

Foods that Strengthen the Spleen

The following list includes foods that gradually strengthen the spleen

Winter squash

Green Peas

Sweet potatoes

Pumpkin

Garbanzo beans (hummus)

Turnip

Black pepper

Cinnamon

Walnuts

Black beans

Onions

Leeks

Black beans

Cherries

Dates

Black pepper

Ginger (dried)

Cinnamon

Fennel

Garlic

Nutmeg

Tuna

Halibut

Beef

Beef liver

Chicken

Turkey

Lamb

ACUPUNCTURE WELLNESS LLC

260 Lookout Place Suite 209

Maitland, FL 32751

407-300-5542

acuwellness4health.com