

di-book

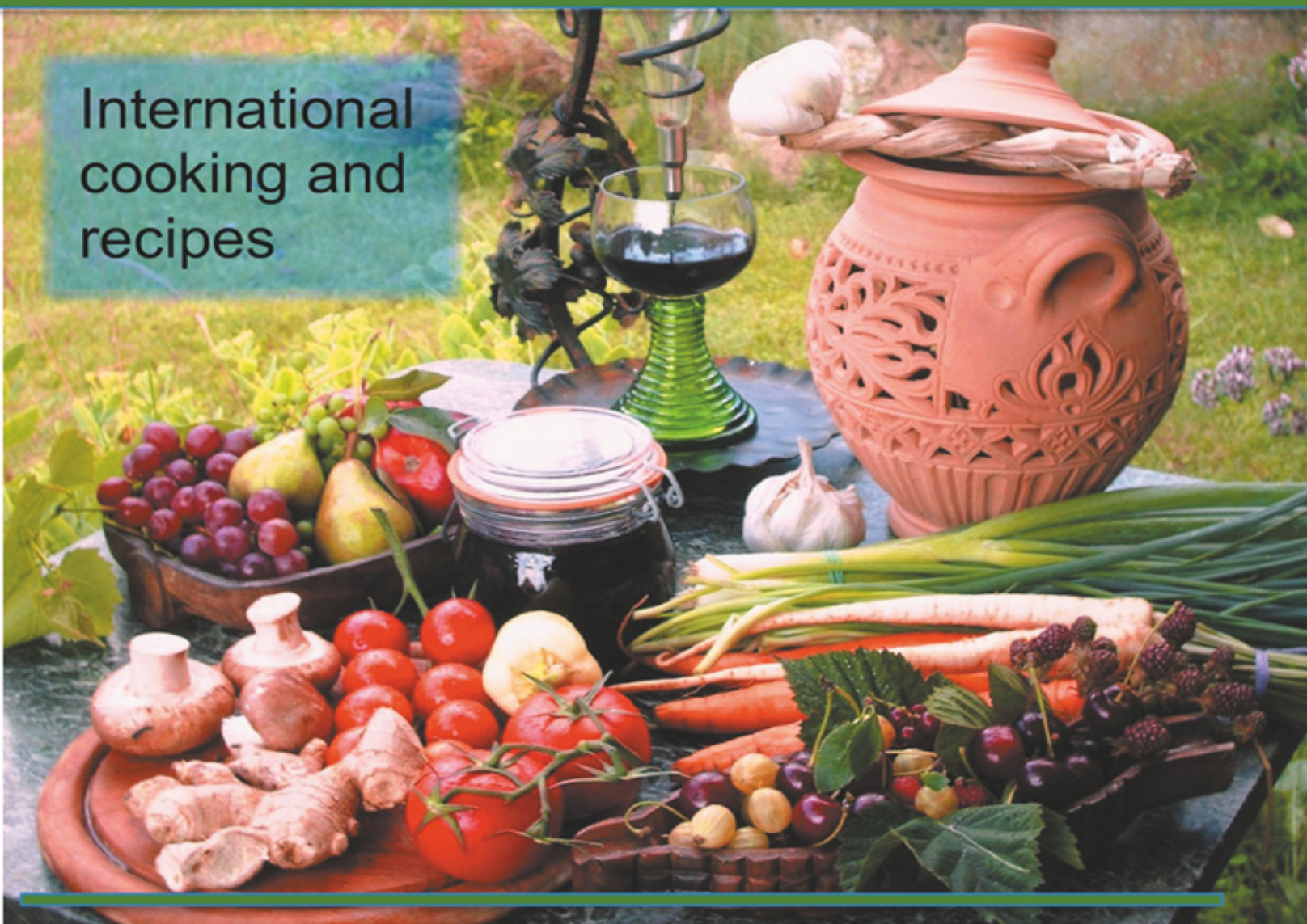


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Heart
Yang deficiency
E214

(Book: E214)

Diet recommendations for TCM - Heart - Yang 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 Basic recipe for a beef broth (clear)
 - 7.3 Basic recipe for a chicken broth worming
 - 7.4 Basic recipe for a duck broth
 - 7.5 Basic recipe for a fish broth
 - 7.6 Basic recipe for a reissue soup (Congee)
 - 7.7 Basic recipe for a vegetable soup, nutritious
 - 7.8 Beef soup with carrots, leeks, bay leaves
 - 7.9 Beluga lentil stew with vegetables
 - 7.10 Black-eyed beans stew
 - 7.11 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)
 - 7.12 Carp soup
 - 7.13 Chicken soup with angelica root and buckthorn fruit

