

di-book

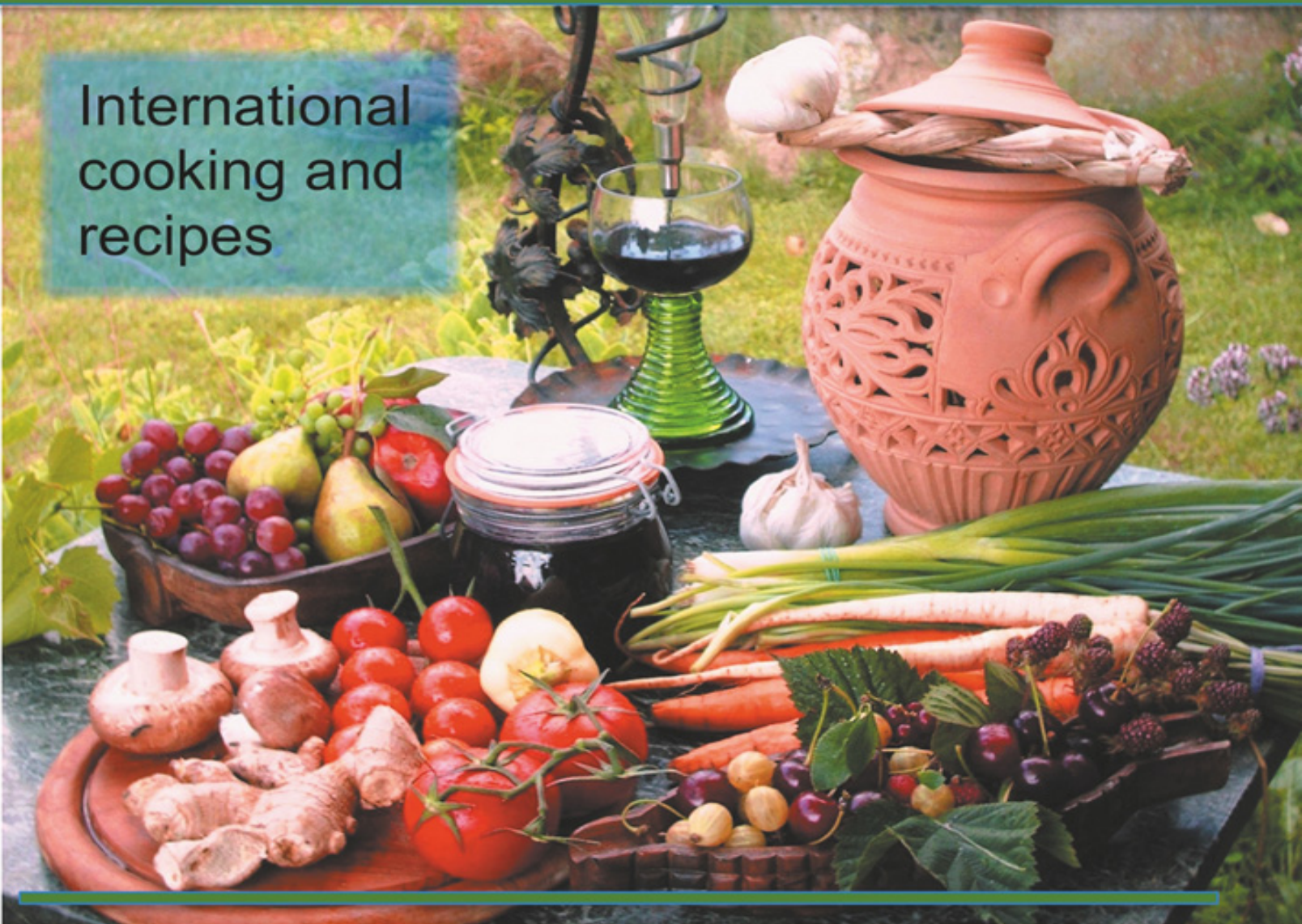


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Large intestine
Moist heat in the colon
E204

(Book: E204)

Diet recommendations for TCM - Large intestine - Moist heat in the colon

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 Adzuki Bean and Rice Soup
 - 9.3 Apple - banana cream
 - 9.4 Asparagus and herb ragout
 - 9.5 Asparagus Cream Soup
 - 9.6 Basic recipe for a vegetable soup, nutritious
 - 9.7 Basic recipe for a fish soup
 - 9.8 Beluga lentil stew with vegetables
 - 9.9 Cardamom water
 - 9.10 Colorful tuscan bean soup
 - 9.11 Cream cheese substitute
 - 9.12 Duck with mung beans
 - 9.13 Fish soup with rosemary
 - 9.14 Fish soup with white wine, laurel and marjoram

- 9.15 Fried asparagus with rocket
- 9.16 Hummus (Chickpeasmash)
- 9.17 Indian Dal soup
- 9.18 Legumes
- 9.19 Radish with horseradish
- 9.20 Refreshing cucumber soup with potatoes
- 9.21 Rhubarb and apple jelly
- 9.22 Spring salad
- 9.23 Tea from lavender blossoms
- 9.24 Tea from raspberry leaves

10. Effects of food

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

11. Herbs and their effects

- 11.1 Basil
- 11.2 Mugwort
- 11.3 Savory
- 11.4 Dill
- 11.5 Coriander
- 11.6 Herbs various
- 11.7 Cress
- 11.8 Chives
- 11.9 Lavender blossoms
- 11.10 Lily bulbs
- 11.11 Dandelion (young plants)
- 11.12 Parsley
- 11.13 Peppermint
- 11.14 Rosemary

11.15 Sorrel

11.16 Black caraway

11.17 King Solomon's-seal

11.18 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

Stop diarrhea, cool the heat, remove moisture.

2 Avoid

n.a.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
Apple - banana cream	110
Colorful tuscan bean soup	249
Cream cheese substitute	526
Fish soup with rosemary	271
Fish soup with white wine, laurel and marjoram	199
Fried asparagus with rocket	148
Hummus (Chickpeasmash)	542
Legumes	31
Radish with horseradish	196
Refreshing cucumber soup with potatoes	148
Rhubarb and apple jelly.....	180
Tea from lavender blossoms	0

4 Snack

Adzuki Bean and Rice Soup
..... 199

Apple - banana cream
..... 110

Cream cheese substitute
..... 526

Hummus (Chickpeasmash)
..... 542