

di-book

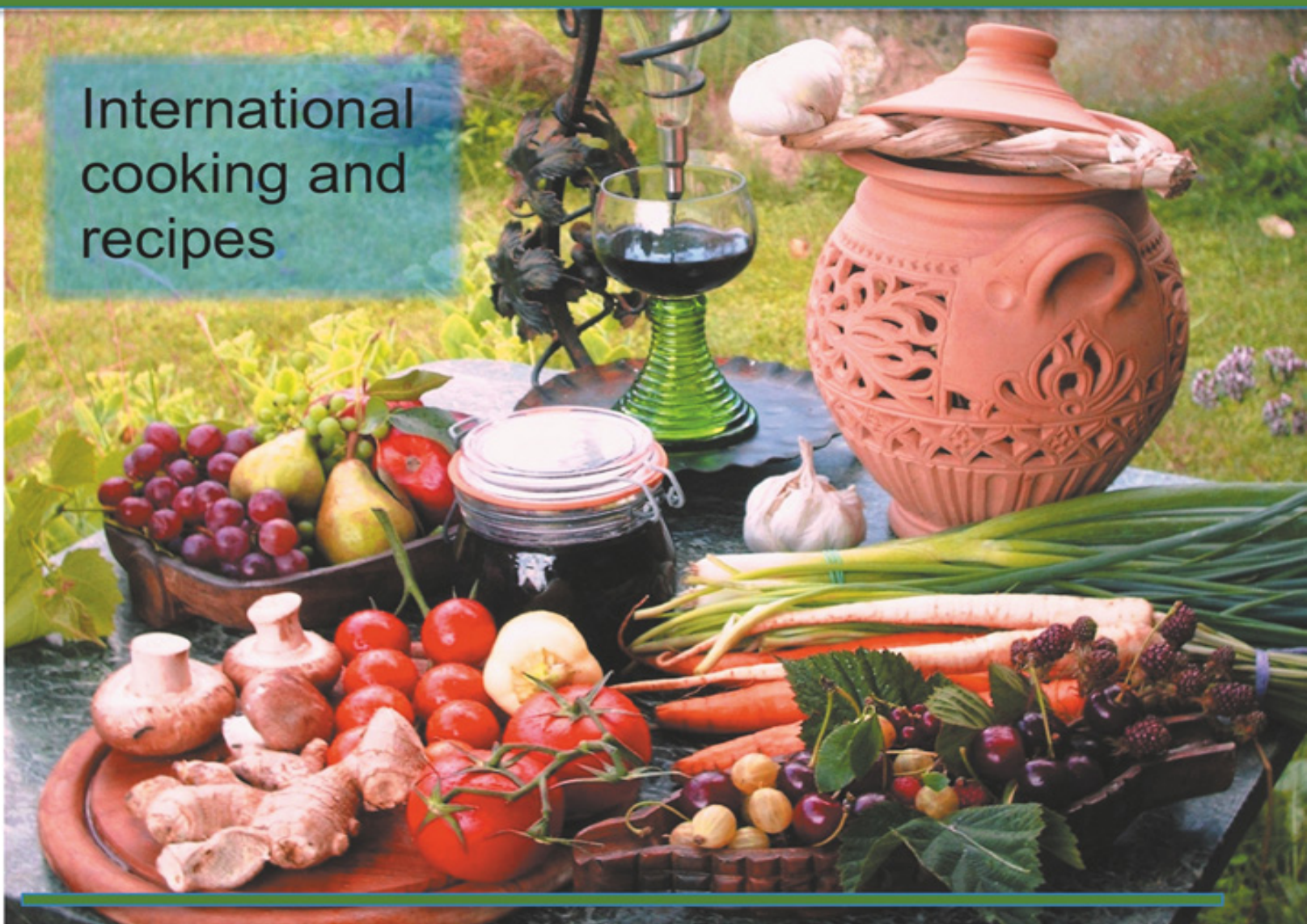


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Heart
Qi deficiency
E213

(Book: E213)

