

di-book

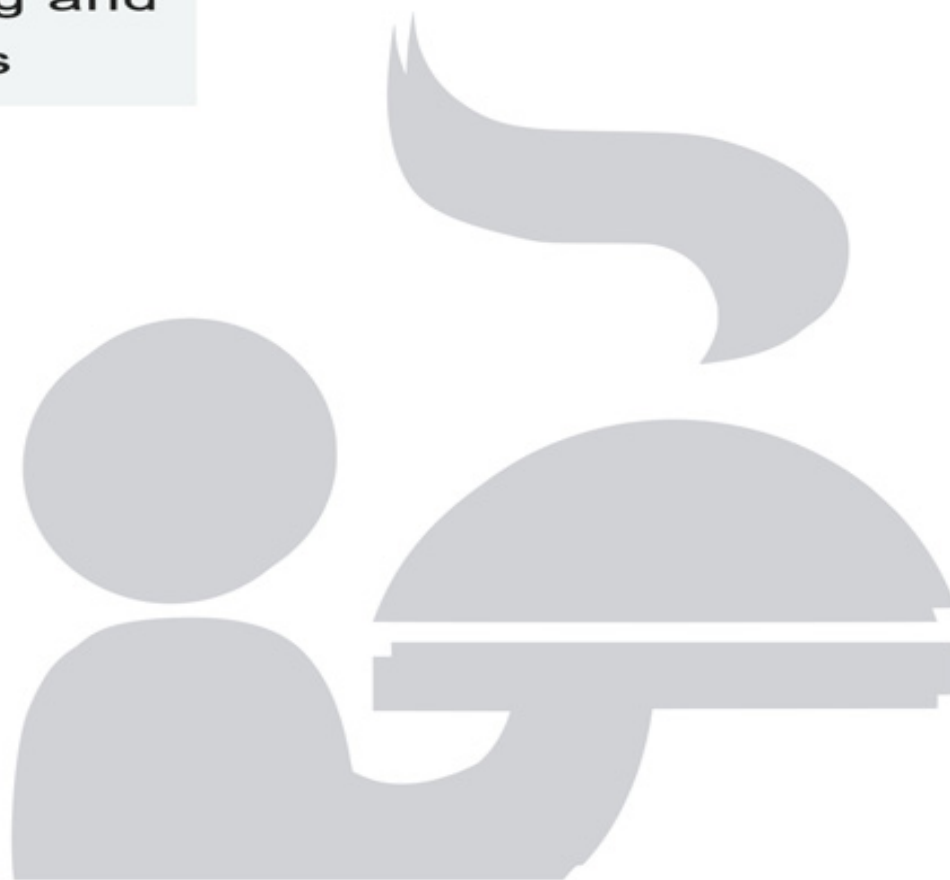


TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Lung
Yin deficiency
E235

(Book: E235)

Diet recommendations for TCM - Lung - Yin deficiency

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 Adzuki Bean and Rice Soup
 - 9.3 Apple sauce with raisins
 - 9.4 Basic recipe for a chicken broth warming
 - 9.5 Basic recipe for a reissue soup (Congee)
 - 9.6 Basic recipe for a vegetable soup, nutritious
 - 9.7 Basmati rice + Zucchini tofu dish
 - 9.8 Breakfast - Rice with fruits
 - 9.9 Buddhist reissue soup
 - 9.10 Celery juice

- 9.11 Chicken soup with angelica root and buckthorn fruit
- 9.12 Coconut water
- 9.13 Cooling rice dish with grapefruit
- 9.14 Cous-Cous with date, coco and almondpuree
- 9.15 Cucumber soup
- 9.16 Curdcheesedumplings on strawberry pulp
- 9.17 Grape juice with hot water
- 9.18 Hungarian rice salad
- 9.19 Italian champignon rice
- 9.20 Kohlrabi Potatoes mash
- 9.21 Milk-free cereal fruit porridge
- 9.22 Millet with egg and butter
- 9.23 Miso soup with tofu
- 9.24 Oyster mushrooms with asparagus
- 9.25 Pear compote
- 9.26 Pear juice
- 9.27 Radish with sugar
- 9.28 Radishjuice
- 9.29 Red lentils with avocado and radish
- 9.30 Reissue soup with duck
- 9.31 Rice congee with honey pear and black sesame
- 9.32 Rice with stewed vegetables
- 9.33 Roasted millet with Celery sticks
- 9.34 Roasted nuts
- 9.35 Semolina slices

- 9.36 Spelled-grid porridge with berries of the season
- 9.37 Spring vegetables
- 9.38 Tea from celery sticks
- 9.39 Tea from chamomile
- 9.40 Tea from coriander
- 9.41 Tea from peppermint with white sugar
- 9.42 Tea from red dates
- 9.43 Tsampa with jam or fruit compote
- 9.44 Vegetable miso soup with tofu
- 9.45 Vegetable potato and meat mash
- 9.46 Vegetarian vegetable-oatmeal-potatoes mash
- 9.47 Wheat fresh grain porridge with pears.

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 Cannabis seeds
- 11.2 Hibiscus
- 11.3 Linseed
- 11.4 Sage

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

Nourish and moisturize lung yin, strengthen middle, nourish kidney yin.

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

2 Avoid

Bitter or dehydrating food, beverages, alcohol, sake, lamb, turkey, hot and hot spices, very salty (sausage, cheese, ham, smoked), grilled, deep-fried, dry air, climate, screen , Smoking, synthetic fibers.

3 Breakfast

				kkal. per serving
Adzuki	Bean	and	Rice	Soup
.....				199
Apple	sauce		with	raisins
.....				73
Breakfast	-	Rice	with	fruits
.....				230
Buddhist		reissue		soup
.....				279
Celery				juice
.....				33
Coconut				water
.....				30
Cooling	rice	dish	with	grapefruit
.....				234
Cous-Cous	with	date,	coco	and
.....				almondpuree
				483
Cucumber				soup
.....				95
Curdcheesedumplings		on	strawberry	pulp
.....				553
Grape	juice	with	hot	water
.....				43
Hungarian		rice		salad
.....				421
Italian		champignon		rice
.....				256
Millet	with	egg	and	butter
.....				338

Miso	soup	with	tofu	51
Oyster	mushrooms	with	asparagus	316
Pear			compote	100
Pear			juice	180
Radish		with	sugar	46
Radish	juice			9
Reissue	soup	with	duck	160
Rice	congee	with	honey pear and black sesame	158
Roasted	millet	with	Celery sticks	400
Roasted			nuts	973
Spelled-grid	porridge	with	berries of the season	243
Tea	from	celery	sticks	0
Tea	from		coriander	2
Tea	from	marshmallow	tea	0
Tea	from	peppermint	with white sugar	7
Tea	from	red	dates	12