

di-book

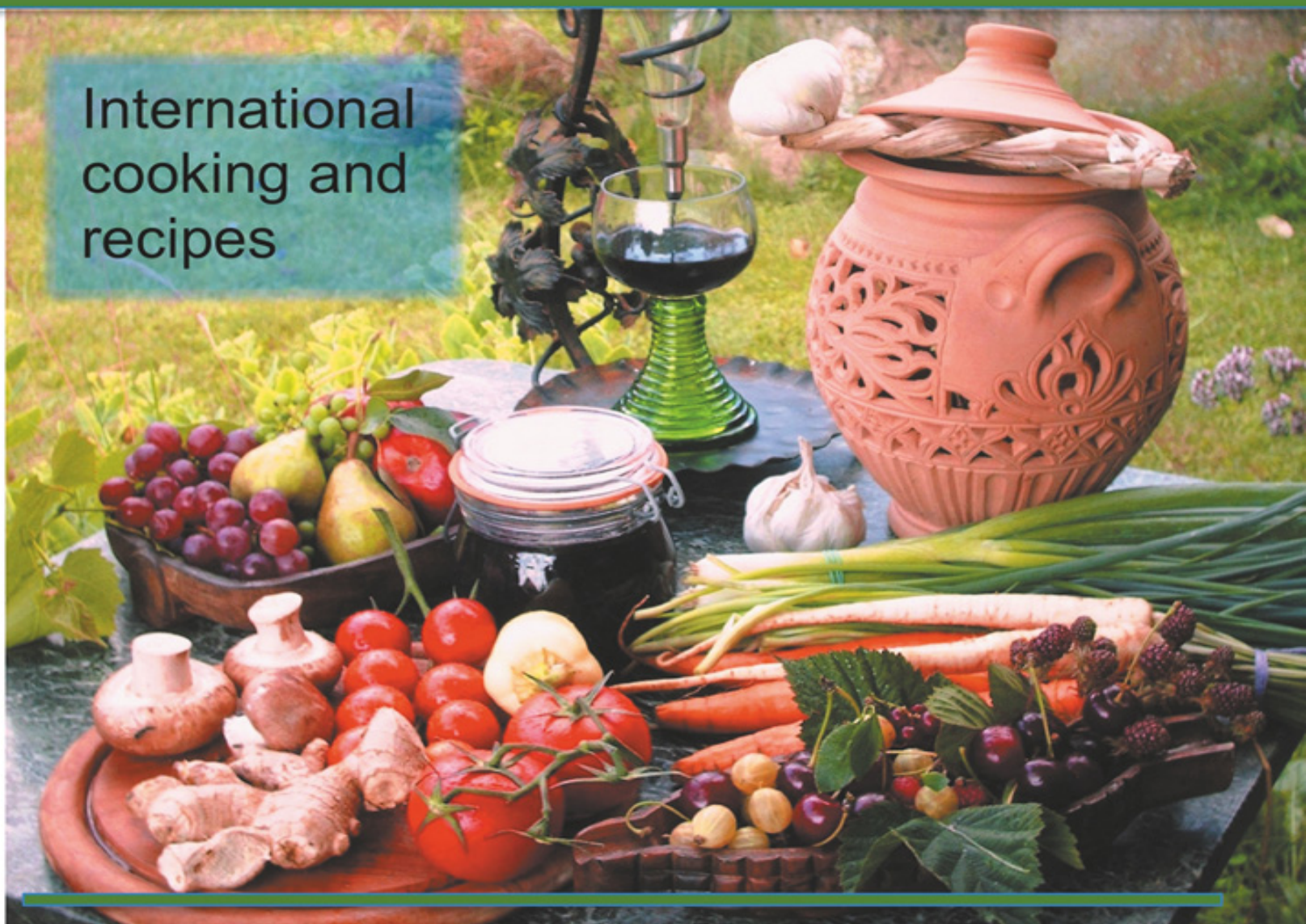


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Liver

Moist heat in the liver and gallbladder

E219

(Book: E219)