Diet recommendations for TCM - Heart -Qi deficiency

1. Treatment strategy
2. Avoid
3. Breakfast kkal. per serving
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 8 treasures of rice
 - 9.2 Basic recipe for a beef broth (clear)
 - 9.3 Basic recipe for a chicken broth warming
 - 9.4 Basic recipe for a duck broth
 - 9.5 Basic recipe for a fish broth
 - 9.6 Basic recipe for a reissue soup (Congee)
 - 9.7 Basic recipe for a vegetable soup, nutritious
 - 9.8 Beef broth
 - 9.9 Beef soup with carrots, leeks, bay leaves
 - 9.10 Beluga lentil stew with vegetables
 - 9.11 Black-eyed beans stew
 - 9.12 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)

- 9.13 Carp soup
- 9.14 Chicken soup with angelica root and buckthorn fruit
- 9.15 Clear oxen tail soup with buckthorn fruit
- 9.16 Clear soup from goose
- 9.17 Coconut rice with cardamom
- 9.18 Cod soup with tomatoes
- 9.19 Fish soup with white wine, laurel and marjoram
- 9.20 Hummus (Chickpeasmash)
- 9.21 Japanese algae soup
- 9.22 Legumes
- 9.23 Lentils and rice stew
- 9.24 Millet with egg and butter
- 9.25 Mung bean stew
- 9.26 Pea dish
- 9.27 Polenta with fried egg
- 9.28 Porridge with raisins and sake
- 9.29 Quinoa piquant with avocado
- 9.30 Quinoa with peach
- 9.31 Red lentils with avocado and radish
- 9.32 Reissue soup with fresh fruits
- 9.33 Rice congee with carrots and fennel
- 9.34 Rice congee with dried fruit
- 9.35 Rice dulse soup
- 9.36 Rice noodle soup with shiitake mushrooms
- 9.37 Rice soup with grated carrots and fresh herbs
- 9.38 Roasted oatmeal with grapes compote

9.39 Spelled-grid porridge with berries of the season

9.40 Sweet polenta with peach

9.41 Tea from ginseng

9.42 Tea from juniper berry

9.43 Tea from Longane

9.44 Tea from rosemary

9.45 Warming porridge

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 Coriander

11.5 Herbs various

11.6 Chives

11.7 Lovage

11.8 Lily bulbs

11.9 Oregano fresh

11.10 Parsley

11.11 Peppermint

11.12 Rosemary

11.13 Sage

11.14 Black caraway

11.15 King Solomon's-seal

11.16 Yam root, yam root tuber

11.17 Lemongrass

11.18 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

Strengthen the heart qi (build up the spleen and kidneys via qi, activation of the qi and blood flow), blood buildup, as heart qi and heart blood deficiency cause each other. - hot LITTLE, cold NO, all other YES (only sour-refreshing and bitter-warm LITTLE)

2 Avoid

n.a.

3 Breakfast

kkal. per serving

Beef broth	124
.....	
Coconut rice with cardamom	266
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Fish soup with white wine, laurel and marjoram	199
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Hummus (Chickpeasmash)	542
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Legumes	31
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Millet with egg and butter	338
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Pea dish.....	406
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Polenta with fried egg	410
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Porridge with raisins and sake	427
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Quinoa piquant with avocado	561
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Quinoa with peach	247
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Reissue soup with fresh fruits	143
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Rice congee with carrots and fennel	131
.....	
Rice congee with dried fruit	210
.....	

Rice dulse soup 190

Rice noodle soup with shiitake mushrooms 65

Roasted oatmeal with grapes compote 328

Spelled-grid porridge with berries of the season 243

Sweet polenta with peach 330

Tea from ginseng 0

Tea from juniper berry 10

Warming porridge 357

4 Snack

Hummus (Chickpeasmash)
..... 542

Spelled-grid porridge with berries of the season
..... 243

5 Lunch

8 treasures of rice	212
Beef broth	124
Beef soup with carrots, leeks, bay leaves	194
Beluga lentil stew with vegetables	201
Black-eyed beans stew	140
Boiled fillet with potatoebiscuits (Austrian classic Tafelspitz)	453
Carp soup	499
Chicken soup with angelica root and buckthorn fruit	77
Clear oxen tail soup with buckthorn fruit	217
Clear soup from goose	334
Coconut rice with cardamom	266
Cod soup with tomatoes	176
Fish soup with white wine, laurel and marjoram	199
Hummus (Chickpeasmash)	542
Japanese algae soup	47