

di-book



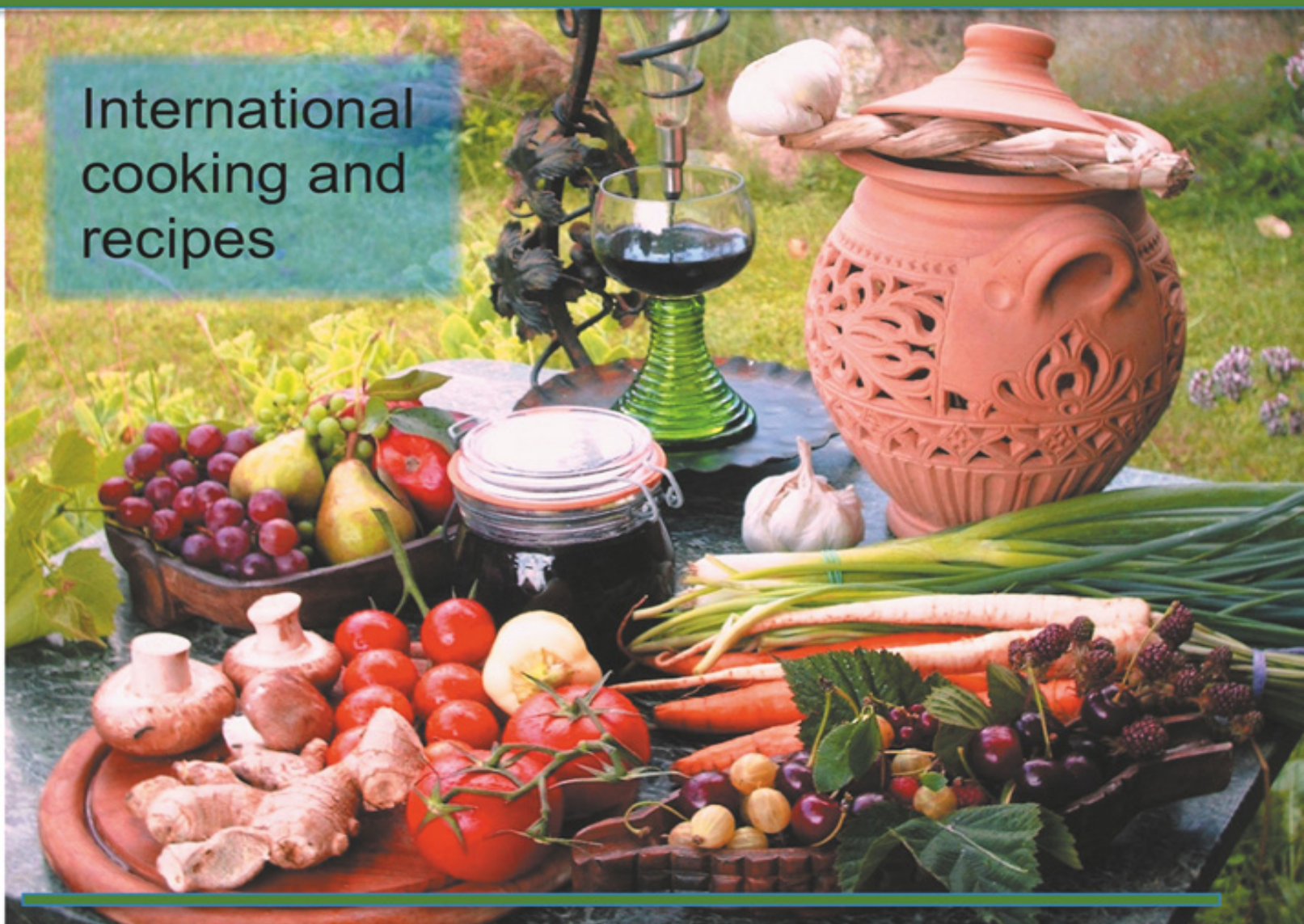
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Heart**  
**Yin deficiency**  
**E215**

Please check these recommendations always with a TCM nutrition consultant, therapist, doctor or dietician. The recipes and the list of ingredients are supporting also the conventional medical therapy. The calorie disclosures of fresh ingredients (fruit and vegetables) vary according to quality and time of harvest. The contents were checked by a dietician and a nutrition consultant for the Traditional Chinese Medicine (TCM).

