

FIG CARDAMOM PISTACHIO BENEFITS SPLEEN/STOMACH AND LIVER/GALLBLADDER



Figs build Spleen Qi and Yang and benefit the Stomach. **Cardamom** Resolves Phlegm-damp in the Lungs. **Butter** calms Shen. **Pistachios are** neutral in temperature, build Qi and Yang, and benefit the Heart, Liver and Gallbladder.

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