

di-book

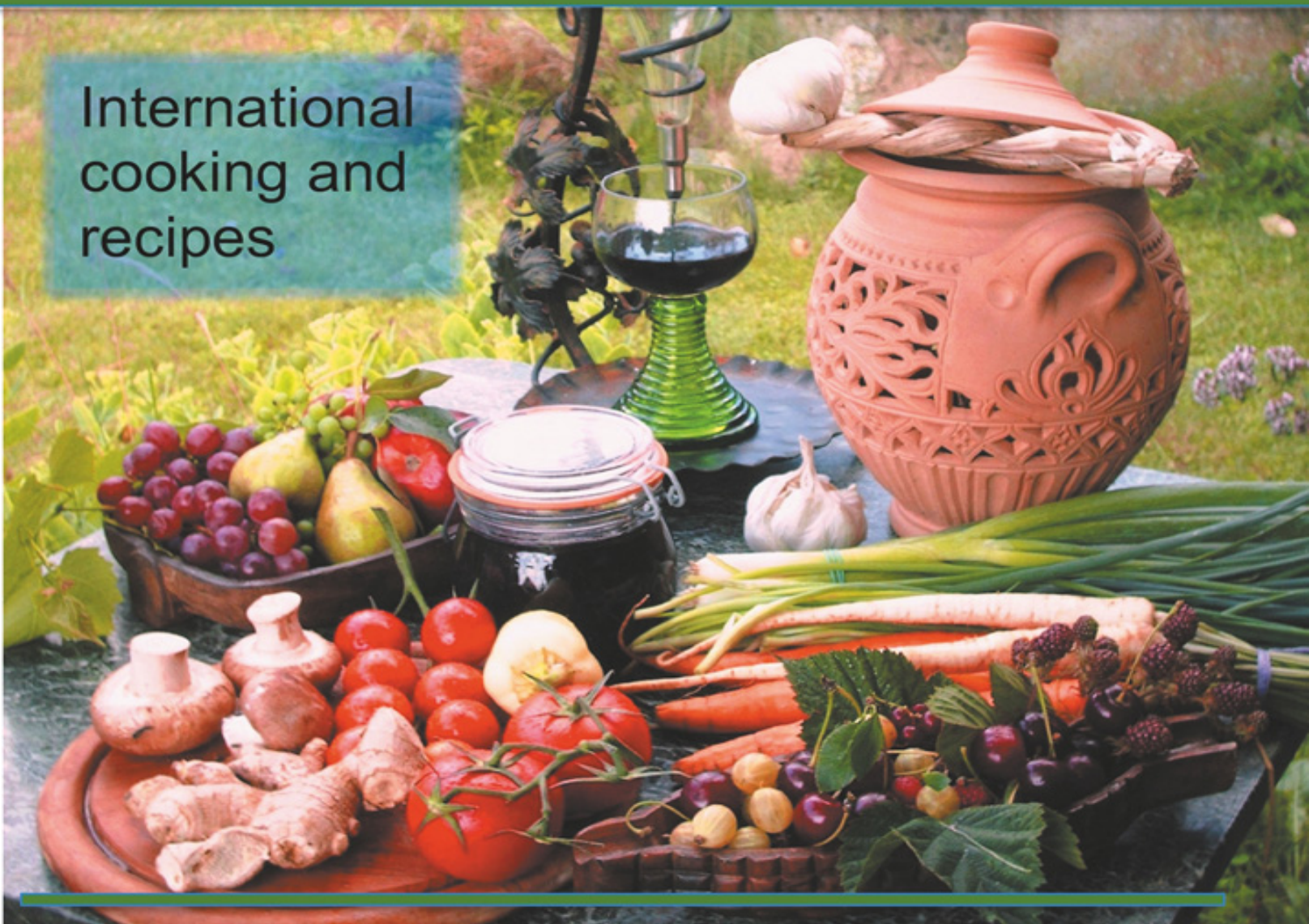


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Stomach
Cold with liquid
E238

