

di-book



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Bladder
Moist heat in the bladder
E200

(Book: E200)

Diet recommendations for TCM - Bladder - Moist heat in the bladder

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Adzuki Bean and Rice Soup
 - 9.2 Apple sauce with raisins
 - 9.3 Asparagus and herb ragout
 - 9.4 Barley mash with steamed pear
 - 9.5 Barley porridge with cranberries
 - 9.6 Barley soup
 - 9.7 Basic recipe for a chicken broth warming
 - 9.8 Basic recipe for a duck broth
 - 9.9 Basic recipe for a fish broth
 - 9.10 Basic recipe for a reissue soup (Congee)
 - 9.11 Basic recipe for a vegetable soup, nutritious
 - 9.12 Basmati rice + Zucchini tofu dish
 - 9.13 Bean paste piquant sweet
 - 9.14 Beluga lentil stew with vegetables

- 9.15 Black-eyed beans stew
- 9.16 Cardamom water
- 9.17 Champignon rice
- 9.18 Clear oxen tail soup with buckthorn fruit
- 9.19 Corn coffee with cardamom
- 9.20 Cucumber soup
- 9.21 Fish soup with rosemary
- 9.22 Grapefruit juice
- 9.23 Indian Dal soup
- 9.24 Kohlrabi in chervil sauce with potatoes
- 9.25 Legumes
- 9.26 Miso soup with tofu
- 9.27 Mung bean stew
- 9.28 Nettle-chard soup
- 9.29 Oat Congee
- 9.30 Potato with dandelion salad
- 9.31 Pumpkin soup
- 9.32 Quick zucchini soup
- 9.33 Rice porridge with shrubs (seeds) Yi Yi Ren
- 9.34 Rice with parsnips
- 9.35 Rice with stewed vegetables
- 9.36 Roasted millet with Celery sticks
- 9.37 Rosemary Potatoes
- 9.38 Smoothie celery carrot
- 9.39 Sugar pea soup with prawns
- 9.40 Tea from Dandelionroots
- 9.41 Tea from celery sticks
- 9.42 Tea from lavender blossoms
- 9.43 Tea from rosemary

- 9.44 Tea from thyme
- 9.45 Tea Green tea
- 9.46 Tea mixture against general exhaustion
- 9.47 Thick pea soup
- 9.48 Tsampa
- 9.49 Vegetable miso soup with tofu
- 9.50 Vegetable potato and meat mash
- 9.51 Warming carrot 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. Complementary

- 11.1 Agrimony
- 11.2 Arctostaphylos uva-ursi (kinnikinnick)
- 11.3 Bath with rosemary
- 11.4 Birch leaves
- 11.5 Burdock root
- 11.6 Corn silk
- 11.7 Dandelion
- 11.8 Dead-nettles
- 11.9 Goldenrods leaves
- 11.10 Juniper berries
- 11.11 Silverweed roots
- 11.12 Sorrel
- 11.13 Willow bark
- 11.14 Wormwood

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

14. EBNS - Software for nutritional counseling

1 Treatment strategy

Remove heat and moisture, open waterways. Hot NO, warm NO (only spicy YES), neutral and refreshing YES (except sour NO), cold bitter and salty YES sweet and sour NO.

2 Avoid

Bitter, dehydrating and all that creates moisture.

3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
.....	199
Apple sauce with raisins	73
.....	73
Barley mash with steamed pear	113
.....	113
Barley porridge with cranberries	152
.....	152
Barley soup	265
.....	265
Bean paste piquant sweet	311
.....	311
Cardamom water	16
.....	16
Champignon rice	410
.....	410
Corn coffee with cardamom	3
.....	3
Cucumber soup	95
.....	95
Fish soup with rosemary	271
.....	271
Kohlrabi in chervil sauce with potatoes	187
.....	187
Legumes	
.....	
31	
Miso soup with tofu	51
.....	51

Oat Congee	162
.....	162
Potato with dandelion salad	162
.....	162
Rice porridge with shrubs (seeds) Yi Yi Ren	211
.....	211
Rice with parsnips	206
.....	206
Roasted millet with Celery sticks	400
.....	400
Rosemary Potatoes	188
.....	188
Tae from Dandelionroots	1
.....	1
Tea from celery sticks	0
.....	0
Tea from lavender blossoms	0
.....	0
Tea from Maidis stigma	0
.....	0
Tea from rosemary	1
.....	1
Tea from thyme	0
.....	0
Tea Green tea	2
.....	2
Thick pea soup	123
.....	123
Tsampa	
.....	
139	
Vegetable miso soup with tofu	106
.....	106

4 Snack

Adzuki Bean and Rice Soup 199

Apple sauce with raisins 73

Barley porridge with cranberries 152

5 Lunch

Adzuki Bean and Rice Soup	199
Asparagus and herb ragout	168
Barley mash with steamed pear	113
Barley soup	265
Basmati rice + Zucchini tofu dish	145
Bean paste piquant sweet	311
Beluga lentil stew with vegetables	201
Black-eyed beans stew	140
Cardamom water	16
Champignon rice	410
Clear oxen tail soup with buckthorn fruit	217
Corn coffee with cardamom	3
Cucumber soup	95
Fish soup with rosemary	271
Indian Dal soup	255