

di-book



TCM Recommendations Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Heart
Blood stagnation
E209

(Book: E209)

Diet recommendations for TCM - Heart - Blood stagnation

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 Baked chicory
 - 9.3 Barley soup
 - 9.4 Basic recipe for a chicken broth warming
 - 9.5 Basic recipe for a vegetable soup, nutritious
 - 9.6 Casserole with white cabbage and apples
 - 9.7 Chicken soup with egg yolk and parsley
 - 9.8 Chicken soup with green spelt, parsley and sake
 - 9.9 Clear soup from goose
 - 9.10 Creamy potatoes with cauliflower

- 9.11 Millet with blackberries
- 9.12 Spinach flan with milk
- 9.13 Potato pancakes
- 9.14 Pumpkin slices with spicy rice
- 9.15 Pumpkin soup
- 9.16 Quick zucchini soup
- 9.17 Rice with parsnips
- 9.18 Smoothie celery carrot (BIRRS)
- 9.19 Spinach with Tahini
- 9.20 Tea from celery sticks
- 9.21 Tea from juniper berry
- 9.22 Tea from licorice (heart-strengthening)
- 9.23 Tea from Longane
- 9.24 Tea from red dates
- 9.25 Thick pea soup
- 9.26 Tsampa with jam or fruit compote
- 9.27 Vegetable porridge
- 9.28 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. Complementary

- 11.1 Adonis vernalis (pheasant's eye, spring pheasant's eye)

11.2 Arnica (wolf's bane)

11.3 Chili pods

11.4 Ginkgo leaves

11.5 Marigold flowers

11.6 Sage root

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

Move blood, release stagnation, nourish blood and cool, calm mind - always over spleen and kidney!

Hot NO, cold NO, warm LITTLE (sweet YES salty NO), neutral refreshing YES.

2 Avoid

Bitter dehydrating food, very salty foods, hard to digest, too much acid (vinegar), pork, animal fats.

3 Breakfast kkal. per serving

Baked chicory	230
Barley soup	265
Creamy potatoes with cauliflower	332
Millet with blackberries	348
Spinach flan with milk	250
Potato pancakes	893
Rice with parsnips	206
Tea from celery sticks	0
Tea from juniper berry	10
Tea from licorice (heart-strengthening)	19
Tea from Longane	0
Tea from red dates	12
Thick pea soup	123
Tsampa with jam or fruit compote	280

Vegetable porridge - also for babies from the 6th month
..... 161

Warming porridge
..... 357