

di-book



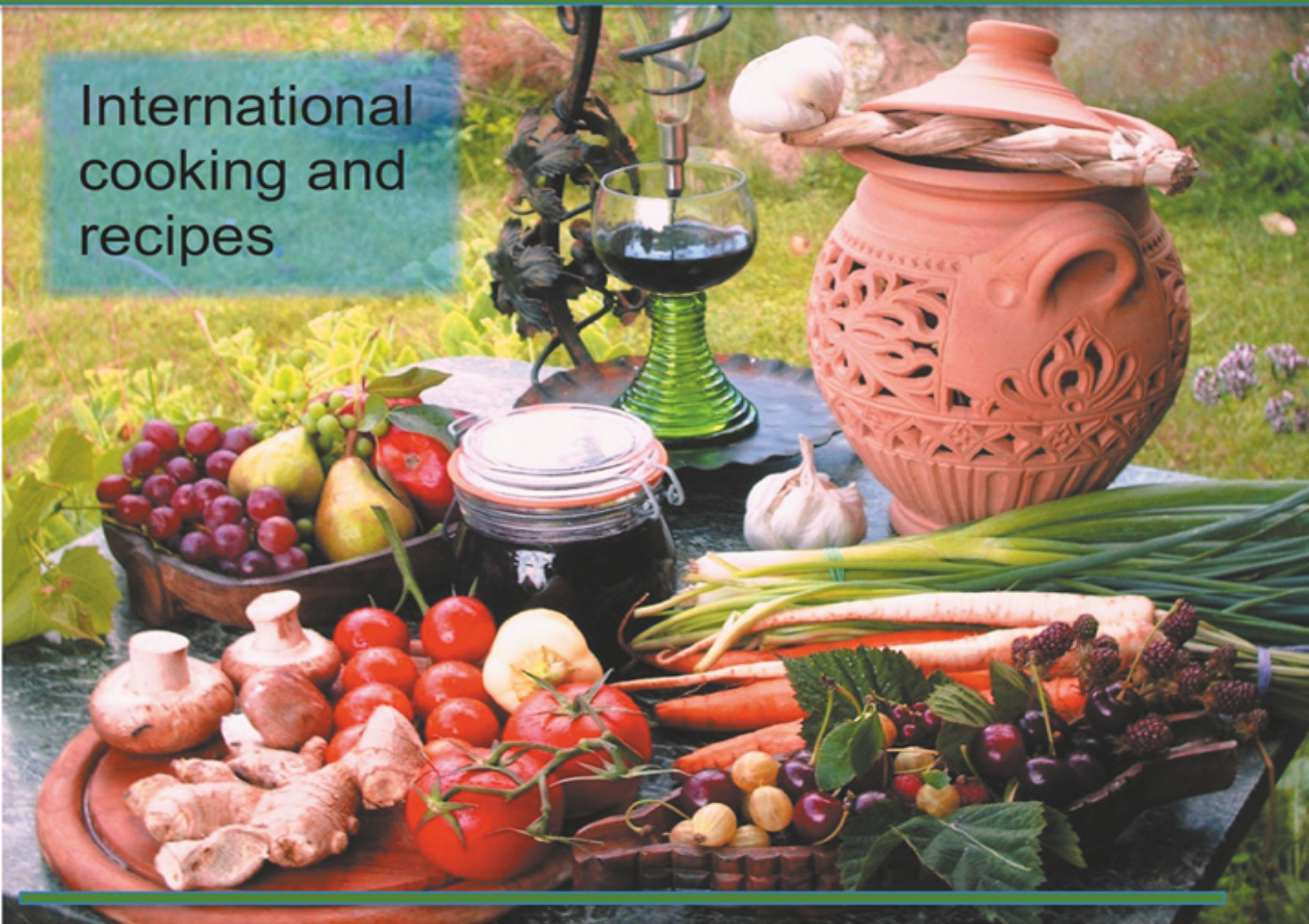
# TCM Recommendations

## Recipes and Foodstuffs

### Traditional Chinese Medicine

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International  
cooking and  
recipes



**Liver**  
**Gallbladder Qi-deficiency**  
**E221**

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: E221)

## **Diet recommendations for TCM - Liver - Gallbladder Qi-deficiency**

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 Antipasti
  - 9.4 Apple sauce with raisins
  - 9.5 Barley soup
  - 9.6 Basic recipe for a beef broth (clear)
  - 9.7 Basic recipe for a chicken broth worming
  - 9.8 Basic recipe for a duck broth
  - 9.9 Basic recipe for a fish broth
  - 9.10 Basic recipe for a reissue soup (Congee)
  - 9.11 Basic recipe for a vegetable soup, nutritious
  - 9.12 Basmati rice + Zucchini tofu dish
  - 9.13 Black root with yogurt
  - 9.14 Black-eyed beans stew

