

di-book

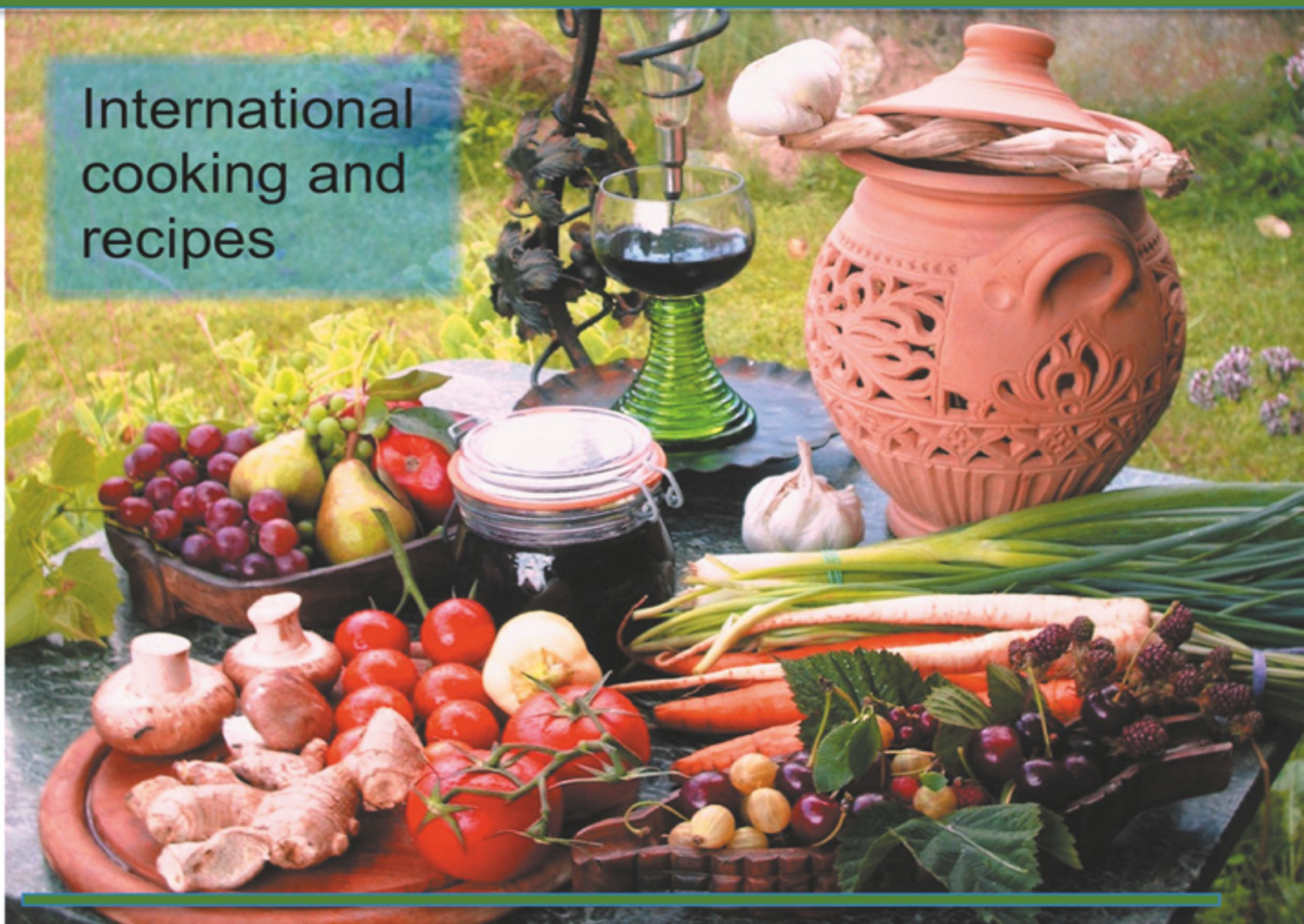


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



**Heart
Fire
E210**

(Book: E210)

Diet recommendations for TCM - Heart - Fire

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 Apricot and cranberry ice cream
 - 9.5 Avocado with lemon
 - 9.6 Barley mash with plums
 - 9.7 Basic recipe for a beef broth (clear)
 - 9.8 Basic recipe for a chicken broth warming
 - 9.9 Basic recipe for a duck broth
 - 9.10 Basic recipe for a fish broth
 - 9.11 Basic recipe for a reissue soup (Congee)
 - 9.12 Basic recipe for a vegetable soup, nutritious
 - 9.13 Black root with yogurt

- 9.14 Chicken soup with angelica root and buckthorn fruit
- 9.15 Compote from rhubarb
- 9.16 Cooling rice dish with grapefruit
- 9.17 Cream cheese substitute
- 9.18 Creamy potatoes with cauliflower
- 9.19 Curdcheesedumplings on strawberry pulp
- 9.20 Fennel-Rice Soup
- 9.21 Grated apple
- 9.22 Kudzu soup in the morning
- 9.23 Melanzani with olive oil and turmeric
- 9.24 Potato pancakes
- 9.25 Potatoes with wild garlic-curd cheese
- 9.26 Reissue soup with duck
- 9.27 Rice congee with dried fruit
- 9.28 Rice with parsnips
- 9.29 Rice with stewed vegetables
- 9.30 Roasted millet with Celery sticks
- 9.31 Semolina slices
- 9.32 Tea from basil
- 9.33 Tea from celery sticks
- 9.34 Tea from elderberry blossom tea
- 9.35 Tea from Melissa
- 9.36 Tea from peppermint with white sugar
- 9.37 Tea from seaweed
- 9.38 Tsampa with jam or fruit compote
- 9.39 Wheat fresh grain porridge with pears.

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 Herbs various

11.3 Cress

11.4 Lovage

11.5 Lily bulbs

11.6 Balm

11.7 Parsley

11.8 Peppermint

11.9 Sage

11.10 King Solomon's-seal

11.11 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

Cool heat and dissipate. Calm the mind, nourish the heart and kidneys Yin, cool. - NO, warm little to NO, everything else YES.

2 Avoid

Bitter, drying, hot spices, very salty, grilled, fried, toasted, Yogitee, cocoa, chocolate, hectic, stress, screen work, go to bed late.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
.....	199
Apple sauce with raisins	73
.....	73
Apricot and cranberry ice cream	106
.....	106
Avocado with lemon	289
.....	289
Barley mash with plums	106
.....	106
Compote from rhubarb	48
.....	48
Cooling rice dish with grapefruit	234
.....	234
Cream cheese substitute	526
.....	526
Creamy potatoes with cauliflower	332
.....	332
Curdcheesedumplings on strawberry pulp	553
.....	553
Fennel-Rice Soup	155
.....	155
Grated apple	120
.....	120
Potato pancakes	893
.....	893
Reissue soup with duck.....	160

Rice congee with dried fruit
..... 210

Rice with parsnips
..... 206

Roasted millet with Celery sticks
..... 400

Semolina slices
..... 331

Tea from peppermint with white sugar
..... 7

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

Wheat fresh grain porridge with pears.
..... 309