

di-book

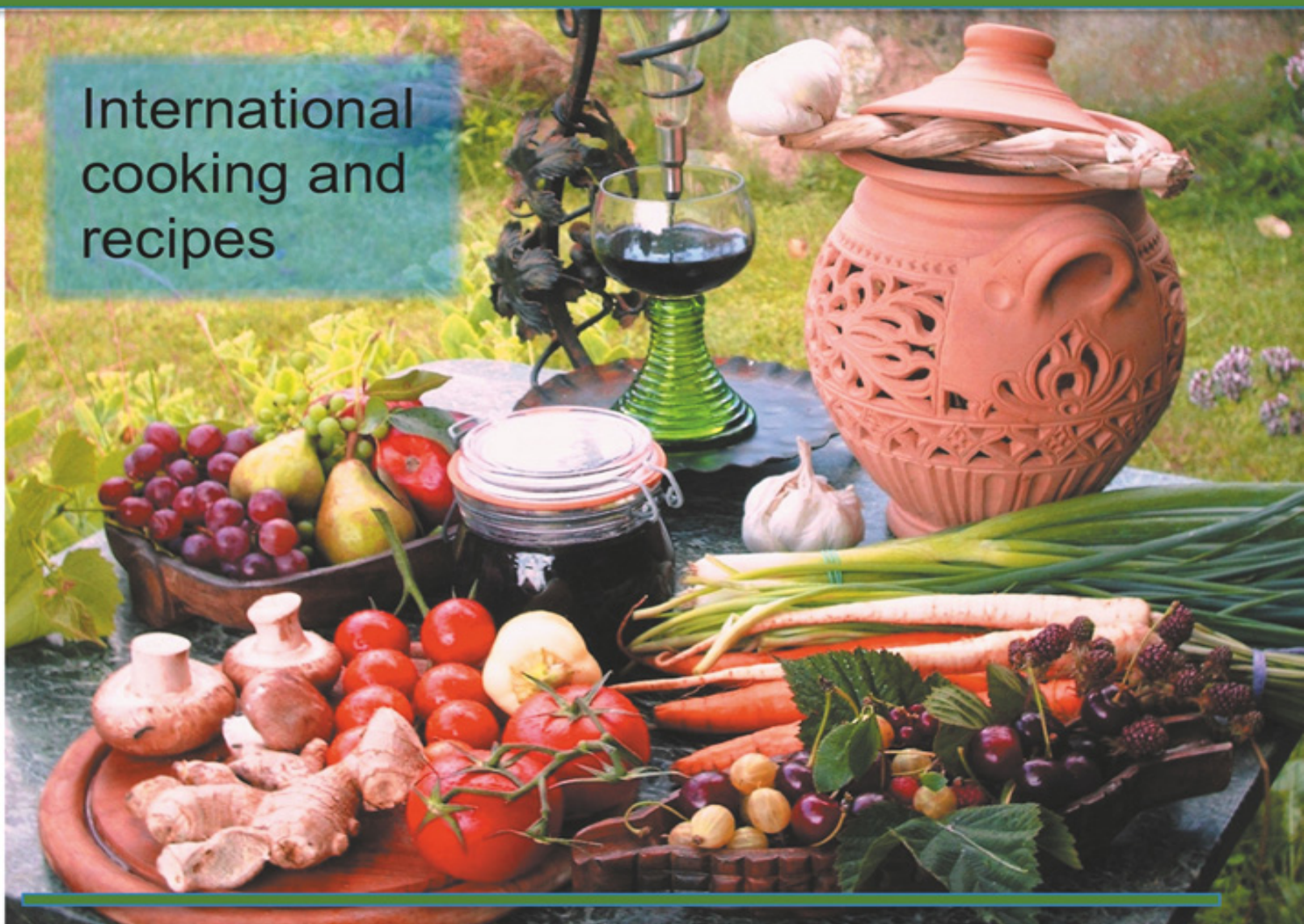


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Liver
Qi stagnation
E223

(Book: E223)

Diet recommendations for TCM - Liver -Qi stagnation

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 sauce with raisins
 - 9.4 Barley mash with berries
 - 9.5 Barley soup
 - 9.6 Basic recipe for a chicken broth warming
 - 9.7 Basic recipe for a reissue soup (Congee)
 - 9.8 Beef broth
 - 9.9 Broccoli cream soup
 - 9.10 Carrot and rice gruel soup
 - 9.11 Celery juice
 - 9.12 Cooling rice dish with grapefruit
 - 9.13 Grape compote
 - 9.14 Grapefruit juice

- 9.15 Lentils and rice stew
- 9.16 Pumpkin soup
- 9.17 Reissue soup with seaweed
- 9.18 Rice congee with carrots and fennel
- 9.19 Rice noodle soup with shiitake mushrooms
- 9.20 Rice porridge with orange peel
- 9.21 Rice porridge with shrubs (seeds) Yi Yi Ren
- 9.22 Rice with stewed vegetables
- 9.23 Roasted millet with Celery sticks
- 9.24 Roasted nuts
- 9.25 Tea from celery sticks
- 9.26 Tea from coriander
- 9.27 Tea from ground
- 9.28 Tea from jasmine blossoms
- 9.29 Tea from lime blossom
- 9.30 Tea from marjoram
- 9.31 Tea from Melissa
- 9.32 Tea from orange blossom
- 9.33 Tea from passion blossoms
- 9.34 Tea from rose blossom
- 9.35 Thick pea soup
- 9.36 Tsampa
- 9.37 Tsampa with jam or fruit compote
- 9.38 Vegetable miso soup with tofu

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 Lady's mantle

11.2 Coriander

11.3 Herbs various

11.4 Cress

11.5 Lovage

11.6 Lily bulbs

11.7 Marjoram

11.8 Balm

11.9 Parsley

11.10 Rosemary

11.11 Sage

11.12 King Solomon's-seal

11.13 Yam root, yam root tuber

11.14 Lemon Balm (fresh)

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

1 Treatment strategy

Difficult to solve with food alone, spread liver Qi, move. Hot - NO, cold - NO, sour - LITTLE, everything else YES, especially BITTER

2 Avoid

Too fat, late at night, red meat, spicy hot spices, too much garlic and onion, alcohol, ready meals, denatured food, emotional pressure, stress, perfectionism, lack of exercise, physical stiffness.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
Apple sauce with raisins	73
Barley mash with berries	112
Barley soup	265
Beef broth	124
Carrot and rice gruel soup	101
Celery juice	33
Cooling rice dish with grapefruit	234
Grape compote - Also for babies from the 8th month	128
Reissue soup with seaweed	130
Rice congee with carrots and fennel	131
Rice noodle soup with shiitake mushrooms	65
Rice porridge with orange peel	119
Rice porridge with shrubs (seeds) Yi Yi Ren	211

Roasted millet with Celery sticks
..... 400

Roasted nuts
..... 973

Tea from
marjoram..... 0

Thick pea soup
..... 123

Tsampa with jam or fruit compote
..... 280

Vegetable miso soup with tofu
..... 106

4 Snack

Adzuki Bean and Rice Soup 199

Apple sauce with raisins 73

Barley mash with berries 112

Grape compote 128

Reissue soup with seaweed 130