

No-Pain/Have-Pain Foods

List and advice from
Supreme Master Ching Hai (vegan)

Please note: We will update when possible with more
No-pain and Have-pain foods. This is not a complete list.

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(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Cilantro/Coriander

Bolero cilantro

N



Calypso cilantro

N



Caribe cilantro

N



Confetti cilantro

N



Cruiser cilantro

N



Delfino cilantro

N



(**N** = No Pain, **P** = Have Pain) selections from

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Dwarf Lemon cilantro

N



Leisure cilantro

N



Marino cilantro

N



Poke Joe cilantro

N



Rak Tamachat cilantro

N



Santo (Long Standing) cilantro

N



SupremeMasterTV.com/NoPainFood Cilantro/Coriander
(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Standby cilantro

P



Sunmaster cilantro

N



RCr-446 coriander

P



Thüringer coriander

N



Yantar coriander (Jantar)

N



(**N** = No Pain, **P** = Have Pain) selections from

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Leaf Parsleys

Banquet parsley

N



Champion Moss Curled parsley

N



Darki parsley

P



Extra Triple Curled parsley

N



Festival 68 parsley

N



Forest Green parsley

N



**(N = No Pain, P = Have Pain) selections from
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Frisé Vert Foncé parsley

N



Gigante d'Italia parsley

P



Gigante di Napoli parsley

N



Green Pearl parsley

N



Hilmar parsley

N



Kaderava parsley

N



**(N = No Pain, P = Have Pain) selections from
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Krausa parsley

N



Moss Curled II parsley

N



Paramount parsley

N



Petra parsley

N



Plain Leaved 2 parsley

N



Titan parsley

P



(**N** = No Pain, **P** = Have Pain) selections from
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Triple Moss Curled parsley

N



Root Parsleys

Arat parsley

N



Berliner parsley

N



Eagle parsley

P



Hilmar parsley

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Osborne Root parsley

N



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with more No-pain and Have-pain foods.
This is not a complete list.**

(All foods below are No-Pain)

No-Pain foods - simple list

Please note: We will update when possible with more No-pain foods. This is not a complete list.

Cilantro/Coriander

- Bolero cilantro
- Calypso cilantro
- Caribe cilantro
- Confetti cilantro
- Cruiser cilantro
- Delfino cilantro
- Dwarf Lemon cilantro
- Leisure cilantro
- Marino cilantro
- Poke Joe cilantro
- Rak Tamachat cilantro
- Santo (Long Standing) cilantro
- Sunmaster cilantro
- Thüringer coriander
- Yantar coriander (Jantar)

Leaf Parsleys

- Banquet parsley
- Champion Moss Curled parsley
- Extra Triple Curled parsley
- Festival 68 parsley
- Forest Green parsley
- Frisé Vert Foncé parsley
- Gigante di Napoli parsley
- Green Pearl parsley
- Hilmar parsley
- Kaderava parsley
- Krausa parsley
- Moss Curled II parsley
- Paramount parsley
- Petra parsley
- Plain Leaved 2 parsley
- Triple Moss Curled parsley

Root Parsleys

- Arat parsley
- Berliner parsley
- Hilmar parsley
- Osborne Root parsley

Be Vegan, Keep Peace.