

di-book



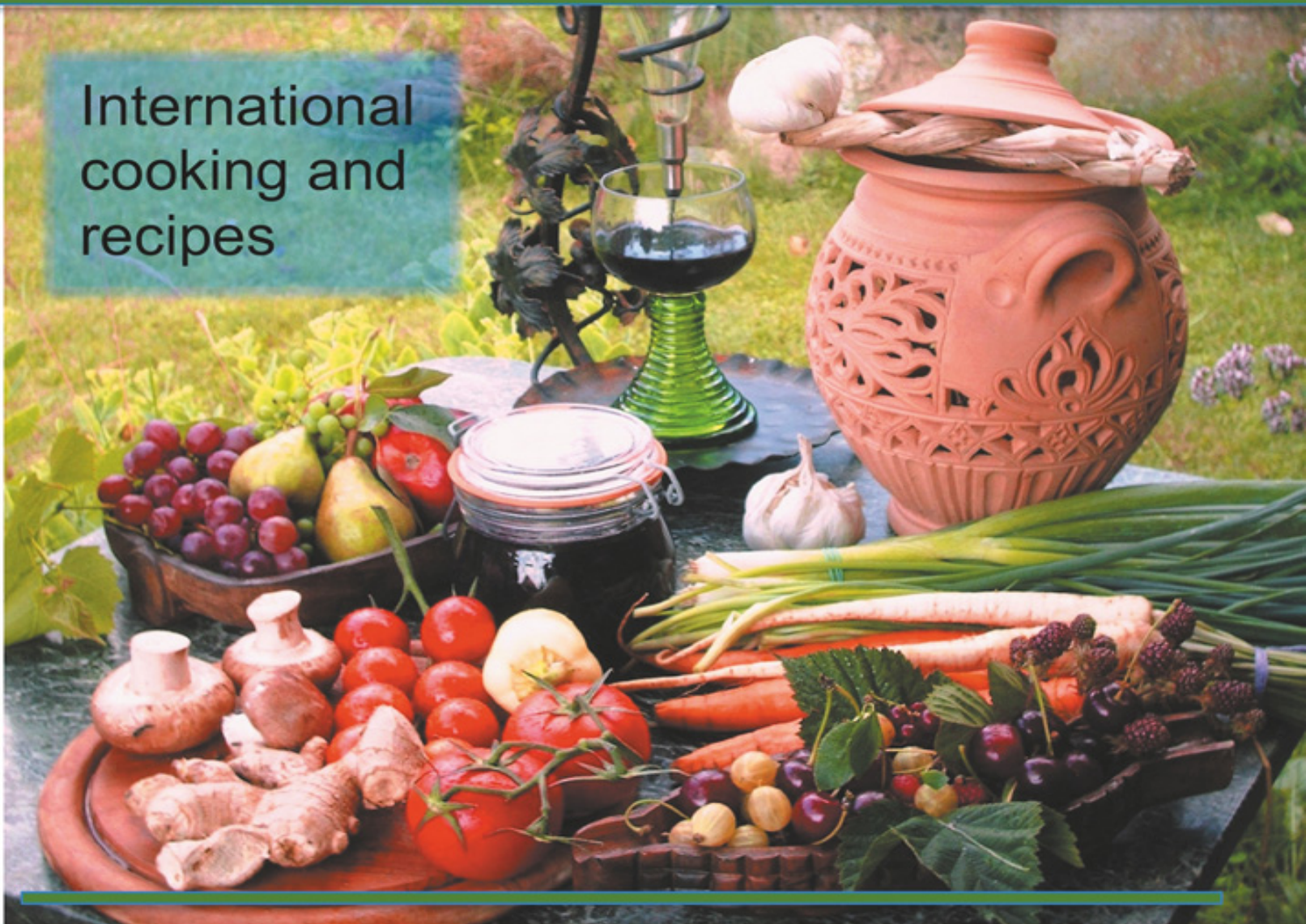
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Liver  
Fire  
E220**

