

nutribook



# TCM Recommendations

## Recipes and Foodstuffs

Traditional Chinese Medicine

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International  
cooking and  
recipes



### Spleen

Heat and moisture infects the spleen

E243

## **(Book: E243)**

### **Nutrition recommendations for TCM - Spleen - heat and moisture infects the spleen**

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 Adzuki Bean and Rice Soup
  - 9.3 Barley water
  - 9.4 Cardamom water
  - 9.5 Cooling rice dish with grapefruit
  - 9.6 Indian Dal soup
  - 9.7 Legumes
  - 9.8 Rice porridge with orange peel
  - 9.9 Rice porridge with shrubs (seeds) Yi Yi Ren
  - 9.10 Tea from celery sticks
  - 9.11 Tea from rosemary
  - 9.12 Tea from sage
  - 9.13 Tea from thyme

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 Mint

11.2 Sorrel

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**

Build Qi, drain moisture, cool heat, drain moisture.

Hot NO, warm-little, neutral YES, refreshing and cold little,  
sour NO

## **2 Avoid**

Tropical fruits, raw vegetables, dairy products, wheat, white flour, sweets, alcohol, coffee, smoking, fat-sweet, fat-salty, fried, baked, smoked meat fried and grilled, garlic, onion, hot and hot spices.