(Book: E238)

Diet recommendations for TCM - Stomach - Cold with liquid

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 Basic recipe for a beef broth (clear)
 - 9.3 Basic recipe for a chicken broth warming
 - 9.4 Basic recipe for a reissue soup (Congee)
 - 9.5 Basic recipe for a vegetable soup, nutritious
 - 9.6 Bean paste piquant sweet
 - 9.7 Beef soup with carrots, leeks, bay leaves
 - 9.8 Beef soup with colorful vegetables and mushrooms
 - 9.9 Beluga lentil stew with vegetables
 - 9.10 Black-eyed beans stew
 - 9.11 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)

- 9.12 Carp soup
- 9.13 Chicken soup with angelica root and buckthorn fruit
- 9.14 Chicken soup with green spelt, parsley and sake
- 9.15 Chickpeas with Raisins
- 9.16 Classic ginger chicken with rice wine
- 9.17 Clear ox tail soup with buckthorn fruit
- 9.18 Clear soup from goose
- 9.19 Coconut rice with cardamom
- 9.20 Coconut soup
- 9.21 Hummus (Chickpeasmash)
- 9.22 Indian Dal soup
- 9.23 Japanese algae soup
- 9.24 Kidney bean pot with lamb and sage
- 9.25 Kudzu soup in the morning
- 9.26 Leek soup with almondmash
- 9.27 Legumes
- 9.28 Lentils and rice stew
- 9.29 Millet with egg and butter
- 9.30 Mung bean stew
- 9.31 Pea dish
- 9.32 Plums with curd cheese
- 9.33 Polenta with fried egg
- 9.34 Quick flakes with compote or jam
- 9.35 Quinoa with peach
- 9.36 Radish with horseradish

- 9.37 Radish with spring onions and carrots
- 9.38 Rice congee with dried fruit
- 9.39 Rice dulse soup
- 9.40 Rice noodle soup with shiitake mushrooms
- 9.41 Rice soup with grated carrots and fresh herbs
- 9.42 Roasted oatmeal with grapes compote
- 9.43 Sliced lamb with rosemary potatoes
- 9.44 Sweet polenta with peach
- 9.45 Sweet rice with apples
- 9.46 Tea from cinnamon sticks
- 9.47 Tea from ginseng
- 9.48 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 and warm stomach and spleen Qi, expel cold, dissolve fluid.

Hot and refreshing LITTLE, warm + neutral YES, cold NO

2 Avoid

Ice cubes, swimming in cold water, all cooling, indigestible and slime-building food and drinks.

3 Breakfast

kkal. per serving

Bean paste piquant sweet	311
Beef soup with colorful vegetables and mushrooms	142
Chickpeas with Raisins	429
Coconut rice with cardamom	266
Leek soup with almondmash	115
Legumes	31
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 with peach	247
Radish with horseradish	196

Rice congee with dried fruit 210

Rice dulse soup 190

Rice noodle soup with shiitake mushrooms 65

Roasted oatmeal with grapes compot 328

Sweet polenta with peach 330

Sweet rice with apples..... 155

Tea from cinnamon sticks 2

Tea from ginseng 0

Warming porridge 357

4 Snack

Hummus (Chickpeasmash)
..... 542

5 Lunch

8 treasures of rice	212
Bean paste piquant sweet	311
Beef soup with carrots, leeks, bay leaves	194
Beef soup with colorful vegetables and mushrooms	142
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
Coconut soup	153
Hummus (Chickpeasmash)	542
Indian Dal soup	255
Japanese algae soup	47
Kidney bean pot with lamb and sage	391
Leek soup with almondmash	115
Legumes	31
Lentils and rice stew	232
Millet with egg and butter	338
Mung bean stew.	665
Pea dish.	406
Plums with curd cheese	141
Polenta with fried egg	410
Radish with horseradish	196
Radish with spring onions and carrots	246