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: E220)**

### **Diet recommendations for TCM - Liver - Fire**

1. Treatment strategy
2. Avoid
3. Breakfast
4. Lunch
5. Dinner
6. Any time
7. Recipes
  - 7.1 8 treasures of rice
  - 7.2 Asparagus with lemon pesto
  - 7.3 Barley mash with steamed pear
  - 7.4 Basic recipe for a beef broth (clear)
  - 7.5 Basic recipe for a chicken broth warming
  - 7.6 Basic recipe for a duck broth
  - 7.7 Basic recipe for a fish broth
  - 7.8 Basic recipe for a reissue soup (Congee)
  - 7.9 Basic recipe for a vegetable soup, nutritious
  - 7.10 Basmati rice + Zucchini tofu dish
  - 7.11 Beet salad with salad cucumber
  - 7.12 Black beans with avocado
  - 7.13 Celery and tomato salad
  - 7.14 Celery juice
  - 7.15 Celery salad with lemon and olive oil

- 7.16 Chicken soup with angelica root and buckthorn fruit
- 7.17 Compote from rhubarb
- 7.18 Cooling rice dish with grapefruit
- 7.19 Cucumber soup
- 7.20 Fried asparagus with rocket
- 7.21 Grape juice with hot water
- 7.22 Italian champignon rice
- 7.23 Pear compote
- 7.24 Pear juice
- 7.25 Potato with dandelion salad
- 7.26 Raw celery salad
- 7.27 Rice porridge with shrubs (seeds) Yi Yi Ren
- 7.28 Rice with parsnips
- 7.29 Roasted millet with Celery sticks
- 7.30 Salmon on tomato-spinach
- 7.31 Spinach with Tahini
- 7.32 Summer Salad
- 7.33 Tea from Dandelionroots
- 7.34 Tea from celery sticks
- 7.35 Tea from elderberry blossom tea
- 7.36 Tea from lavender blossoms
- 7.37 Tea from mallow
- 7.38 Tea from Melissa
- 7.39 Tea from sage
- 7.40 Tea Green tea
- 7.41 Tea mixture against bile ailments
- 7.42 Wheat fresh grain porridge with pears.

## 8. Effects of food

8.1 Use ingredients: recommendable

8.2 Use ingredients: yes

8.3 Use ingredients: little

8.4 Do not use contra-acting foods

## 9. Herbs and their effects

9.1 Basil

9.2 Birch leaves

9.3 Dill

9.4 Dyer's broom herb

9.5 Hop

9.6 Coriander

9.7 Herbs various

9.8 Cress

9.9 Chives

9.10 Lavender blossoms

9.11 Lily bulbs

9.12 Dandelion (young plants)

9.13 Balm

9.14 Agrimony

9.15 Rosemary

9.16 Sage

9.17 King Solomon's-seal

9.18 Yam root, yam root tuber

## 10. Basics of Nutrition

10.1 Nutrition

10.2 Recipes

10.3 Foodstuffs

10.4 Herbs

## 11. Other dietic-books

# 1 Treatment strategy

Cool the fire, calm the liver, lower the fire.

Hot, warm NO (hot and cold), sour LITTLE, everything else

YES

## **2 Avoid**

Too fat, too much meat, spicy, alcohol, yang cooking methods (grilling, frying, frying), coffee, sugar, spicy, yogurt tea, garlic, mineral water, sausage, cheese, ham, smoked.

### 3 Breakfast

				kkal. per serving
Barley	mash	with	steamed	pear
.....				113
Beet	salad	with	salad	cucumber
.....				264
Black	beans	with		avocado
.....				263
Celery				juice
.....				33
Compote		from		rhubarb
.....				48
Cooling	rice	dish	with	grapefruit
.....				234
Cucumber				
soup.....				95
Fried	asparagus	with		rocket
.....				148
Italian		champignon		rice
.....				256
Pear				compote
.....				100
Pear				juice
.....				180
Potato		with		dandelion
salad.....				162
Raw		celery		salad
.....				590
Rice	porridge	with	shrubs (seeds)	Yi Yi Ren
.....				211



Rice		with		parsnips
.....			206	
Roasted	millet	with	Celery	sticks
.....			400	
Tea	from	lavender		blossoms
.....			0	
Tea		from		sage
.....				4
Tea		Green		tea
.....				2
Wheat	fresh	grain	porridge	with
.....				pears.
.....			309	