

di-book

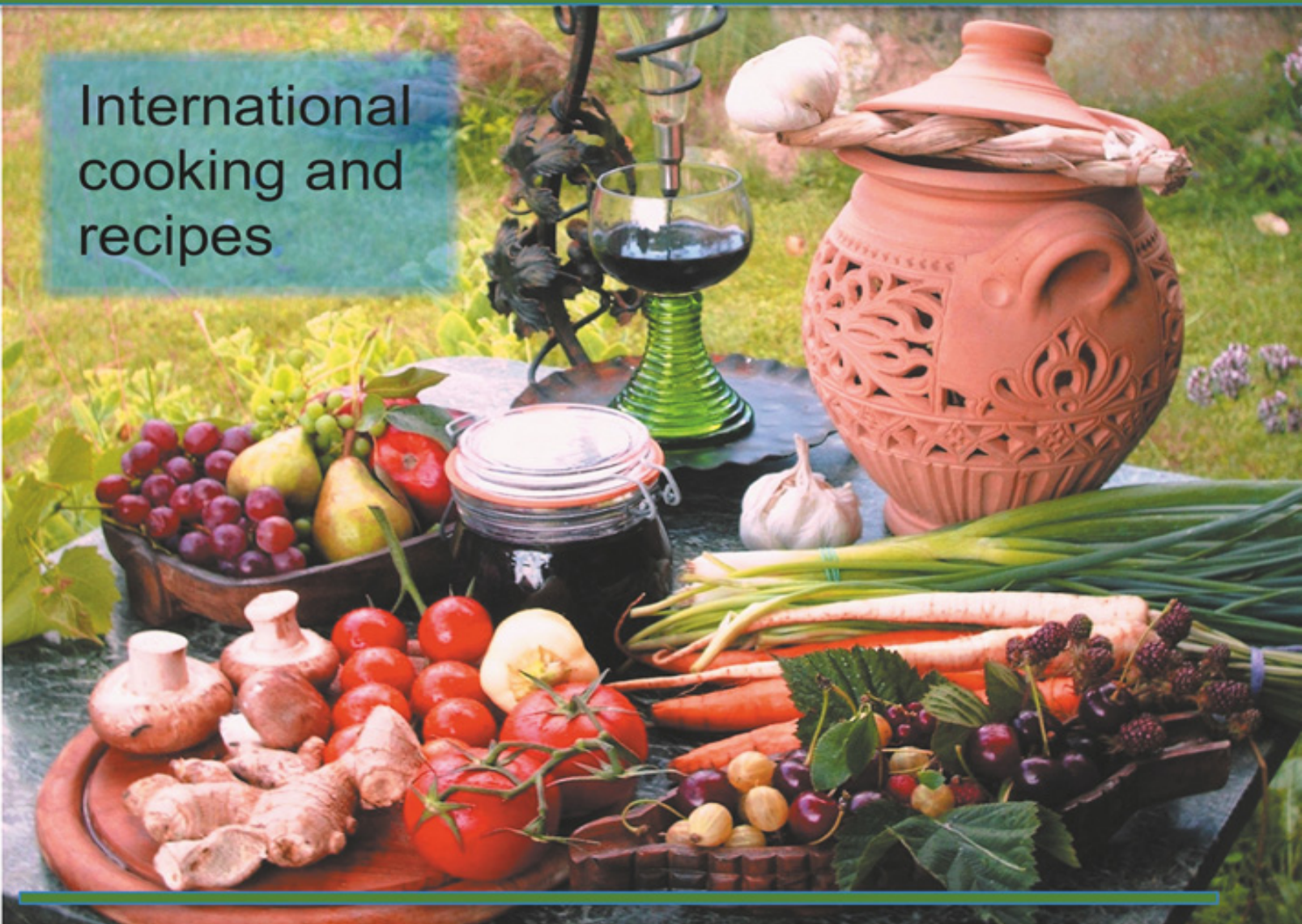


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Liver
Blood deficiency
E217

(Book: E217)

