

di-book



TCM Recommendations Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Liver
Blood stagnation
E218

(Book: E218)

Diet recommendations for TCM - Liver - Blood stagnation

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 Apple sauce with raisins
 - 9.3 Basic recipe for a chicken broth worming
 - 9.4 Basmati rice + Zucchini tofu dish
 - 9.5 Boiled fillet with potatoebiscuits (Austrian classic Tafelspitz)
 - 9.6 Carp soup
 - 9.7 Carrot soup
 - 9.8 Celery soup
 - 9.9 Champignon soup with red wine
 - 9.10 Chicory salad with tangerine

- 9.11 Clear soup from goose
- 9.12 Creamy potatoes with cauliflower
- 9.13 Decoction TCM liver-kidney1
- 9.14 Hearty winter breakfast
- 9.15 Kohlrabi in chervil sauce with potatoes
- 9.16 Millet with blackberries
- 9.17 Millet with egg and butter
- 9.18 Nettle-chard soup
- 9.19 Oat flakes with aromatic spices
- 9.20 Potatoes with wild garlic-curd cheese
- 9.21 Pumpkin soup
- 9.22 Quick zucchini soup
- 9.23 Radish with horseradish
- 9.24 Rice congee with chicken liver and buckthorn fruit
- 9.25 Rice with parsnips
- 9.26 Roasted millet with Celery sticks
- 9.27 Roasted nuts
- 9.28 Rosemary Potatoes
- 9.29 Stew with sweet potato and leeks
- 9.30 Tea from celery sticks
- 9.31 Tea from rose hip
- 9.32 Tea from rosemary
- 9.33 Tea from sage
- 9.34 Tea Green tea
- 9.35 Tsampa with jam or fruit compote

9.36 Vegetable semolina 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 Balm

11.3 Greater celandine, nipplewort, swallowwort

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 liver Qi, move blood, regulate.

Hot NO, cold NO, sour and bitterly warm LITTLE, everything else YES (especially neutral and refreshing).

2 Avoid

Everything that weakens spleen and blood, salty, bitter-drying, pork, lamb, grilled, spicy hot spices, animal fats, indigestible, consistent: alcohol, denatured, artificial flavors, sweetener.

3 Breakfast

kkal. per serving

Carrot soup	104
.....	104
Celery soup	101
.....	101
Champignon soup with red wine	269
.....	269
Hearty winter breakfast	678
.....	678
Kohlrabi in chervil sauce with potatoes	187
.....	187
Millet with blackberries	348
.....	348
Millet with egg and butter	338
.....	338
Oat flakes with aromatic spices	280
.....	280
Radish with horseradish	196
.....	196
Rice with parsnips	206
.....	206
Roasted millet with Celery sticks	400
.....	400
Roasted nuts	973
.....	973
Rosemary Potatoes	188
.....	188
Tea from celery sticks	0
.....	0

Tea from rose hip	2
Tea from rosemary	1
Tea from sage	4
Tea Green tea	2
Tsampa with jam or fruit compote	280
Vegetable semolina soup	198