

LINDSAY MARTENS, N.D.
Doctor of Naturopathic Medicine

Upward-Growing

These are mostly green vegetables. They are full of minerals, so they are strengthening and good for your blood. The energy they impart is upward and is especially friendly to the liver, lungs, and brain. If you are feeling less than perky in the morning, eat a serving of blanched leafy greens and you will brighten up.

Spinach and chard are both high in oxalic acid which inhibits the absorption of other minerals so they are not eaten as frequently.

Round

These vegetables, especially the round, sweet ones, have a soothing and centering effect on the body. They appeal to and relax the middle organs – stomach, liver, spleen, and pancreas. Longer cooking styles help to deliver a mellow, warming energy to the body.

Potatoes, tomatoes, and eggplant are members of the nightshade family and can contribute to inflammation and are therefore generally avoided.

Downward-Growing

The intestines are the “root” of our digestion and, therefore, our overall health. Root-vegetable energy is grounding and helps digestive function. These vegetables help to keep energy centered and inward.

<u>Upward-Growing</u>	<u>Round</u>	<u>Downward-Growing</u>
Kale, collard greens, watercress, leeks, mustard greens, carrot tops, nappa cabbage, turnip tops, parsley, scallions, celery, sprouts, chives, lettuce	Squash (acorn, butternut, pumpkin, summer squash) rutabaga, turnip, Brussels sprouts, onion, green cabbage, red cabbage, cauliflower, cucumber, green peas, green beans, mushrooms, Jerusalem artichokes	Carrot, burdock, parsnip, daikon, radish, lotus root, dandelion root, sweet potato