, oregano, lemon balm

## **Bland**

cooling moistening

dry tissue state

soothing to mucus membranes

bulk laxative

helps the body acquire nutrients and  
remove

cellular debris

**Bland Herbs:** slippery elm, mallow

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**Astringent** (for laxated conditions)

neutral dry

tightens and tones tissues

Stops bleeding

**Astringent Herbs:** oak bark, bayberry,  
rose, witch hazel, eyebright