Diet recommendations for TCM - Liver - Moist heat in the liver and gallbladder

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Dinner
7. Any time
8. Recipes
 - 8.1 8 treasures of rice
 - 8.2 Adzuki Bean and Rice Soup
 - 8.3 Barley soup
 - 8.4 Barley water
 - 8.5 Basic recipe for a beef broth (clear)
 - 8.6 Basic recipe for a chicken broth warming
 - 8.7 Basic recipe for a duck broth
 - 8.8 Basic recipe for a fish broth
 - 8.9 Basic recipe for a reissue soup (Congee)
 - 8.10 Basic recipe for a vegetable soup, nutritious
 - 8.11 Beluga lentil stew with vegetables
 - 8.12 Black-eyed beans stew
 - 8.13 Carrot and rice gruel soup
 - 8.14 Celery juice
 - 8.15 Indian Dal soup

- 8.16 Legumes
- 8.17 Lentils and rice stew
- 8.18 Noodle soup
- 8.19 Pear compote
- 8.20 Pear juice
- 8.21 Potato with dandelion salad
- 8.22 Radish with horseradish
- 8.23 Rice congee with honey pear and black sesame
- 8.24 Rice noodle soup with shiitake mushrooms
- 8.25 Rice porridge with orange peel
- 8.26 Rice porridge with shrubs (seeds) Yi Yi Ren
- 8.27 Rice soup with grated carrots and fresh herbs
- 8.28 Rice with parsnips
- 8.29 Rice with stewed vegetables
- 8.30 Roasted nuts
- 8.31 Rosemary Potatoes
- 8.32 Tea from celery sticks
- 8.33 Tea from ground
- 8.34 Tea from lavender blossoms
- 8.35 Tea from Maidis stigma
- 8.36 Tea from sage
- 8.37 Tea from savory
- 8.38 Tea from yarrow
- 8.39 Tea Green tea
- 8.40 Tea liver lather
- 8.41 Vegetable miso soup with tofu
- 8.42 Vegetable semolina soup

9. Effects of food

- 9.1 Use ingredients: recommendable

- 9.2 Use ingredients: yes
- 9.3 Use ingredients: little
- 9.4 Do not use contra-acting foods

10. Herbs and their effects

- 10.1 Basil
- 10.2 Savory
- 10.3 Coriander
- 10.4 Herbs various
- 10.5 Cress
- 10.6 Chives
- 10.7 Lavender blossoms
- 10.8 Lovage
- 10.9 Lily bulbs
- 10.10 Dandelion (young plants)
- 10.11 Parsley
- 10.12 Rosemary
- 10.13 Sage
- 10.14 Sorrel
- 10.15 Black caraway
- 10.16 King Solomon's-seal
- 10.17 Yam root, yam root tuber

11. Basics of Nutrition

- 11.1 Nutrition
- 11.2 Recipes
- 11.3 Foodstuffs
- 11.4 Herbs

12. Other dietic-books

1 Treatment strategy

Release moisture and heat, move qi into the middle, strengthen spleen. Hot NO, warm LITTLE / NO, neutral / refreshing YES (sour LITTLE), cold and bitter YES, else NO

2 Avoid

Too much alcohol, denatured food, frozen food, fast food, late food, coffee, sugar, raw foods, dairy products, greasy, fried, cheese-baked, too much eggs, lamb, hot spices, too salty - combination of: sweet-fat, salty fat

3 Breakfast

	kcal. per serving
Adzuki Bean and Rice Soup	199
Barley soup	265
Barley water	44
Carrot and rice gruel soup	101
Celery juice	33
Legumes	31
Noodle soup.....	236
Pear compote	100
Pear juice	180
Potato with dandelion salad.....	162
Radish with horseradish	196
Rice congee with honey pear and black sesame	158
Rice noodle soup with shiitake mushrooms	65
Rice porridge with orange peel	119
Rice porridge with shrubs (seeds) Yi Yi Ren	211
Rice with parsnips	206
Roasted nuts	973
Rosemary Potatoes.....	188
Tea from lavender blossoms	0
Tea from sage	4
Tea Green tea	2
Tea liver lather	0
Vegetable miso soup with tofu	106
Vegetable semolina soup	198

4 Snack

Adzuki Bean and Rice Soup 199