(Book: E215)

## **Diet recommendations for TCM - Heart - Yin deficiency**

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
  - 9.1 8 treasures of rice
  - 9.2 Antipasti
  - 9.3 Artichoke soup
  - 9.4 Beet salad with salad cucumber
  - 9.5 Bulgur with tomatoes and fresh herbs
  - 9.6 Cherry cereal porridge
  - 9.7 Chicken soup with angelica root and buckthorn fruit
  - 9.8 Clear oxen tail soup with buckthorn fruit
  - 9.9 Colorful tuscan bean soup
  - 9.10 Cooling rice dish with grapefruit
  - 9.11 Cous-Cous with date, coco and almondpuree
  - 9.12 Cranberry juice
  - 9.13 Lettuce with fresh cheese

- 9.14 Millet with egg and butter
- 9.15 Polenta with ratatouille
- 9.16 Porcino mushroom-smoked tofu on toast bread
- 9.17 Provencal noodle pan
- 9.18 Quick flakes with compote or jam
- 9.19 Red berry with whipped cream
- 9.20 Spelled-grid porridge with berries of the season
- 9.21 Spinach with cottage cheese
- 9.22 Strawberry soup with melons
- 9.23 Summer Salad
- 9.24 Sweet-savory barley salad
- 9.25 Tea from celery sticks
- 9.26 Tea from Melissa
- 9.27 Tea from rosemary
- 9.28 Tea from sage
- 9.29 Tea from seaweed
- 9.30 Tea from thyme
- 9.31 Vegetable semolina soup
- 9.32 Wheat semolina with olives-herb-sauce and salad
- 9.33 Wheatgrassporridge with pink grapefruit

## 10. Effects of food

- 10.1 Use ingredients: recommendable
- 10.2 Use ingredients: yes
- 10.3 Use ingredients: little
- 10.4 Do not use contra-acting foods

## 11. Herbs and their effects

- 11.1 Basil
- 11.2 Dill

- 11.3 Coriander
- 11.4 Herbs various
- 11.5 Chives
- 11.6 Lovage
- 11.7 Lily bulbs
- 11.8 Balm
- 11.9 Oregano fresh
- 11.10 Parsley
- 11.11 Peppermint
- 11.12 Rosemary
- 11.13 Sage
- 11.14 Black caraway
- 11.15 King Solomon's-seal
- 11.16 Yam root, yam root tuber

## 12. Basics of Nutrition

- 12.1 Nutrition
- 12.2 Recipes
- 12.3 Foodstuffs
- 12.4 Herbs

## 13. Other dietic-books

# **1 Treatment strategy**

Calm the mind, nourish the heart Yin and Kidney Yin. Hot NO, bitter and salty warm NO (rest LITTLE), neutral and refreshing YES, cold LITTLE.

## **2 Avoid**

Bitter or dehydrating food, coffee, green and black tea, alcohol, lamb, cigarettes, spicy hot spices, very salty food, grilled, roasted, fried, hectic, stress, time pressure, lack of sleep.

### 3 Breakfast

Beet salad with salad	264	kkal. per serving cucumber
Bulgur with tomatoes and fresh herbs.....	205	
Cherry cereal porridge - also for babies from the 8th month .....	219	
Colorful tuscan bean soup .....	249	
Cooling rice dish with grapefruit .....	234	
Cous-Cous with date, coco and almondpuree.....	483	
Cranberry juice.....	43	
Millet with egg and butter .....	338	
Polenta with ratatouille .....	225	
Porcino mushroom-smoked tofu on toast bread .....	169	
Quick flakes with compote or jam .....	189	
Red berry with beaters .....	123	
Spelled-grid porridge with berries of the season .....	243	
Spinach with cottage cheese .....	301	



Sweet-savory	barley	salad
.....	511	
Tea	from	sage
.....		4
Vegetable	semolina	soup
.....	198	
Wheat semolina with olives-herb-sauce and		salad
.....	244	
Wheatgrassporridge with pink grapefruit		
.....	398	