

di-book

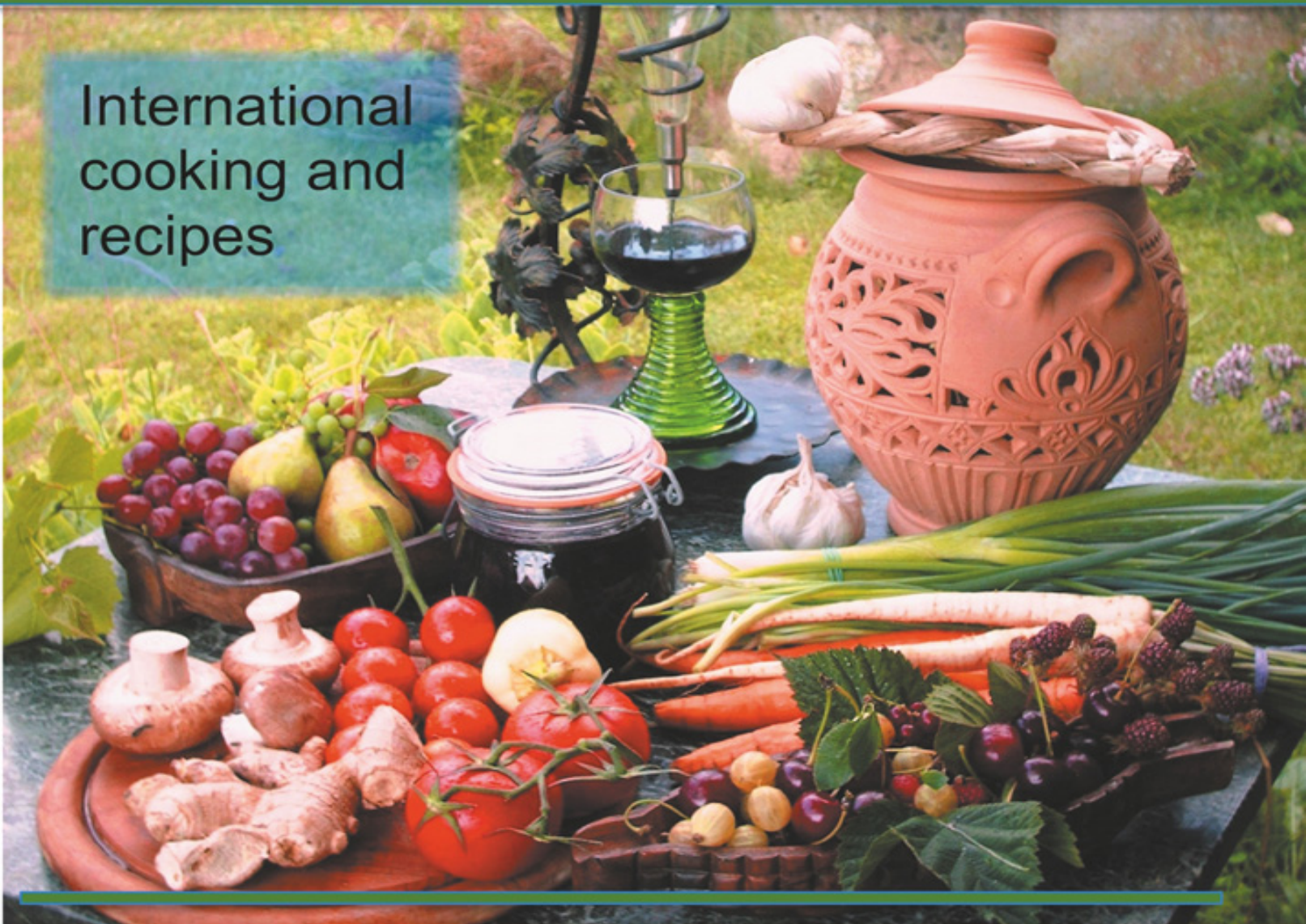


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Heart
Blood deficiency
E208

(Book: E208)

