

nutribook



TCM Recommendations

Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



Stomach
Yin emptiness
E242

(Book: E242)

Nutrition recommendations for TCM - Stomach - Yin Deficiency

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 Beetroot soup
 - 9.4 Carp soup
 - 9.5 Chicken soup with angelica root and buckthorn fruit
 - 9.6 Cooling rice dish with grapefruit
 - 9.7 Polenta with ratatouille
 - 9.8 Tea from celery sticks
 - 9.9 Tea from licorice (heart-strengthening)
 - 9.10 Tea from mallow
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 Ginseng root
- 11.2 Hibiscus

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

Strengthen stomach yin, nourish body fluids, strengthen middle over spleen build Qi.

Hot NO, warm LITTLE (sour and bitter NO), neutral and refreshing YES

2 Avoid

Bitter or dehydrating food and drink, coffee, red wine, green tea, black tea, cigarettes, grilled, roasted and smoked foods, spicy hot spices, brandy, vinegar.