

di-book



TCM Recommendations Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



**Liver
Wind
E224**

(Book: E224)

Diet recommendations for TCM - Liver - wind

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Basic recipe for a chicken broth worming
 - 9.2 Basic recipe for a reissue soup (Congee)
 - 9.3 Basic recipe for a vegetable soup, nutritious
 - 9.4 Broccoli cream soup
 - 9.5 Celery and tomato salad
 - 9.6 Champignon rice
 - 9.7 Chicken soup with angelica root and buckthorn fruit
 - 9.8 Chicken soup with egg yolk and parsley
 - 9.9 Creamy potatoes with cauliflower
 - 9.10 Fennel-Rice Soup
 - 9.11 Grated carrots with apple
 - 9.12 Grilled tomatoes with cheese filling
 - 9.13 Italian Vegetable and Bean Soup
 - 9.14 Lettuce with fresh cheese

- 9.15 Minestrone
- 9.16 Polenta with ratatouille
- 9.17 Pumpkin soup
- 9.18 Quick zucchini soup
- 9.19 Rice congee with honey pear and black sesame
- 9.20 Roasted millet with Celery sticks
- 9.21 Roasted nuts
- 9.22 Rucola salad with tomatoes
- 9.23 Russian kasha with white cabbage
- 9.24 Summer Salad
- 9.25 Tea from chamomile
- 9.26 Tea from coriander
- 9.27 Tea from passion blossoms
- 9.28 Tomato with mozzarella
- 9.29 Vegetable bowl with Provençal pistou
- 9.30 Vegetable rice
- 9.31 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 Chamomile
- 11.2 Ginger fresh
- 11.3 Lime/linden blossoms

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

Divert wind, cool heat (see liver fire), lower yang (see ascending liver yang), nourish blood and yin (see liver blood deficiency)

2 Avoid

Yangisier cooking methods, eggs, crabmeat, oats, alcohol, hot spices, chicken.

3 Breakfast

kkal. per serving

Champignon rice	410
.....	410
Creamy potatoes with cauliflower	332
.....	332
Fennel-Rice Soup	155
.....	155
Grated carrots with apple.....	74
Polenta with ratatouille.....	225
Rice congee with honey pear and black sesame	158
Roasted millet with Celery sticks	400
Roasted nuts	973
Rucola salad with tomatoes	129
Tea from coriander	2
Tea from passion blossoms	0
Tea liver lather	0
Vegetable rice	303
Wheat fresh grain porridge with pears.	309

4 Snack

Creamy potatoes with cauliflower

..... 332

Grated carrots with

apple..... 74

Polenta with

ratatouille..... 225