- 9.15 Carrot and rice gruel soup
- 9.16 Celery and tomato salad
- 9.17 Celery salad with lemon and olive oil
- 9.18 Chicken soup with angelica root and buckthorn fruit
- 9.19 Chicken soup with egg yolk and parsley
- 9.20 Chicken soup with green spelt, parsley and sake
- 9.21 Compote from apples
- 9.22 Compote from blueberries
- 9.23 Corn coffee with cardamom
- 9.24 Couscous Salad
- 9.25 Cranberry yogurt mix
- 9.26 Figs with mozzarella and honey
- 9.27 Fish soup with rosemary
- 9.28 Fruit jelly
- 9.29 Fruit juice
- 9.30 Grated apple
- 9.31 Grated carrots with apple
- 9.32 Grilled tomatoes with cheese filling
- 9.33 Halibut with tomato and garlic sauce
- 9.34 Kudzu soup in the morning
- 9.35 Legumes
- 9.36 Lentils and rice stew
- 9.37 Melanzani with olive oil and turmeric
- 9.38 Miso soup with tofu
- 9.39 Nettle-chard soup
- 9.40 Potato-basil soup
- 9.41 Pumpkin curry

- 9.42 Pumpkin-yoghurt soup
- 9.43 Quinoa piquant with avocado
- 9.44 Radish, apple and yogurt fresh food
- 9.45 Red lentils with avocado and radish
- 9.46 Reissue soup with seaweed
- 9.47 Rhubarb and apple jelly
- 9.48 Rice dulse soup
- 9.49 Rice porridge with orange peel
- 9.50 Rice with parsnips
- 9.51 Rice with stewed vegetables
- 9.52 Roasted millet with Celery sticks
- 9.53 Roasted oatmeal with grapes compot
- 9.54 Rosemary Potatoes
- 9.55 Spring salad
- 9.56 Strawberry soup with melons
- 9.57 Tea from anise
- 9.58 Tea from ginseng
- 9.59 Tea from rose hip
- 9.60 Tea from sage
- 9.61 Tea Green tea
- 9.62 Vegetable juice
- 9.63 Whole milk cereal mash

## 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 Basil

- 11.2 Mugwort
- 11.3 Savory
- 11.4 Nettles
- 11.5 Coriander
- 11.6 Herbs various
- 11.7 Cress
- 11.8 Chives
- 11.9 Lovage
- 11.10 Lily bulbs
- 11.11 Dandelion (young plants)
- 11.12 Parsley
- 11.13 Peppermint
- 11.14 Rosemary
- 11.15 Sage
- 11.16 Sorrel
- 11.17 Thyme dried
- 11.18 King Solomon's-seal
- 11.19 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**

Strengthen gallbladder and warm it up.

# 2 Avoid

n.a.



### 3 Breakfast

				kkal. per serving
Adzuki	Bean	and	Rice	Soup
.....				199
Apple	sauce		with	raisins
.....				73
Barley				soup
.....				265
Carrot	and	rice	gruel	soup
.....				101
Compote		from		apples
.....				67
Compote		from		blueberries
.....				49
Corn	coffee		with	cardamom
.....				3
Couscous				Salad
.....				338
Cranberry			yogurt	mix
.....				57
Fish	soup		with	rosemary
.....				271
Fruit				jelly
.....				60
Fruit				juice
.....				175
Grated				apple
.....				120
Grated	carrots		with	apple
.....				74

Legumes					31
.....					
Miso	soup		with		tofu
.....				51	
Potato-basil					soup
.....				95	
Pumpkin-yoghurt					soup
.....				68	
Quinoa	piquant		with		avocado
.....				561	
Radish,	apple	and	yogurt	fresh	food
.....				77	
Reissue	soup		with		seaweed
.....				130	
Rhubarb			and		apple
jelly.....				180	
Rice			dulse		soup
.....				190	
Rice	porridge		with	orange	peel
.....				119	
Rice			with		parsnips
.....				206	
Roasted	millet		with	Celery	sticks
.....				400	
Roasted	oatmeal		with	grapes	compote
.....				328	
Rosemary					
Potatoes.....					188
Tea			from		anise
.....					2
Tea			from		ginseng
.....					0
Tea			from		sage
.....					4
Tea			Green		tea
.....					2

Whole

milk

cereal

mash

..... 205

# 4 Snack

Adzuki	Bean	and	Rice	Soup	
.....					199
Apple	sauce		with	raisins	
.....					73
Figs	with	mozzarella	and	honey	
.....					415
Fruit				jelly	
.....					60
Grated	carrots		with	apple	
.....					74
Radish,	apple	and	yogurt	fresh	food
.....					77
Reissue	soup		with	seaweed	
.....					130