Diet recommendations for TCM - Liver - Blood deficiency

1. Treatment strategy
2. Avoid
3. Breakfast
4. Lunch
5. Dinner
6. Any time
7. Recipes
 - 7.1 8 treasures of rice
 - 7.2 Barley soup
 - 7.3 Basic recipe for a beef broth (clear)
 - 7.4 Basic recipe for a chicken broth warming
 - 7.5 Basic recipe for a duck broth
 - 7.6 Basic recipe for a fish broth
 - 7.7 Basic recipe for a reissue soup (Congee)
 - 7.8 Basic recipe for a vegetable soup, nutritious
 - 7.9 Beetroot soup with sauerkraut potato biscuits
 - 7.10 Chicken soup with angelica root and buckthorn fruit
 - 7.11 Chicken soup with egg yolk and parsley
 - 7.12 Clear oxen tail soup with buckthorn fruit
 - 7.13 Fruit soup with cherries, logane and lycii
 - 7.14 Millet with egg and butter
 - 7.15 Pumpkin curry

- 7.16 Red berry with beaters
- 7.17 Red grape juice with egg yolk
- 7.18 Red wine with egg yolk
- 7.19 Reissue soup with duck
- 7.20 Rice congee with chicken liver and buckthorn fruit
- 7.21 Rice with parsnips
- 7.22 Roasted millet with Celery sticks
- 7.23 Roasted nuts
- 7.24 Spinach with Tahini
- 7.25 Tea from coriander
- 7.26 Tea from Fructus Lycii
- 7.27 Tea from lemon
- 7.28 Tea from licorice (heart-strengthening)
- 7.29 Tea from longane
- 7.30 Tea from rose hip
- 7.31 Tea from rosemary
- 7.32 Tsampa with jam or fruit compote

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 Coriander
- 9.3 Herbs various
- 9.4 Cress
- 9.5 Lily bulbs

9.6 Marjoram

9.7 Parsley

9.8 Rosemary

9.9 Sage

9.10 King Solomon's-seal

9.11 Yam root, yam root tuber

9.12 Lemon Balm (fresh)

10. Basics of Nutrition

10.1 Nutrition

10.2 Recipes

10.3 Foodstuffs

10.4 Herbs

11. Other dietic-books

1 Treatment strategy

Nourish blood, strengthen middle and kidneys qi, harmonize liver. Hot - NO, cold - NO, sour - LITTLE, warm - LITTLE (bitter NO, sweet YES), neutral and refreshing YES

2 Avoid

Red wine, alcohol, black tea, green tea, yogic tea, mineral water, grilled, smoked, fried, spicy hot spices, too much salt, tropical fruits, sugar, marine fish except calamari, carp, cigarettes.

3 Breakfast

kkal. per serving

Barley soup	265
.....	
Fruit soup with cherries, logane and lycii	189
.....	
Millet with egg and butter	338
.....	
Red berry with beaters	123
.....	
Red wine with egg	
yolk.....	242
Reissue soup with	
duck.....	160
Rice with parsnips	
.....	206
Roasted millet with Celery sticks	
.....	400
Roasted nuts	
.....	973
Tsampa with jam or fruit compote	
.....	280

4 Lunch

8 treasures of rice	212
Barley soup	265
Beetroot soup with sauerkraut potato biscuits	128
Chicken soup with angelica root and buckthorn fruit	77
Chicken soup with egg yolk and parsley	117
Clear oxen tail soup with buckthorn fruit	217
Fruit soup with cherries, logane and lycii	189
Millet with egg and butter	338
Pumpkin curry	193
Red berry with beaters	123
Red wine with egg yolk.....	242
Reissue soup with duck.....	160
Rice congee with chicken liver and buckthorn fruit	175
Rice with parsnips	206
Roasted millet with Celery sticks	400