

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Stomach
Food stagnation
E239

(Book: E239)

1. Treatment strategy
2. Avoid
3. Breakfast kkal. per serving
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 Barley soup
 - 9.4 Barley water
 - 9.5 Basic recipe for a chicken broth worming
 - 9.6 Basic recipe for a duck broth
 - 9.7 Basic recipe for a reissue soup (Congee)
 - 9.8 Celery juice
 - 9.9 Chicken soup with egg yolk and parsley
 - 9.10 Clear soup from goose
 - 9.11 Grapefruit juice
 - 9.12 Japanese algae soup
 - 9.13 Pumpkin soup
 - 9.14 Radish with horseradish
 - 9.15 Rice congee with carrots and fennel

- 9.16 Rice noodle soup with shiitake mushrooms
- 9.17 Rice porridge with orange peel
- 9.18 Spice liqueur
- 9.19 Spring vegetables
- 9.20 Tea from celery sticks
- 9.21 Tea from ground
- 9.22 Tea from savory
- 9.23 Tea from thyme
- 9.24 Tea Green tea
- 9.25 Thick pea soup
- 9.26 Tsampa
- 9.27 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 Cardamom

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

Eliminate stagnation, direct stomach Qi down.

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

2 Avoid

Large meals with many ingredients, too much food, eat late, indigestible, too much meat and cereals (bread), sour taste, spicy, breaded, fried, grilled, too dry food, cheese-baked, dairy products.

3 Breakfast

kkal. per serving

| | |
|--|-----|
| Apple sauce with raisins | 73 |
| Barley soup | 265 |
| Barley water | 44 |
| Radish with horseradish | 196 |
| Rice congee with carrots and fennel | 131 |
| Rice noodle soup with shiitake mushrooms | 65 |
| Rice porridge with orange peel | 119 |
| Tea from savory | 1 |
| Tea from thyme | 0 |
| Tea Green tea | 2 |
| Tsampa | |
| | |
| 139 | |