Diet recommendations for TCM - Heart - Blood 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 Apple sauce with raisins
 - 9.3 Barley soup
 - 9.4 Basic recipe for a chicken broth worming
 - 9.5 Basic recipe for a duck broth
 - 9.6 Basic recipe for a reissue soup (Congee)
 - 9.7 Beef soup with carrots, leeks, bay leaves
 - 9.8 Black-eyed beans stew
 - 9.9 Boiled fillet (Austrian classic Tafelspitz)
 - 9.10 Carp soup

- 9.11 Carrot and rice gruel soup
- 9.12 Carrot rice with chicken
- 9.13 Celery juice
- 9.14 Champignon rice
- 9.15 Chicken soup with angelica root and buckthorn fruit
- 9.16 Chicken soup with egg yolk and parsley
- 9.17 Chicken soup with green spelt, parsley and sake
- 9.18 Clear oxen tail soup with buckthorn fruit
- 9.19 Cous-Cous with date, coco and almondpuree
- 9.20 Indian Dal soup
- 9.21 Japanese algae soup
- 9.22 Kudzu soup in the morning
- 9.23 Lentils and rice stew
- 9.24 Mung bean stew
- 9.25 Pumpkin slices with spicy rice
- 9.26 Pumpkin soup
- 9.27 Red grape juice with egg yolk
- 9.28 Reissue soup with duck
- 9.29 Reissue soup with fresh fruits
- 9.30 Reissue soup with seaweed
- 9.31 Rice congee with chicken liver and buckthorn fruit
- 9.32 Rice congee with dried fruit

- 9.33 Rice dulse soup
- 9.34 Rice noodle soup with shiitake mushrooms
- 9.35 Rice soup with grated carrots and fresh herbs
- 9.36 Rice with parsnips
- 9.37 Roasted nuts
- 9.38 Sliced chicken with walnuts and sherry
- 9.39 Soup with egg yolk
- 9.40 Spinach with Tahini
- 9.41 Tea from coriander
- 9.42 Tea from Fructus Lycii
- 9.43 Tea from ginseng
- 9.44 Tea from ground
- 9.45 Tea from juniper berry
- 9.46 Tea from licorice (heart-strengthening)
- 9.47 Tea from longane
- 9.48 Tea from rose hip
- 9.49 Vegetable potato and meat mash
- 9.50 Vegetable semolina soup

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 Dill
- 11.5 Coriander
- 11.6 Herbs various
- 11.7 Cress
- 11.8 Chives
- 11.9 Lovage
- 11.10 Lily bulbs
- 11.11 Parsley
- 11.12 Peppermint
- 11.13 Rosemary
- 11.14 Sage
- 11.15 Black caraway
- 11.16 Thyme dried
- 11.17 King Solomon's-seal
- 11.18 Yam root, yam root tuber
- 11.19 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 blood and heart (see also Liver blood build-up), calm the mind, strengthen the center (spleen qi structure). Hot NO, warm LITTLE (sweet YES), cold NO (salty LITTLE), neutral u refreshing (sour LITTLE).

2 Avoid

Bitter-drying, coffee, red wine, black and green tea, lamb, cigarettes, spicy hot and hot spices, yogurt tea, alc, very salty, cheese, tropical fruits, too much sweet, oats, wheat flour (looks hot!!!), stress, screens to sleep late.

3 Breakfast

	kkal. per serving
Apple sauce with raisins	73
Barley soup	265
Carrot and rice gruel soup	101
Celery juice	33
Champignon rice	410
Cous-Cous with date, coco and almondpuree	483
Reissue soup with duck	160
Reissue soup with fresh fruits	143
Reissue soup with seaweed	130
Rice congee with dried fruit	210
Rice dulse soup	190
Rice noodle soup with shiitake mushrooms	65
Rice with parsnips	206
Roasted nuts	973

Soup	with	egg	yolk
.....			173
Tea	from		ginseng
.....			0
Tea	from	juniper	berry
.....			10
Vegetable	potato	and	meat
.....			127
Vegetable		semolina	soup
.....			198