

Tastes in the Mouth and Cravings

Taste and body condition:

1. sour taste in the mouth indicates food stagnation or disharmony between liver and stomach.
2. bitter taste in the mouth indicates heart fire or liver and gall bladder fire
3. sweet taste in the mouth is dampheat of spleen and stomach, or spleen deficiency.
4. salty taste in the mouth is kidney deficiency, or cold and water retention.
5. tastelessness is spleen and stomach deficiency or cold in sp and st.
6. stickiness in the mouth is turbid dampness or food retention.

Cravings and diseases:

1. craving for sour is liver disease, such as liver and gall bladder qi deficiency or liver and kidney yin deficiency
2. craving for bitter is heart disease, such as heart qi, yin or blood deficiency
3. craving for sweet is spleen disease, such as qi and blood deficiency, spleen and stomach deficiency
4. craving for hot is lung disease, such as lung qi deficiency
5. craving for salt is kidney disease, such as kidney qi or yang deficiency