

di-book

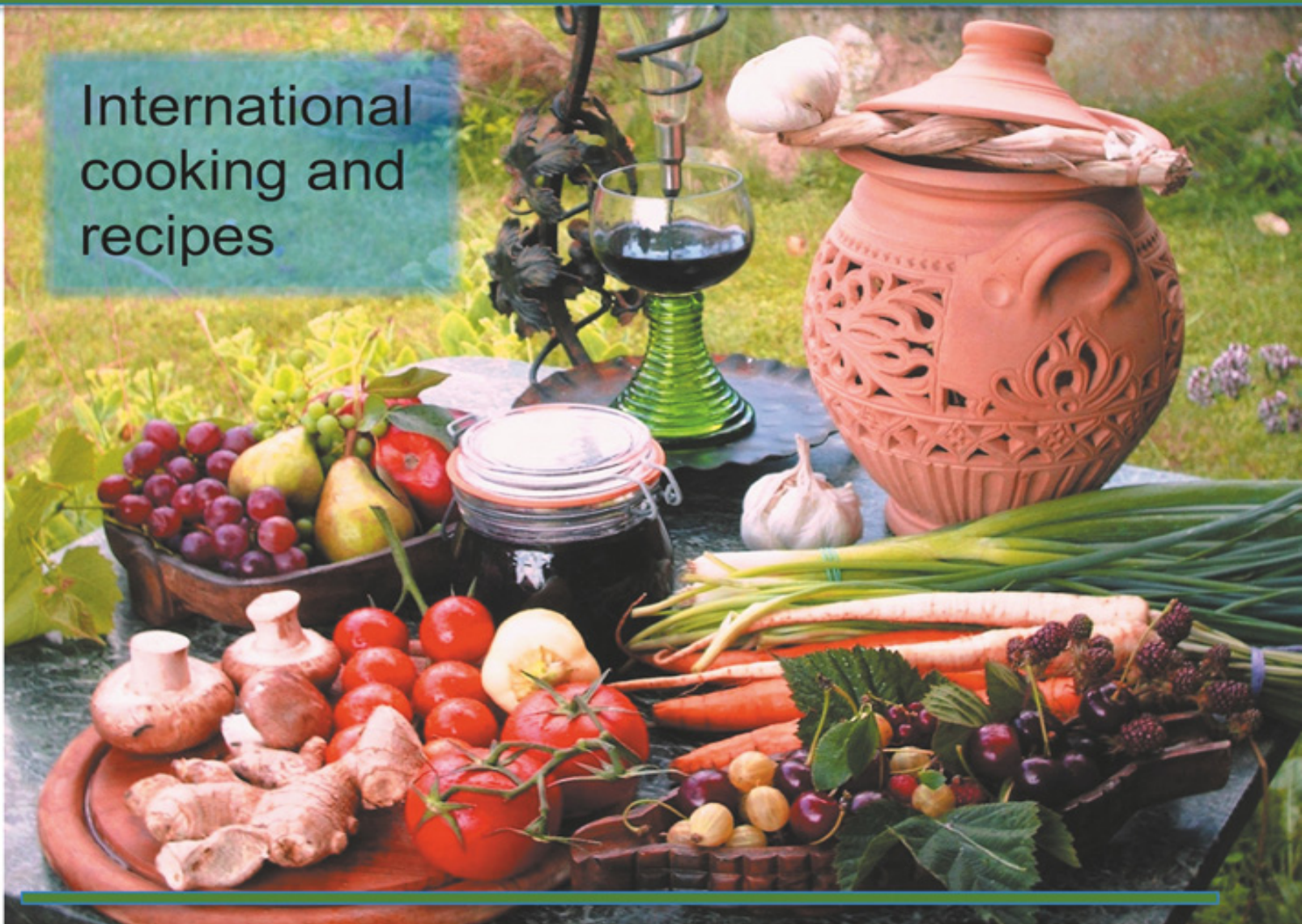


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Large intestine
Dryness of the colon
E206

(Book: E206)

Diet recommendations for TCM - Large intestine - dryness of the colon

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 fish broth
 - 9.5 Beetroot soup
 - 9.6 Black beans with avocado
 - 9.7 Bulgur with tomatoes and fresh herbs
 - 9.8 Carp soup
 - 9.9 Cherry cereal porridge
 - 9.10 Chicken soup with angelica root and buckthorn fruit
 - 9.11 Clear oxen tail soup with buckthorn fruit
 - 9.12 Coconut soup
 - 9.13 Cod soup with tomatoes

- 9.14 Cooling rice dish with grapefruit
- 9.15 Cous-Cous with date, coco and almondpuree
- 9.16 Italian champignon rice
- 9.17 Melanzani with olive oil and turmeric
- 9.18 Milk rice with berry juice
- 9.19 Millet with egg and butter
- 9.20 Polenta with peach
- 9.21 Polenta with ratatouille
- 9.22 Quick flakes with compote or jam
- 9.23 Quinoa with peach
- 9.24 Radish with horseradish
- 9.25 Red lentils with avocado and radish
- 9.26 Semolina mash with grape puree
- 9.27 Spelled-grid porridge with berries of the season
- 9.28 Summer Salad
- 9.29 Wild garlic pesto

10. Herbs and their effects

- 10.1 Basil
- 10.2 Chives
- 10.3 Lily bulbs
- 10.4 Oregano fresh
- 10.5 Parsley
- 10.6 Peppermint
- 10.7 Rosemary
- 10.8 King Solomon's-seal
- 10.9 Yam root, yam root tuber
- 10.10 Lemongrass
- 10.11 Lemon Balm (fresh)

11. Basics of Nutrition

11.1 Nutrition

11.2 Recipes

11.3 Foodstuffs

11.4 Herbs

12. Other dietic-books

1 Treatment strategy

Promote body fluids, reduce heat, moisturize dryness, promote bowel movements.

2 Avoid

n.a.