

di-book



TCM Recommendations Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Bladder
Moisture and cold in the bladder
E201

(Book: 201)

Diet recommendations for TCM - Bladder - Moisture and cold in the bladder

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 Artichoke soup
 - 9.3 Basic recipe for a beef broth (clear)
 - 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 Beef soup with carrots, leeks, bay leaves
 - 9.8 Beluga lentil stew with vegetables
 - 9.9 Black-eyed beans stew
 - 9.10 Boiled fillet with potatoebiscuits (Austrian Tafelspitz)
 - 9.11 Carrot and rice gruel soup
 - 9.12 Carrot Risotto
 - 9.13 Celery juice

- 9.14 Chicken in an Italian style
- 9.15 Chicken soup with angelica root and buckthorn fruit
- 9.16 Classic ginger chicken with rice wine
- 9.17 Clear soup from goose
- 9.18 Fennel-Rice Soup
- 9.19 Grilled lamb chops with sweetpotatorpuree
- 9.20 Hearty winter breakfast
- 9.21 Hummus (Chickpeasmash)
- 9.22 Indian Dal soup
- 9.23 Italian Vegetable and Bean Soup
- 9.24 Japanese algae soup
- 9.25 Kuzu soup in the morning
- 9.26 Lamb leg in the oven
- 9.27 Legumes
- 9.28 Lentils and rice stew
- 9.29 Millet with egg and butter
- 9.30 Minestrone
- 9.31 Polenta with ratatouille
- 9.32 Potatoes with wild garlic-curd cheese
- 9.33 Pumpkin curry
- 9.34 Pumpkin soup
- 9.35 Pumpkin-yoghurt soup
- 9.36 Quinoa piquant with avocado
- 9.37 Reissue soup with duck
- 9.38 Reissue soup with seaweed
- 9.39 Rice congee with carrots and fennel
- 9.40 Rice dulse soup
- 9.41 Rice noodle soup with shiitake mushrooms

- 9.42 Rice soup with grated carrots and fresh herbs
- 9.43 Sliced chicken with walnuts and sherry
- 9.44 Soup with egg yolk
- 9.45 Sweet potato pancakes with basil pesto
- 9.46 Tea from bearberry leaf
- 9.47 Tea from cinnamon sticks
- 9.48 Tea from juniper berry
- 9.49 Tea from rosemary
- 9.50 Tea from thyme
- 9.51 Thick pea soup
- 9.52 Vegetable semolina soup
- 9.53 Yellow lentil 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. Herbs and their effects

- 11.1 Basil
- 11.2 Mugwort
- 11.3 Savory
- 11.4 Coriander
- 11.5 Herbs various
- 11.6 Chives
- 11.7 Lovage
- 11.8 Parsley
- 11.9 Rosemary
- 11.10 Black caraway
- 11.11 Tea mixture uric acid lowering

11.12 Thyme dried

11.13 Yam root, yam root tuber

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

Expel cold, dissolve moisture, make waterways consistent.
The cold quickly turns into heat.

2 Avoid

n.a.

3 Breakfast

kkal. per serving

Carrot and rice gruel soup	101
Carrot Risotto	308
Celery juice	33
Fennel-Rice Soup	155
Hearty winter breakfast	678
Hummus (Chickpeasmash)	542
Kuzu soup in the morning	12
Legumes	31
Millet with egg and butter	338
Polenta with ratatouille	225
Pumpkin-yoghurt soup	68
Quinoa piquant with avocado	561
Reissue soup with seaweed	130
Rice congee with carrots and fennel	131

Soup with egg yolk 173

Tea from bearberry leaf 0

Tea from birch leaves 0

Tea from cinnamon sticks 2

Tea from ginseng 1

Tea mixture - reducing uric acid 0

Thick pea soup 123

Vegetable semolina soup 198

4 Snack

Hummus (Chickpeasmash) 542

Polenta with
ratatouille..... 225

Reissue soup with seaweed
..... 130

5 Lunch

8 treasures of rice	222
.....	222
Artichoke soup	142
.....	142
Beef soup with carrots, leeks, bay leaves	194
.....	194
Beluga lentil stew with vegetables	201
.....	201
Black-eyed beans stew	140
.....	140
Boiled fillet with potatoebiscuits (Austrian classic Tafelspitz)	453
.....	453
Carrot and rice gruel soup	101
.....	101
Carrot Risotto	308
.....	308
Celery juice	33
.....	33
Chicken soup with angelica root and buckthorn fruit	77
.....	77
Classic ginger chicken with rice wine	357
.....	357
Clear soup from goose	334
.....	334
Fennel-Rice Soup	155
.....	155
Grilled lamb chops with sweetpotatorpuree and leafy vegetables ...	914
.....	914
Hummus (Chickpeasmash)	542
.....	542

Indian Dal soup	255
Italian Vegetable and Bean Soup	204
Japanese algae soup	47
Lamb leg in the oven	484
Legumes	
31	
Lentils and rice stew	232
Millet with egg and butter	338
Minestrone	210
Polenta with ratatouille	225
Potatoes with wild garlic-curd cheese	254
Pumpkin curry	193
Pumpkin soup	104
Pumpkin-yoghurt soup	68
Reissue soup with duck	160
Rice dulse soup	190
Rice noodle soup with shiitake mushrooms	65
Rice soup with grated carrots and fresh herbs	131