

nutribook



# TCM Recommendations Recipes and Foodstuffs

Traditional Chinese Medicine

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International  
cooking and  
recipes



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**Spleen**  
**Cold and moisture infects the spleen**  
**E244**

(Book: E244)

## **Nutrition recommendations for TCM - Spleen - Cold 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 Bean paste piquant sweet
  - 9.5 Cardamom water
  - 9.6 Carp soup
  - 9.7 Indian Dal soup
  - 9.8 Rice porridge with orange peel
  - 9.9 Rice porridge with shrubs (seeds) Yi Yi Ren
  - 9.10 Tea from rosemary
  - 9.11 Tea from sage
  - 9.12 Tea from thyme
  - 9.13 Tsampa
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
- 11.2 Cinnamon bark
- 11.3 Ginger fresh

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, dissolve moisture, eliminate moisture, expel cold and warm.

Warm neutral, slightly acidic, cold NO

## **2 Avoid**

Tropical fruits, juices, raw foods, dairy products, wheat and white flour products, sausage, pork, goose, duck, sweets, alcohol (cocktails), fat-sweet, fat-salty, fried, baked.