

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Stomach
Blood stagnation
E236

(Book: E236)

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 reissue soup (Congee)
 - 9.2 Carrot and rice gruel soup
 - 9.3 Celery juice
 - 9.4 Cereal fruit pulp
 - 9.5 Kuzu water
 - 9.6 Oat flakes with aromatic spices
 - 9.7 Polenta with peach
 - 9.8 Pumpkin soup
 - 9.9 Rice congee with carrots and fennel
 - 9.10 Rice congee with crushed walnuts
 - 9.11 Rice congee with honey pear and black sesame
 - 9.12 Rice with parsnips
 - 9.13 Spring vegetables
 - 9.14 Tea from anise
 - 9.15 Tea from fennel
 - 9.16 Tea from rose hip

- 9.17 Tender fennel vegetables
- 9.18 Vegetable miso soup with tofu
- 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 Pepper (black)
- 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 stagnation, move blood (dissipate), lower stomach qi and harmonize stomach.

2 Avoid

n.a.