- 7.14 Chicken soup with green spelt, parsley and sake
- 7.15 Chickpeas with Raisins
- 7.16 Classic ginger chicken with rice wine
- 7.17 Clear oxen tail soup with buckthorn fruit
- 7.18 Clear soup from goose
- 7.19 Coconut rice with cardamom
- 7.20 Cod soup with tomatoes
- 7.21 Compote from cherries
- 7.22 Fennel-Rice Soup
- 7.23 Grape juice with hot water
- 7.24 Indian Dal soup
- 7.25 Kidney bean pot with lamb and sage
- 7.26 Kudzu soup in the morning
- 7.27 Leek soup with almondmash
- 7.28 Lentils and rice stew
- 7.29 Millet with egg and butter
- 7.30 Minestrone
- 7.31 Mung bean stew
- 7.32 Pea dish
- 7.33 Plums with curd cheese
- 7.34 Polenta with fried egg
- 7.35 Quick flakes with compote or jam
- 7.36 Quinoa piquant with avocado
- 7.37 Quinoa with peach
- 7.38 Radish with spring onions and carrots
- 7.39 Red lentils with avocado and radish
- 7.40 Reissue soup with fresh fruits
- 7.41 Rice congee with crushed walnuts

- 7.42 Rice congee with dried fruit
- 7.43 Rice dulse soup
- 7.44 Rice noodle soup with shiitake mushrooms
- 7.45 Rice soup with grated carrots and fresh herbs
- 7.46 Roasted oatmeal with grapes compote
- 7.47 Sliced lamb with rosemary potatoes
- 7.48 Sweet polenta with peach
- 7.49 Sweet rice with apples
- 7.50 Tea from ginseng
- 7.51 Tea from thyme
- 7.52 Warming porridge

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 Mugwort
- 9.3 Savory
- 9.4 Coriander
- 9.5 Herbs various
- 9.6 Chives
- 9.7 Lovage
- 9.8 Lily bulbs
- 9.9 Oregano fresh
- 9.10 Parsley
- 9.11 Rosemary
- 9.12 Sage

9.13 Black caraway

9.14 King Solomon's-seal

9.15 Yam root, yam root tuber

9.16 Lemongrass

9.17 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

Strengthen heart Qi and Yang, warm, move blood and Qi.
Cold NO, hot LITTLE (sweet YES), everything else YES
(bitterly warm and sour-refreshing LITTLE)

2 Avoid

n.a.

3 Breakfast

				kkal. per serving
Chickpeas		with		Raisins
.....			429	
Coconut	rice	with		cardamom
.....			266	
Compote		from		cherries
.....			31	
Fennel-Rice				Soup
.....			155	
Leek	soup	with		almondmash
.....			115	
Millet	with	egg	and	butter
.....			338	
Pea dish.....				
406				
Plums	with	curd		cheese
.....			141	
Polenta	with	fried		egg
.....			410	
Quick flakes	with	compote	or	jam
.....			189	
Quinoa	piquant	with		avocado
.....			561	
Quinoa		with		peach
.....			247	
Reissue	soup	with	fresh	fruits
.....			143	
Rice	congee	with		crushed
walnuts.....			406	

Rice	congee	with	dried	fruit	
.....					210
Rice		dulse		soup	
.....					190
Rice	noodle	soup	with	shiitake	mushrooms
.....					65
Roasted	oatmeal	with	grapes	compote	
.....					328
Sweet		polenta	with	peach	
.....					330
Sweet			rice	with	
apples.....					155
Tea		from		ginseng	
.....					0
Warming					
.....					357

4 Lunch

8 treasures of rice	212
Beef soup with carrots, leeks, bay leaves	194
Beluga lentil stew with vegetables	201
Black-eyed beans stew	140
Boiled fillet with potatoebiscuits (Austrian Tafelspitz)	453
Carp soup	499
Chicken soup with angelica root and buckthorn fruit	77
Chicken soup with green spelt, parsley and sake	150
Chickpeas with Raisins	429
Classic ginger chicken with rice wine	357
Clear oxen tail soup with buckthorn fruit	217
Clear soup from goose	334
Coconut rice with cardamom	266
Cod soup with tomatoes	176
Compote from cherries	31

Fennel-Rice						Soup
.....					155	
Indian			Dal			soup
.....					255	
Kidney	bean	pot	with	lamb	and	sage
.....					391	
Leek		soup		with		almondmash
.....					115	
Lentils			and		rice	stew
.....					232	
Millet		with		egg	and	butter
.....					338	
Minestrone						
.....					210	
Mung						bean
stew.....					665	
Pea						
dish.....						
406						
Plums			with		curd	cheese
.....					141	
Polenta			with		fried	egg
.....					410	
Radish		with	spring	onions	and	carrots
.....					246	
Red	lentils		with	avocado	and	radish
.....					268	
Reissue		soup		with	fresh	fruits
.....					143	
Rice		congee		with		crushed
walnuts.....					406	
Rice		congee		with	dried	fruit
.....					210	
Rice				dulse		soup
.....					190	

Rice noodle soup with shiitake mushrooms	65
Rice soup with grated carrots and fresh herbs	131
Sliced lamb with rosemary potatoes	461
Sweet polenta with peach	330
Sweet rice with apples	155
Tea from ginseng	0
Warming porridge	357