

di-book



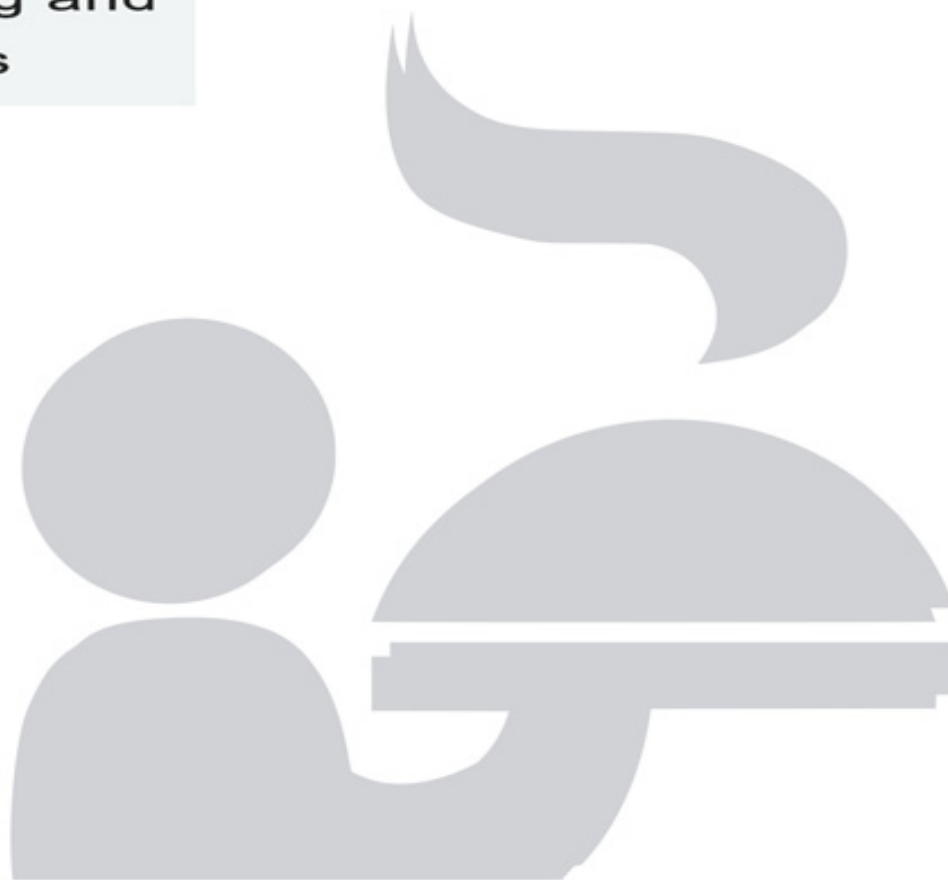
# TCM Recommendations

## Recipes and Foodstuffs

Traditional Chinese Medicine

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International  
cooking and  
recipes



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**Kidney**  
**Qi is not fixed**  
**E252**

## **(Book: E252)**

### **Diet recommendations for TCM - Kidney - Qi is not fixed**

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 Beef soup with carrots, leeks, bay leaves
  - 9.7 Black-eyed beans stew
  - 9.8 Blueberry puree
  - 9.9 Breakfast - Rice with fruits
  - 9.10 Carrot and rice gruel soup
  - 9.11 Celery juice

- 9.12 Chicken soup with angelica root and buckthorn fruit
- 9.13 Compote from blueberries
- 9.14 Compote from cherries
- 9.15 Grape compote
- 9.16 Grape juice (fresh, homemade)
- 9.17 Hot water with grape juice
- 9.18 Kohlrabi Potatoes mash
- 9.19 Kuzu soup in the morning
- 9.20 Lentils and rice stew
- 9.21 Spinach flan with milk
- 9.22 Red grape juice with egg yolk
- 9.23 Rice congee with carrots and fennel
- 9.24 Rice congee with crushed walnuts
- 9.25 Rice congee with dried fruit
- 9.26 Rice congee with honey pear and black sesame
- 9.27 Rice congee with mung beans
- 9.28 Rice dulse soup
- 9.29 Rice porridge with orange peel
- 9.30 Rice with parsnips
- 9.31 Rice with stewed vegetables
- 9.32 Roasted millet with Celery sticks
- 9.33 Roasted millet with plum compote
- 9.34 Soup with cucumbers and tomatoes
- 9.35 Soup with egg yolk
- 9.36 Spinach with Tahini

- 9.37 Strawberry soup with melons
- 9.38 Tea from basil
- 9.39 Tea from celery sticks
- 9.40 Tea from cinnamon sticks
- 9.41 Tsampa with jam or fruit compote
- 9.42 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 Blueberries leaves
- 11.2 Dead-nettles
- 11.3 Fennel
- 11.4 Juniper berries

## 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**

Strengthen and stabilize kidneys.

Hot NO, warm and neutral YES, refreshing LITTLE (except sour YES), cold NO.

## **2 Avoid**

Everything that dehydrates!!!, sugar, cucumbers, tomatoes, coffee ....

### 3 Breakfast

kkal. per serving

Blueberry					puree	
.....						10
Breakfast	-	Rice	with		fruits	
.....						230
Carrot	and	rice	gruel		soup	
.....						101
Celery					juice	
.....						33
Compote		from			blueberries	
.....						49
Compote		from			cherries	
.....						31
Grape					compote	
.....						128
Grape	juice	(fresh,			homemade)	
.....						73
Hot	water	with	grape		juice	
.....						87
Kohlrabi					Potatoes	
mash.....						278
Kuzu	soup	in	the		morning	
.....						12
Spinach	flan		with		milk	
.....						250
Red	grape	juice	with	egg	yolk	
.....						271
Rice	congee	with	carrots	and	fennel	
.....						131

Rice	congee	with	crushed	walnuts	406
Rice	congee	with	dried	fruit	210
Rice	congee	with	honey pear	and black sesame	158
Rice	congee	with	mung	beans	424
Rice			dulse	soup	190
Rice	porridge	with	orange	peel	119
Rice		with		parsnips	206
Roasted	millet	with	Celery	sticks	400
Roasted	millet	with	plum	compote	139
Soup		with	egg	yolk	173
Tea		from		basil	0
Tea		from	celery	sticks	0
Tea		from	cinnamon	sticks	2
Tea		from		ginseng	0
Tsampa	with	jam	or	fruit	compote
					280
Wheat	fresh	grain	porridge	with	pears.
					309