

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Stomach
Rebellious stomach Qi
E241

(Book: E241)

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 Apple sauce with raisins
 - 9.2 Barley mash with berries
 - 9.3 Barley soup
 - 9.4 Basic recipe for a beef broth (clear)
 - 9.5 Basic recipe for a chicken broth warming
 - 9.6 Basic recipe for a reissue soup (Congee)
 - 9.7 Basic recipe for a vegetable soup, nutritious
 - 9.8 Blueberry puree
 - 9.9 Carrot and rice gruel soup
 - 9.10 Chicken soup with egg yolk and parsley
 - 9.11 Compote from apples
 - 9.12 Compote from plums
 - 9.13 Compote of local fruit and dried fruit
 - 9.14 Corn coffee with cardamom
 - 9.15 Cottage cheese with steamed fruit

- 9.16 Cranberry juice
- 9.17 Grapefruit juice
- 9.18 Grated apple
- 9.19 Kohlrabi Potatoes mash
- 9.20 Miso soup with tofu
- 9.21 Noodle casserole with plums and peaches
- 9.22 Oat Congee
- 9.23 Polenta with peach
- 9.24 Potato-basil soup
- 9.25 Pumpkin soup
- 9.26 Rice congee with carrots and fennel
- 9.27 Rice congee with honey pear and black sesame
- 9.28 Rice with parsnips
- 9.29 Roasted millet with Celery sticks
- 9.30 Rosemary Potatoes
- 9.31 Semolina soup with vegetables
- 9.32 Soup with egg yolk
- 9.33 Sugar pea soup with prawns
- 9.34 Tea from celery sticks
- 9.35 Tea from ginger with honey
- 9.36 Tea from peppermint with white sugar
- 9.37 Tea from thyme
- 9.38 Tea Green tea
- 9.39 Tea mixture against general exhaustion
- 9.40 Vegetable bowl with tofu and curry on rice
- 9.41 Vegetable potato and meat mash
- 9.42 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 Peppermint
- 11.2 St. Benedict's thistle, blessed thistle, holy thistle

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

Lower the stomach Qi, harmonize and strengthen the stomach.

2 Avoid

Eating too fast, eating too much, chewing badly, getting excited, arguing, big meals with many ingredients, indigestible food, late meal, too spicy food.

3 Breakfast

	kkal. per serving
Apple sauce with raisins	73
Barley mash with berries	112
Carrot and rice gruel soup	101
Compote from plums	22
Corn coffee with cardamom	3
Cottage cheese with steamed fruit	214
Cranberry juice	43
Grated apple	120
Miso soup with tofu	51
Oat Congee	162
Polenta with peach	197
Rice congee with honey pear and black sesame	158
Rice with parsnips	206
Roasted millet with Celery sticks	400

Rosemary Potatoes 188

Semolina soup with vegetables 105

Soup with egg yolk 173

Tea from celery sticks 0,75

Tea from peppermint with white sugar 7

Tea from thyme 0

Tea Green tea 2

Vegetable semolina soup 198